

YOGA

And
MEDITATION



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Some Fun Facts


- ▶ Take a journey with me for a few minutes and enjoy information about Yoga from my cultural perspective
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Yoga has roots in Sanathana Dharma





Sanathana Dharma

- ▶ A way of life.
 - ▶ Has been called the oldest religion in the world
 - ▶ “Eternal Tradition”, or the “Eternal Way“
 - ▶ Beyond human history.
 - ▶ Diverse roots
 - ▶ No founder.
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Namaste Namaskar

- ▶ Namas: Obiesance- Te: to you or Kar: to do



Namaste

Human Migration Map

<https://genographic.nationalgeographic.com/human-journey/>





Definition of Yoga 'Modern' perspective

The 'Worldly point of view'

- Physical Exercise
- Uses low impact movement
- Focus on breathing
- Yoga has been adapted into various forms of physical activities
- It is often combined with other types of exercises
- There is much faith in the health, well being, and remedial benefits
- It is a wellness and holistic approach
- Hatha Yoga/ Vinyasa Yoga/ Bikram Yoga/ Hot Yoga/ Iyengar Yoga



Definition of Yoga

The 'Traditional' Perspective

- The 'Other Worldly' point of view
- It is a philosophy of unity beyond chants and poses
- It is a philosophy of living and life
- To maintain balance between the mind, body, emotions, and spirit
- 'Yoga is a way of living to enable to you seek spiritual knowledge beyond this worldly existence
- Yoga=Marga=path
- A Yogi is one who is fixated on this path-the seeker of knowledge
- Karma (duty) Yoga+ Jnana (knowledge of self) Yoga ➡ Bhakti (devotion) Yoga



Patanjali's principles is one of many Ashtanga (Eight limbs) Yoga

- ▶ Yama- niyama- self control through moral and social codes
- ▶ Asana – mental and physical calmness through body postures
- ▶ Pranayama- heart control mind control and life force control-cosmic consciousness
- ▶ Pratyahara- freedom of mind from sensations and disconnecting the mind from being bothered by emotions-emotional neutrality
- ▶ Dharana- power of this internalized mind (pratyahara) to concentrate of one thought
- ▶ Dhyana – conceive the vastness of the universal cosmic intelligence by intuitive powers
- ▶ Samadhi- complete oneness or union with this cosmic intelligence- comes with mastering pratyahara



Final Destination for Spiritual Growth

- ▶ Dhyana – conceive the vastness of the universal cosmic intelligence by intuitive powers
- ▶ Samadhi- complete oneness or union with this cosmic intelligence- comes with mastering pratyahara



What Yoga Principles can be used for Therapy?

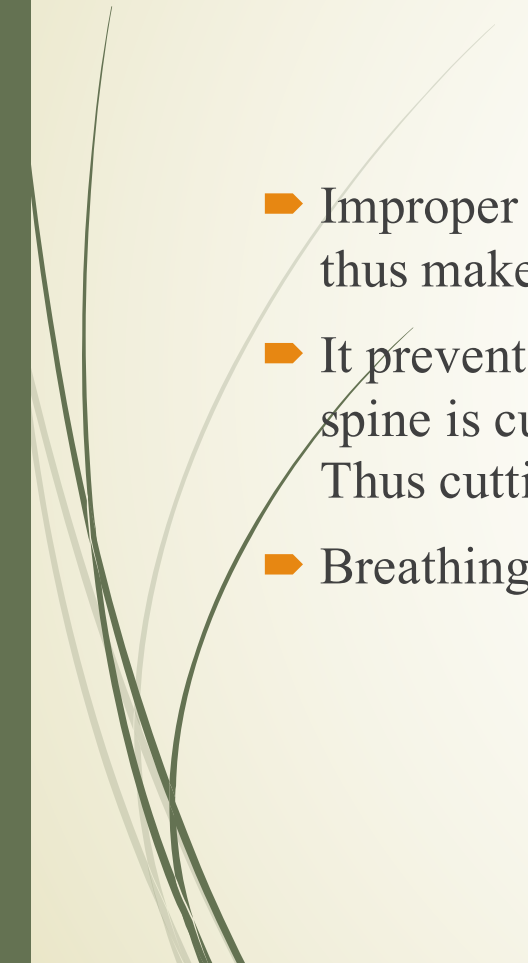
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Asana or Postures

