YOGA THERAPY for STRESS & ANXIETY

Harnessing Confidence through Poses & Practice

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Based on Chapter 5, 8
Yoga Therapy for Stress & Anxiety
You are the Yoga Therapy Movement

- Yoga Alliance: 2012 - 20.4 million yoga practitioners - already this has grown to 36.7 million!
  That number is only going up.
- History will remember us as the yoga generation who brought meditation, yoga & mindfulness into mainstream
- You are pioneers in this movement that began 22y ago in living room with 11 founding members of IAYT to 4 thousand IAYT members
- Yoga therapy has a even deeper impact than group classes so others are inspired to share what you have taught them
  - You are going to touch so many lives
  - Show people how to reframe their views
  - Teach folks to live in the moment, breathe deeply, stay connected to like-minded others & nourish themselves
- You are part of this huge movement that will radically change the thinking of how we connect with health care, psychological conditions, aging process, and more!
Yoga for the Whole Individual

• Yoga Therapy can offer a non-prescriptive approach that addresses the unique needs of each client
• Yoga is a customizable spiritual and lifestyle path
• Consider the individual needs of each of the following clients & how to relate yoga philosophy to yoga therapy clients’ healthy lifestyle needs
Mental Clearing

• Learning is a change
• All change, even welcome change, creates a kind of stress in the mind, emotions, or body (brain/nervous system)
• Taking small breaks & time for self, even briefly, is beneficial
• *Yoga Sutras*, I: 2, 3
• Centering practice
Nutrition: Food to Anxiety

Came in for food issues and nutrition advice, left with an understanding of emotions and quieting the mind.

**Personal Reflection:**
B. Pick 1 habit (something easy) and list how it impacts each kosha
College Student: Respiratory Cleansing Practice to Klesas

• Strengthen nutrition & respiratory health then address underlying trigger

• Klesa = Obstacle or Hindrance
  – What stands between us and the higher Self
  1. Ignorance: Forgetting the Self takes us away from the Self!
  2. Egoism: I am my thoughts & my thoughts are upset therefore I AM upset
  3. Attachment to what I want preoccupies me
  4. Aversion of what I don’t want makes me negative
  5. Fearing change keeps me the same
Gross to Subtle Understanding

• Meaning
• Emotional Reaction
• Feeling
• Sense
• Desire - (un / conscious)
• Belief (un / conscious)
• Ego (sense of I-ness)
• Urge (unbiased)
• Source (human-divine)
Fresh Research on Yoga Therapy for Anxiety

• 2016 Meta-Analysis of 17 Hatha Yoga interventions: more yoga = less anxiety

• 2016 Kusaka, Matsuzaki, Shiraishi, Haruna:
  – Pregnant women attended class 2x/mo & practiced at home with DVD 3x/week
  – Cortisol & Alpha-Amylase decreased immediately after yoga classes
  – Pre-Post Subjective mood assessments revealed
    • Negative mood dimensions decreased significantly
    • Positive mood dimensions increased significantly

YOGA REDUCES STRESS IMMEDIATELY & OVER LONGER TERM
Classical Yoga Practice

• Pratyahara Technique of soft eye gaze: receive information through entire field of vision
• Asana Technique: Sensing the Movement/Shape of your Virtue/Confident Attitude
• Partner Practice: How does your body hold stress?
  – Allow your partner to hold, drop, and catch your arm
  – How relaxed was it? Could it simply fall into your partner’s open hand? Did it hover in the air? Did you move it into partner’s hand instead of falling?
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Yoga Therapy for Stress & Anxiety

www.yogalifeinstitute.com

www.erinbyron.com/sytar2016
Removing the Obstacles to Connection
(Working through the Klesas)

Based on the presentation “Harnessing Confidence through Poses & Practice”
Presented by Robert Butera, PhD & Erin Byron, MA at SYTAR 2016

1. What is one step you could take in the direction of limiting an unhealthy habit in your life? Be as specific as possible.
   Eg Drink herbal tea 4x/week OR Visit 2 friends per week OR Walk around the block on lunch break on Tuesdays

   STEP: __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________

2. Klesa = Obstacle or Hindrance
   That which hinders union between ego and Self (YS I:3)
   Klesas stand between who we think we are & who we truly are
   There are 5 Klesas:
      Avidya - Ignorance: Forgetting the Self exists takes us away from the Self!
      Asmita - Egoism: I am my thoughts, my thoughts are upset therefore I am upset
      Raga - Attachment to what I want preoccupies me
      Dvesha - Aversion toward what I don’t want makes me negative
      Abinivesha - Fearing change keeps me the same

   Circle the klesa(s) that is/are most at play when you practice the unhealthy habit.

3. Considering that klesas are at play in all minds, which obstacles do you foresee interfering with your Next Step? Brainstorm ways to face/transcend these hindrances. What can you do about it?
   __________________________________________________
   __________________________________________________
   __________________________________________________
   __________________________________________________

   Now you are better prepared to face the bumps in the road!

   *Continue this process of acknowledging the klesas, connecting to yourself & taking action in life: eradicate stress reactions & build a life of ease & confidence*

   www.ComprehensiveYogaTherapy.com