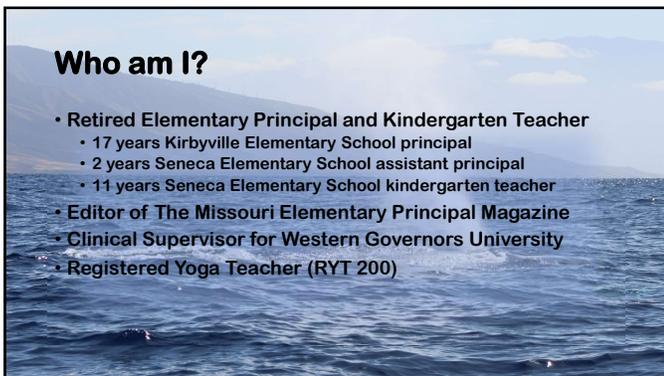
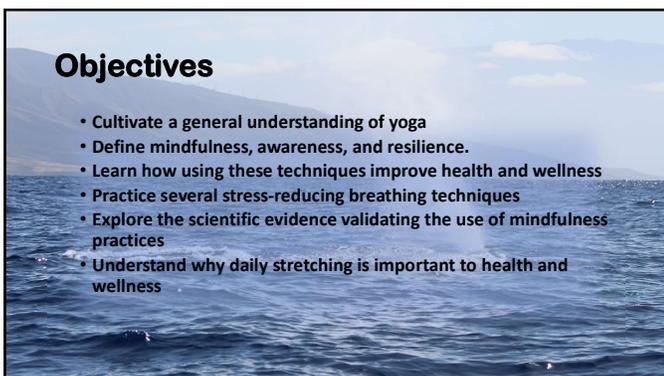


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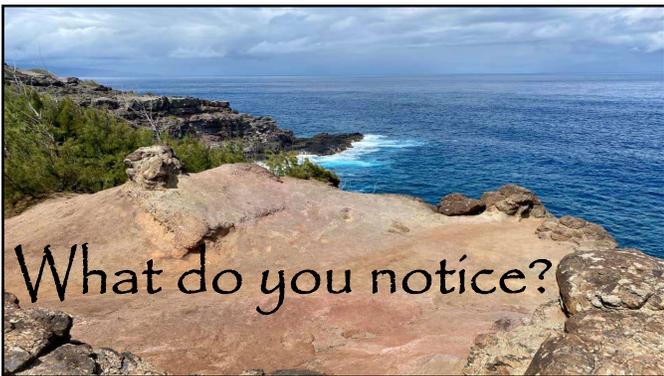
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6

Belly Breath

- Begin sitting upright, with the spine tall, but not stiff or forced.
- Alternately, you can lie on your back comfortably. Prop the head and neck as needed, but not to the point of tucking the chin.
- Close the eyes or soften the gaze.
- Notice the natural breath inhaling and exhaling through the nose.
- Place one or both hands on the belly.
- Allow the breath to deepen and expand, feeling the belly rise and fall.
- Scan the body releasing any tension that you notice.
- There is nothing to do but breathe for the next five to ten minutes.
- Use a **timer** with a gentle alarm, to relieve concerns about time.

7

Questions/Discussion

- Why could some people be uncomfortable with closing the eyes?
- Why is the breath in and out of the nose?
- What are other images that could be used besides a balloon or a sleeping baby to bring the awareness to the breath?

8

What is yoga?

9



10

What is yoga?

- In general, yoga means “union”
- An eight-limbed practice that includes
 - Yamas (ethical standards)
 - Niyamas (personal conduct)
 - Asana (postures)
 - Pranayama (breath control)
 - Pratyahara (focusing inward)
 - Dharana (concentration)
 - Dhyana (meditation)
 - Samahdi (bliss)

11

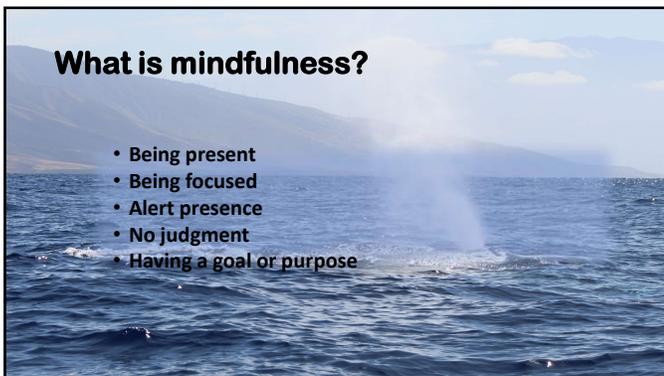
What is yoga?