- Recharge your body
- Strengthen muscles
- Purifies the blood stream (well aligned body and spine will help with easy breathing)
- Progressive body tensing and relaxing from low, medium to high without jerky motions and discomfort
- Progressive gentle stretching
- Focus on core muscle group strengthening to be able to maintain postures in various positions ultimately with eyes closed
- Can also mentally practice the exercises if you cannot do it physically
- Send the energy to the part of body you are exercising

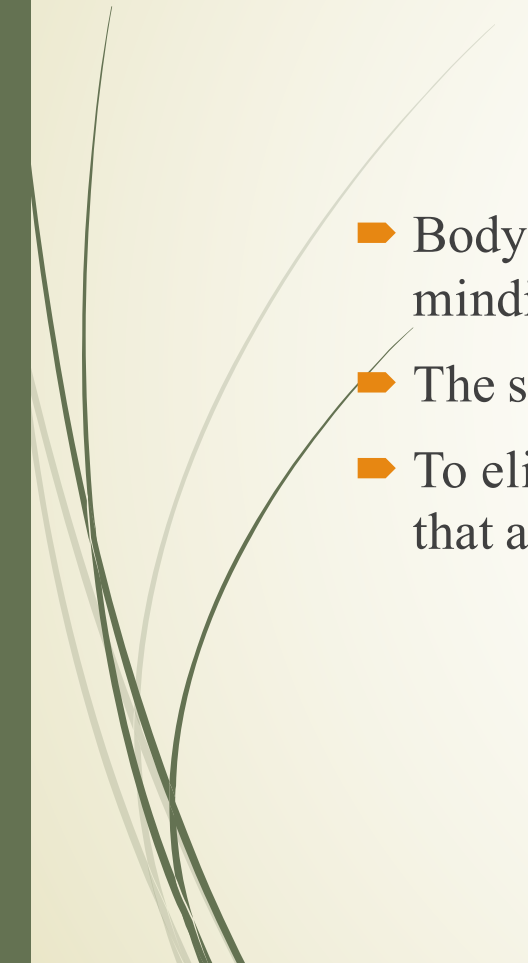


Asana or Postures


- ▶ Improper body posture can starve certain parts of the body of oxygen and thus makes the breath heavy
 - ▶ It prevents from the body cleansing the devitalized blood properly when the spine is curved and the lungs are squeezed because of the caved in chest. Thus cutting supply of O₂ to the blood.
 - ▶ Breathing may become heavy or erratic.
- 



Pranayama

- ▶ Body in state of health and calmness using controlled breathing and minding the breath.
 - ▶ The slower you breathe the slower the heart rate
 - ▶ To eliminate the restlessness and divert focus on sense perceptions that are obstacles in achieving the meditative states.
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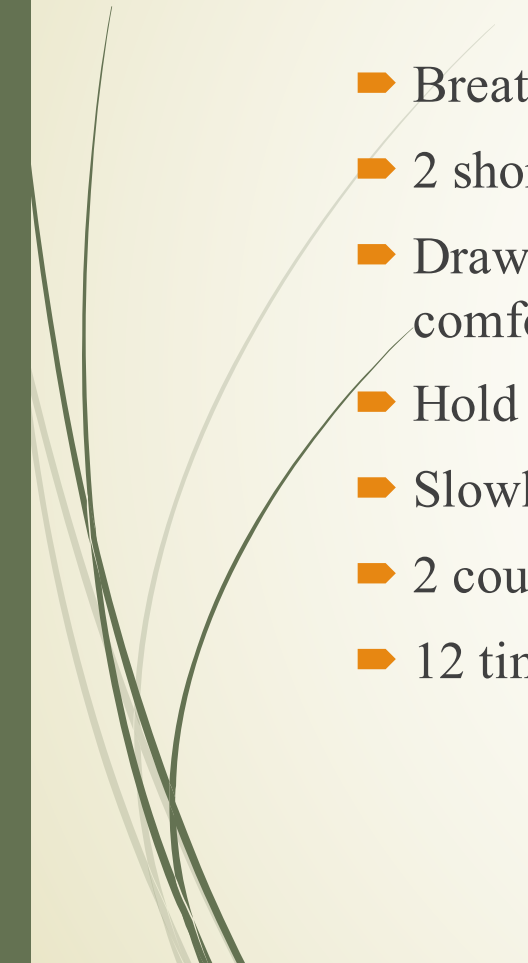
Pranayama

