

STRESS MANAGEMENT

“Calm Your Koshas”, yoga based stress management.

Chronic Stress—an unbalanced application of energy or effort to produce a result.

MANIFESTATIONS AND SEPARATIONS

A. Physical body

1. Postural misalignment—muscle tension, back pain
2. Tension headaches/TMJ
3. Digestive disorders—constipation, diarrhea, IBS
4. Immune system compromised
5. Nervous system—drowsiness, exhaustion, memory loss
6. Endocrine system—hypothyroidism, type II diabetes
7. Respiratory system—rapid, shallow breathing
8. Separation—lack of body awareness, prakriti

B. Energy body

1. Low energy
2. Obstructed nadis
3. Affects all prana vayus
4. Chakras blocked
5. Separation—lack of awareness of breath/separation from nature

C. Mental/emotional body

1. Negativity
2. Anger (road rage)
3. Depression
4. Separation—lack of awareness of self and others

D. Witness body

1. Inability to see big picture or seek creative solutions
2. Separation from higher source

E. Bliss body

1. Alienation
2. Intellectualism
3. Fatalism
4. Withdrawal
5. Separation from source of life, meaning of existence

TECHNIQUES AND METHODS:

Yoga creates unity between the self and the environment. This unity is experienced in all 5 koshas.

PHYSICAL BODY:

Yoga induces relaxation response, releases muscular and nervous tension, massages musculoskeletal system, improves body awareness, stretches and relaxes circulatory system, lowers blood pressure, reduces heart rate, massages adrenals, helps digestive system and assimilation of nutrients, improves respiratory function, stimulates immune system and flow of lymphatic fluid.

1. Yamas & Niyamas promote a non-harmful, truthful way of life, and bring diet and lifestyle into balance.

2. Asana:
 - Active (brahmana)—needed to increase blood flow and reduce tension in stressed areas and to improve overall immunity
 - Passive (langhana)—calming and balancing
3. Yogassage—ease tension, promotes increases flexibility in muscles, calming and Soothing
4. Guided imagery—body scans to promote awareness of body

EMOTIONAL BODY:

Yoga brings emotional blocks and unconscious belief patterns to awareness in order to release them. Yoga Nidra: loving kindness imagery helps with interpersonal stress. Journeying to a place of beauty in nature, can use sound, music, water, birds. Guided imagery: body scan to find areas of emotion held, opening heart chakra—visualization. Postures: supported asanas beneficial to release emotions, forward bend, fish.

WITNESS BODY:

Yoga practices changing focus from external to internal and provides tools of wisdom and compassion, to bring balance. As we focus internally on the mind and emotions as an observer, the mind becomes steady and less prone to stress. Yoga nidra: noticing experiences with compassion and finding a place in the body to hold the experience without judging. Journeying to meet inner guide. Dharana: concentration—tratak.

BLISS BODY:

Yoga nidra—noticing place in the body that is open and any color associated with it. Allow sensations and color to be amplified and then expand through entire body, realizing sense of bliss, openness and unity. Dhyana—meditation.

BANDHAS:

Vata: Mula to ground
 Pitta: Jalandhara to clear mind
 Kapha: mula and aswini to create movement in the body

TADASANA: earth, air, fire. Vata: grounding, focus. Pitta: grounding, focus on witness.

Kapha: energizing movement

WARRIOR II: space, air, fire, earth. Vata: stability, balance. Pitta: stability, opening. Kapha: energizing.

TRIANGLE: earth, water, fire, air, space. Vata; grounding, stabilizing. Pitta: grounding, relaxing. Kapha: heating.

COBRA: earth, air, fire. Vata: grounding, lower charkas. Pitta: grounding and relaxing. Kapha: heating, energizing.

½ SHOULDERSTAND: water, air, space, fire, earth. Vata: grounds upper charkas, tranquilizing. Pitta: grounding and tranquilizing. Kapha: beneficial for thyroid.

SAVASANA: earth, air. Grounds with props. Pitta: balances, focus on release. Kapha: balances, with visualization of light and space.

VATA

CHILD'S POSE: earth, air, water. Relaxing, soothing, grounding.

BRIDGE: earth, air, space, water, fire. Grounding, energizes, reduces chatter.

FORWARD BENDS: earth, air, water. Grounding, surrender.

PITTA

CHILD'S POSE: earth, air, water. Relaxing, cooling.

FORWARD BENDS: earth, air, water. Cooling, calming

KNEE DOWN TWIST: earth, water, air. Tranquilizing, cooling.

KAPHA

DOWNWARD DOG: air, fire, earth, water. Fresh blood to heart, brain, lungs.

BRIDGE: earth, air, space, water, fire. Grounding, heating, energizing upper charkas.

FISH: earth, air, space, fire. Grounding, energizing.

EIGHT-WEEK COURSE:

1. Intro—theme and stress awareness
2. Breath awareness
3. Body awareness
4. Yoga wellness
5. Physical health awareness
6. Energy health awareness
7. Emotion and mind awareness
8. Integration—opening up to life

Week 6 “Energy Health Awareness”

1. Check-in, centering
2. Awareness exercise: body scan of energetic body, high/low levels, blockages
3. Breathwork: 3 part breath, ujjayi, alternate nostril
4. Warm-ups: gentle standing positions, neck down to toe, all joints, breath of joy, swing arms
5. Education: feel sensation, energy, breath. Discuss prana and yoga perspective of health energetically.
6. Postures: tri-doshic balance, all five planes—seated, standing, balancing, belly down supine. All four planes of movement—inflexion, extension, lateral, twist.
7. Guided imagery—journey energetic body, observations, sensations, blocks flows, radiate whole body, follow IYT example.
8. Relaxations—savasana, integration
9. Meditation—closing reading, honoring self and practice
10. Optional sharing