

YOGA OF THE HEART

The benefit of deep relaxation to
heal Body, Mind, and Spirit

What is Yoga?

- First mentioned over 5,000 years ago in the Rig Veda
- It's English meaning – Union or Yoke
- It's purpose – To cultivate Health & Well Being, through the regular practice of it's principals.
- It's benefits include – lower blood pressure, improve circulation, lower LDL, and our risk for heart disease.

Who's Practicing Yoga In America

- Over 36 million people in 2016 vs. 20.4 million in 2012
- 34% of American say they are likely or somewhat likely to practice yoga in the next 12 months
- Yoga supports the economy.
- 2016 Yoga in America Study conducted by Yoga Journal and Yoga Alliance



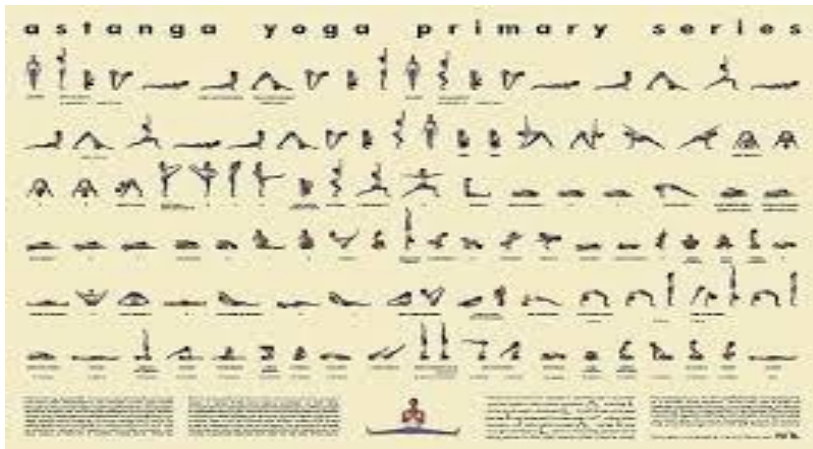
What type of Yoga are we offering at our Medical Fitness Centers

- Hatha Yoga – A Good Start. ...
- Vinyasa – Flow & Breath
- Ashtanga Yoga – Structured & Challenge
- Hot/Bikram Yoga – Intense and Sweaty
- Kundalini Yoga – Spiritual and Rapid
- Hybrid (Body Flow, PiYo)

Yoga is for Everybody



Every Yoga Class is not for all bodies



We have a classes for that!

- Are your facilities using a medical fitness model when it comes to your Yoga and other Mind/Body programs?
- Enhancing Pulmonary, Cardiac, Cancer and other Rehab/Wellness programs with Yoga's proven benefits.

Not Just Yoga Programs

- Chair Based Gentle Joint
- Meditative Yoga
- Restorative Yoga
- Yoga for Cancer Patients and Caregivers
- Yoga of the Heart
- Pre-Natal & Post Partum
- YOCAS (Clinical Trials)

Objectives of this Program

- Reduce Patients' stress and induce deep relaxation using yoga postures, breathing exercises and meditation.
- To help patients with gentle but vital yoga postures to relax and reduce stress levels.
- To increase patients' circulatory and respirator efficiency and increase their lung capacities.
- Improve sleep.

Objectives of this Program

- To help improve patients' muscle strength and resiliency.
- To teach Yoga and Meditation as an assist to psychotherapy.
- To increase patients' knowledge of their own bodies and to teach them how to increase their Well Being

My Teachers

Different Paths to Common Ground

- Tom Thompson
- Esther Myers,
- Judith Lasater
- Nischala Joy Devi
- My body

Calmness of Body leads to Calmness of Mind

- The art of deep complete relaxation is one of the safest and most effective ways to manage stress, relieve pain ,regain & maintain health and attain peace of mind.



Judith Lasater,PH.D.,P.T.

Author of Relax and Renew: Yoga For Stressful Times

"We work very hard in our lives, and while we may sleep, we rarely take time to relax. Restorative yoga poses help us learn to rest deeply and completely."



Lessons from the Heart

- The **sympathetic nervous system** is the worker or protector. It allow the heart to squeeze and beat.
- The **parasympathetic nervous system** is the rest and digest. It allows the heart to rest.
- It's a perfect balance.





Heart Chakra

- When your heart chakra is open, you are flowing with love and compassion, you are quick to forgive, and you accept others and yourself. A closed heart chakra can give way to grief, anger, jealousy, fear of betrayal, and hatred toward yourself and others
- <http://www.chopra.com/articles/open-yourself-to-love-with-the-fourth-chakra>





Five Bodies & Five Stages of Deep Relaxation

- Anna Maya Kosha – Physical Body
- Prana Maya Kosha - Energy Body
- Mano Maya Kosha – The body of the Mind, Emotions, and Senses
- Vijnana Maya Kosha – The Body of Higher Wisdom
- Ananda Maya Kosha – The Body of Bliss and Joy

Yoga of the Heart® – Cardiac and Cancer Certification Training

- Nischala Joy Devi

<http://www.abundantwellbeing.com/nischala-joy-devi/>

- Bhaskar Deva <http://www.abundantwellbeing.com/bhaskar-deva/>

- **Research: [Avoiding Revascularization with Lifestyle Changes: The Multicenter Lifestyle Demonstration Project](#)**

(THE AMERICAN JOURNAL OF CARDIOLOGY! VOL. 82 (10B) NOVEMBER 26, 1998)

<http://www.abundantwellbeing.com/wp-content/uploads/2014/04/Multilifestyle1.pdf>

- **Research: [Lifestyle Heart Trial Study](#) (JAMA. 1998;280:2001-2007)**

<http://www.abundantwellbeing.com/yoga-therapy/yoga-of-the-heart/ama>

Judith Hanson Lasater

- [Relax and Renew: Restful Yoga for Stressful Times](#) in 1995 and creating a special teacher certification.

READ MORE: [HTTP://WWW.OPRAH.COM/HEALTH_WELLNESS/RESTORATIVE-YOGA-HEALTH-BENEFITS#IXZZ4FRNPNKVM](http://www.oprah.com/health_wellness/restorative-yoga-health-benefits#IXZZ4FRNPNKVM)

- <http://www.judithhansonlasater.com/study-online/>

YOCAS Yoga

- Effect of YOCAS yoga on sleep, fatigue, and quality of life: A URCC CCOP randomized, controlled clinical trial among 410 cancer survivors
- <https://www.oncolink.org/conferences/coverage/asco/oncolink-at-asco-2010/saturday-june-5-2010/effect-of-yocas-yoga-on-sleep-fatigue-and-quality-of-life-a-urcc-ccop-randomized-controlled-clinical-trial-among-410-cancer-survivors>

Finding Teachers in your Area

- Yoga Alliance

https://www.yogaalliance.org/Learn/About_Yoga

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In the FirstHealth community, we view exercise as medicine.