- 
- ▶ The system may not get enough purified O₂ when the toxic blood is recirculated and thus the system vitality is compromised
 - ▶ More waste in your system harder the breathing. The breathing can be minimized by adding less waste to your body-with proper nutrition and mental states, and physical states
 - ▶ Calm people breathe less, restless states requires more breathing and thus increasing the heartbeat
 - ▶ Increased calmness- less impurities-less breathing- less decay in the cells of muscles- thus less damaged cells- thus need less O₂ to repair the damage- calms the heart- which then enables the mind from focusing on the incoming senses that may be causing unrest or discomfort to the body- free the mind to concentrate on the higher mental states

(same as Hibernation???)



Pranayama

- Breathing
 - 2 short exhalations
 - Draw fresh air from nostrils count to 20 according to individual comfort
 - Hold breath 1-20- according to individual comfort
 - Slowly exhale counting 1-20- according to individual comfort
 - 2 counts per second
 - 12 times/ 3 times a day or more.
- 



Pratyahara

- ▶ Body, mind and spirit is always seeking homeostasis- state of bliss- Ananda
- ▶ Seeking pleasure is natural, but pain arises from false sense of pleasures but neither are permanent-
- ▶ Staying in the state of bliss is a learnt activity and has to be practiced
- ▶ Withdraw from attaching emotional memories attached to all sense perceptions-facilitate emotionally neutral state
- ▶ Without emotional memories actions-reactions will be minimized
- ▶ This state is most conducive for learning

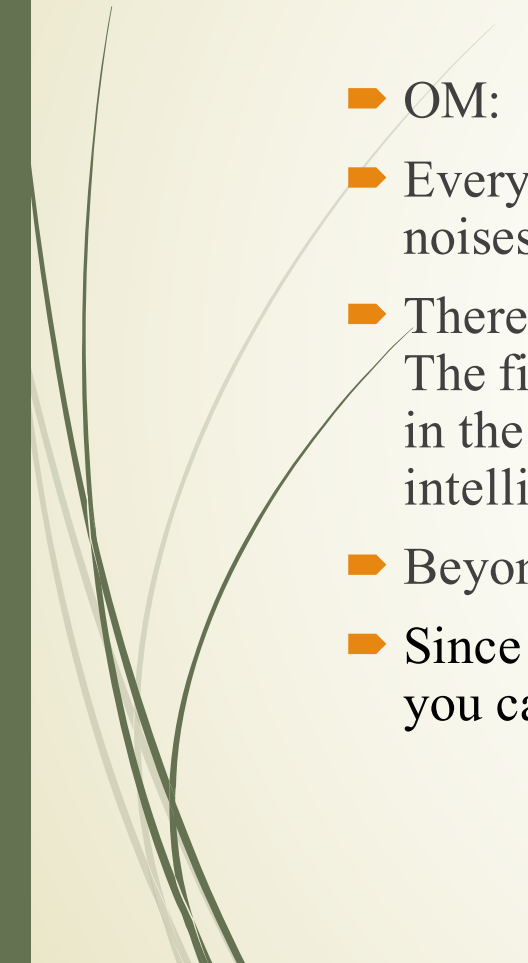
Dharana

- ▶ Need attention and will power
- ▶ Eyes closed and focus- attention on the center point of your forehead- frontal lobe
- ▶ breathing control attention and focus on medulla oblongata- calm and naturally
- ▶ Use your will to visualize the energy flow from the medulla to the body through the spine from the frontal lobe (Seat of knowledge)
- ▶ *Meditation*

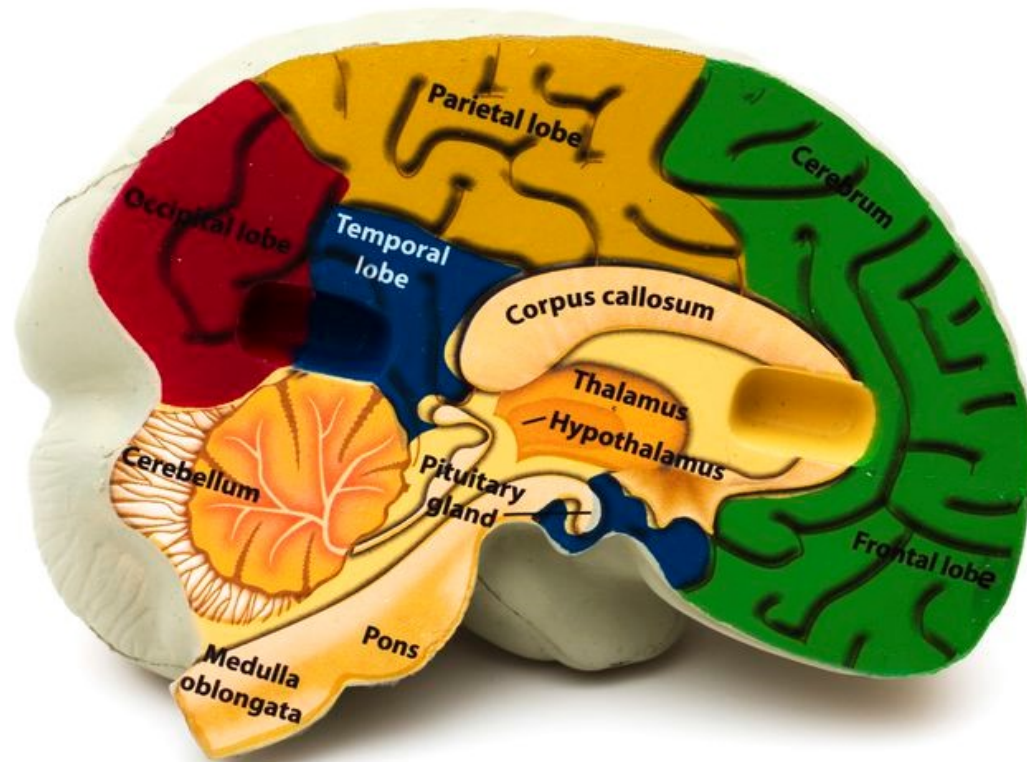




Dharana

- ▶ OM: primordial sound present at an atomic level vibration
 - ▶ Every vibration produces sound- when you cease to hear all the body noises/ mental chatter- you can hear the om-
 - ▶ There are vibrations/ sound such as radio waves that we cannot hear. The finer vibrations of the all pervading cosmic sound of om is also in the entire universe and hidden beneath the cosmic forces, the intelligence and the thought.
 - ▶ Beyond the shackles of the 5 senses
 - ▶ Since right ear is stronger focus more intently on the right ear and you can catch all sounds with greater ease.
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Brain



Medulla Oblongata

Regina Bailey <https://www.thoughtco.com/>

Updated February 24, 2018


- The medulla oblongata is a portion of the hindbrain that controls autonomic functions such as breathing, digestion, heart and blood vessel function, swallowing, and sneezing. Motor and sensory neurons from the midbrain and forebrain travel through the medulla. As a part of the brainstem, the medulla oblongata helps in the transferring of messages between various parts of the brain and the spinal cord.
- The medulla contains myelinated and unmyelinated nerve fibers. Myelinated nerves (white matter) are covered with a myelin sheath composed of lipids and proteins. This sheath insulates axons and promotes a more efficient conduction of nerve impulses than unmyelinated nerve fibers (gray matter). A number of cranial nerve nuclei are located in the gray matter of the medulla oblongata.



Medulla Oblangata

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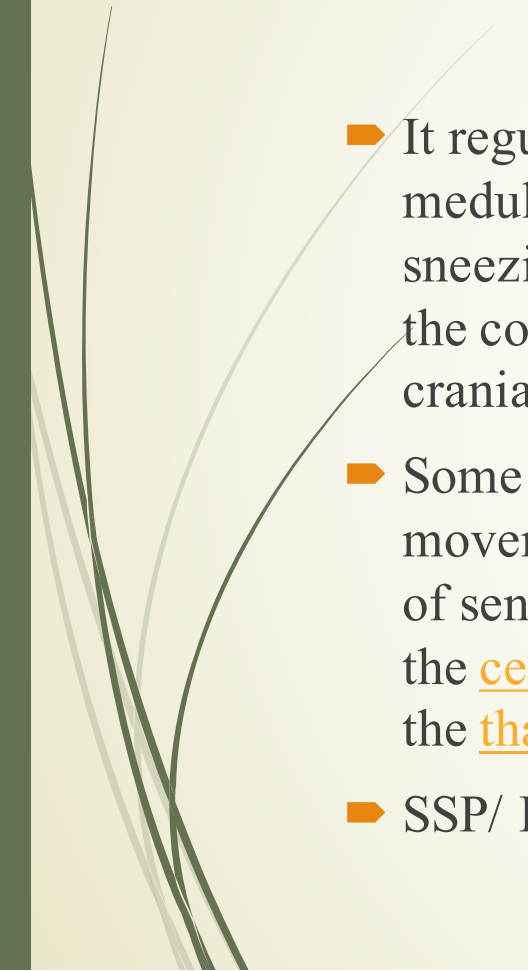
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- The medulla oblongata is involved in several functions of the body including:
 - Control of autonomic functions
 - Relay of nerve signals between the brain and spinal cord
 - Coordination of body movements
 - Regulation of mood
 - The medulla is the control center for cardiovascular and respiratory system activity.



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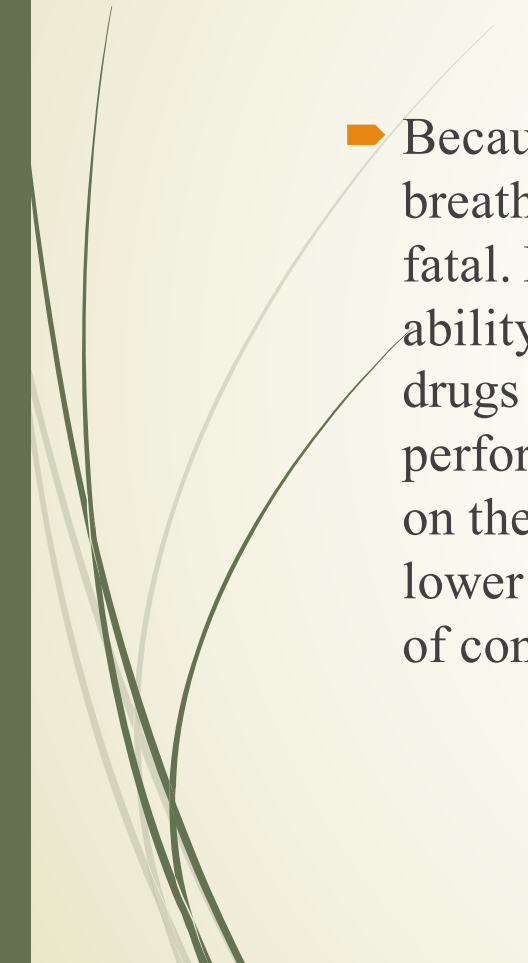
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- It regulates heart rate, blood pressure, and respiratory rate. The medulla also controls involuntary reflex actions such as swallowing, sneezing, and gag reflex. Another major function of the medulla is the control and coordination of voluntary movement. A number of cranial nerve nuclei are located in the medulla.
 - Some of these nerves are important for speech, head and shoulder movement, and food digestion. The medulla also aids in the transfer of sensory information between the peripheral nervous system and the central nervous system. It relays sensory information to the thalamus and from there is sent to the cerebral cortex.
 - SSP/ Listening Therapies/ In Time/ IM



Medulla Oblangata

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- ▶ Because the medulla controls vital autonomic functions, such as breathing and heart rate, damage to this area of the brain can be fatal. Drugs and other chemical substances can impact the medulla's ability to function. An opiate overdose can be deadly because these drugs inhibit medulla activity and the body becomes unable to perform vital functions. The chemicals in anesthesia work by acting on the medulla to decrease autonomic activity. This results in a lower breathing rate and heart rate, relaxation of muscles, and loss of consciousness.

Frontal Lobes

Regina Bailey <https://www.thoughtco.com/>

Updated September 28, 2017

- ▶ The frontal lobes are one of the four main lobes or regions of the cerebral cortex. They are positioned at the front-most region of the cerebral cortex and are involved in movement, decision-making, problem-solving, and planning.
- ▶ The frontal lobes can be subdivided into two main areas: the **prefrontal cortex** and the **motor cortex**. The motor cortex contains the premotor cortex and primary motor cortex.
- ▶ The prefrontal cortex is responsible for personality expression and the planning of complex cognitive behaviors. The premotor and primary motor areas of the motor cortex contain nerves that control the execution of voluntary muscle movement.



Frontal Lobes

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- The frontal lobes are the largest brain lobes and are involved in several functions of the body including Executive Functions:
- Motor Functions
- Higher Order Functions
- Planning
- Reasoning
- Judgment
- Impulse Control
- Memory
- Language and Speech

Frontal Lobes

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- ▶ The right frontal lobe controls activity on the left side of the body and the left frontal lobe controls activity on the right side. An area of the brain involved in language and speech production, known as Broca's area, is located in the left frontal lobe.
- ▶ The **prefrontal cortex** is the front portion of the frontal lobes and manages complex cognitive process such as memory, planning, reasoning, and problem-solving. This area of the frontal lobes functions to help us set and maintain goals, curb negative impulses, organize events in time order, and form our individual personalities.
- ▶ The **primary motor cortex** of the frontal lobes is involved in voluntary movement. It has nerve connections with the spinal cord, which enable this brain area to control muscle movements. Movement in the various areas of the body is controlled by the primary motor cortex, with each area linked to a specific region of the motor cortex.

Frontal Lobes


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- ▶ The **premotor cortex** of the frontal lobes has neural connections with the primary motor cortex, spinal cord, and [brainstem](#). The premotor cortex enables us to plan and perform proper movements in response to external cues. This cortical region helps to determine the specific direction of a movement.
- ▶ **Frontal Lobe Damage**
- ▶ Damage to the frontal lobes can result in a number of difficulties such as a loss of fine motor function, speech and language processing difficulties, thinking difficulties, an inability to comprehend humor, a lack of facial expression, and changes in personality.
- ▶ Frontal lobe damage can also result in dementia, memory disorders, and a lack of impulse control.




Temporal Lobes

- **Temporal Lobes**: These lobes are located directly inferior to the parietal lobes and posterior to the frontal lobes. The temporal lobes are involved in a multitude of functions including speech, auditory processing, language comprehension, and emotional responses.
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Other Lobes

- **Parietal Lobes**: These lobes are positioned directly posterior to the frontal lobes. The somatosensory cortex is found within the parietal lobes and is positioned directly posterior to the motor cortex of the frontal lobes. The parietal lobes are involved in receiving and processing sensory information.
 - **Occipital Lobes**: These lobes are positioned at the back of the skull, inferior to the parietal lobes. The occipital lobes process visual information.
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ESSENCE OF YOGA

- ▶ YOGA has to be learnt under a tutelage of a Guru (Coach in completing therapy tasks is just as essential)
- ▶ Internalize Mental-Physical-Spiritual-Emotional stability and balance
- ▶ To develop meta-cognitive skills- awareness of self (consciousness)
- ▶ Improve stamina and endurance and avoid buckling under duress
- ▶ State of calmness and tranquility
- ▶ Unshaken by adversity or prosperity
- ▶ Treat all dualities with equanimity of mind (cold-hot; good-evil; etc)
- ▶ Contented with your lot in life-not be affected by lust, anger, greed, pride, delusion, envy
- ▶ To do ones duties with complete dedication- not to give up when challenged or be complacent in accomplishment
- ▶ One pointedness and unwavering

Therapeutic Yoga

Self-Control(Yama-Niyama): Setting limits to decrease impulsivity

- Body Focus (Asana): Balance, Proprioception, Sensory Integration
- Breath Focus (Pranayama): Good even breathing patterns promotes mental and physical health. Decreases anxieties and other gastrointestinal reactions (polyvagal theory)
- Emotion Focus (Pratyahara): Provide supports to minimize emotional reactivity to situations. Encourage emotional regulation. It is ok to make mistakes. Self-advocacy for help and clarifications. To decrease the fear of unknown in social and academic settings. Emotional neutrality. Ok to feel emotions but not to be consumed by it- let it go.....
- Mind Focus-Concentration and Attention (Dharana): To ignore irrelevant stimulus and focus on relevant stimulus. One pointedness. Yet be aware of the surroundings (mindfulness- be in the moment)
- Ultimate goal is to reduce the dependence of external aids and internalize the skills to achieve mind-body-emotion-spirit harmony (FM system, fidget toys etc)



Benefits of Yoga in Therapy

- Emotional Regulation
 - Go with the Flow
 - Mental flexibility
 - Less anxiety
 - Better memory
 - Vestibular Skills
 - Body Space awareness
 - Proprioceptive skills
 - Listening skills
 - Integration and processing
 - Good executive functions
- 

Worldly Benefits

- ▶ Health
- ▶ Mind over matter
- ▶ Mindfulness
- ▶ Emotional neutrality
- ▶ Better social connections
- ▶ State of bliss
- ▶ Accept pleasure and pain with equanimity
- ▶ We are part of a larger plan
- ▶ Our roles in this universe should be less self- serving and more to fulfil a higher purpose



Limitation of Yoga


- Yoga is a way of life
- It has great health benefits
- The goal is to internally repair your body, mind, spirit imbalances
- However sometimes you may need some external intervention
- Medication is a much needed intervention at times
- No wonder there is a branch of learning in India called AYURVEDA (Ayur=health Veda=knowledge)
- So are all other areas or intervention- OT, PT, SLP, Audiology, Biofeedback etc



My Final Thought

Yoga of Auditory Processing

The knowledge base has to be acquired from an enlightened soul (Guru). Knowledge and Faith (Gyana and Bhakti) are on a continuum on the path of our actions (Karma) to exemplify what we have learned.

- Seek a Guru (Jack)
 - Acquire the knowledge of Auditory Processing (Gyana)
 - Keep doing the work (Karma) to help all those we can
 - Keep stability of your mind with a single pointed goal (Dharana and Dhyana)
 - You will eventually acquire unwavering faith in the work you do to promote our mission successfully (Bhakti)
 - Thank you to our enlightened teacher- Jack!!!!
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Acknowledgements

- ▶ If you want more information

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