- Science
 - Mastery of the mind
 - Achieving optional function of the entire being
- Philosophy
 - Who am I?
 - Where did I come from?
 - Why am I here?
- In my personal practice
 - Union between breath and movement
 - Finding balance
 - Being present

12



13



14



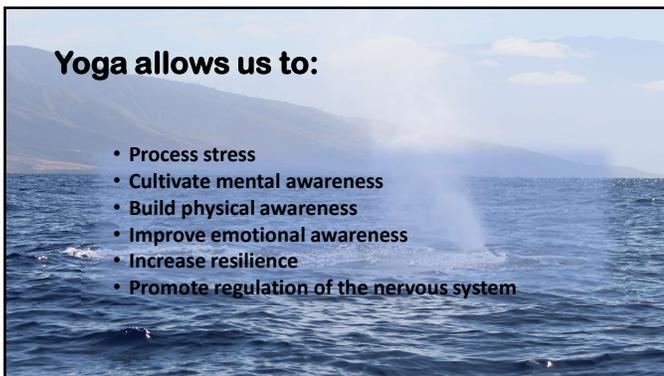
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What is resilience?

- After facing adversity, coming back stronger
- Returning to the original shape after being stretched
- Product of proactive mindfulness

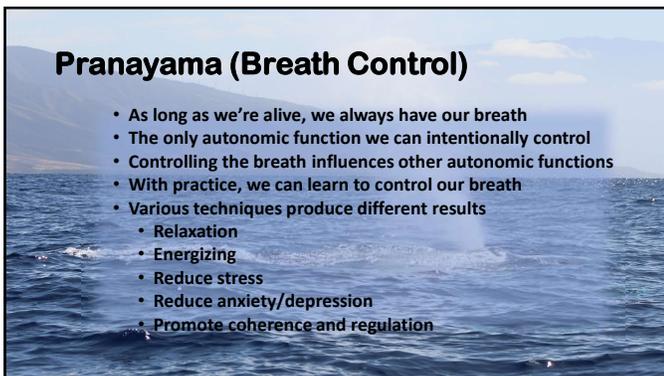
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Yoga allows us to:

- Process stress
- Cultivate mental awareness
- Build physical awareness
- Improve emotional awareness
- Increase resilience
- Promote regulation of the nervous system

17



Pranayama (Breath Control)

- As long as we're alive, we always have our breath
- The only autonomic function we can intentionally control
- Controlling the breath influences other autonomic functions
- With practice, we can learn to control our breath
- Various techniques produce different results
 - Relaxation
 - Energizing
 - Reduce stress
 - Reduce anxiety/depression
 - Promote coherence and regulation

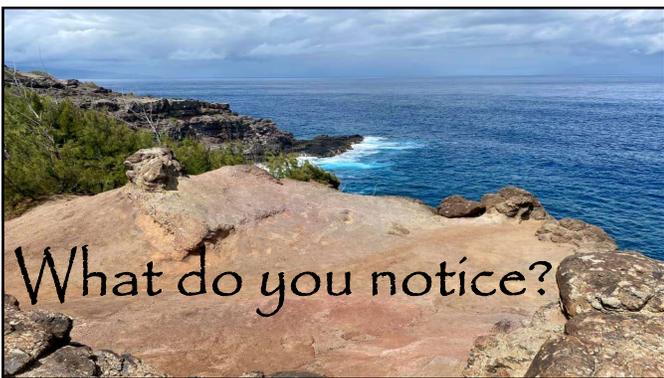
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Ujjayi Breath (Ocean Breath)

- Begin sitting upright, with the spine tall, but not stiff or forced.
- Alternately, you can lie on your back comfortably. Prop the head and neck as needed, but not to the point of tucking the chin.
- Close the eyes or soften the gaze.
- Notice the natural breath inhaling and exhaling through the nose.
- Allow the breath to deepen and expand.
- Equal inhales and exhales or longer exhales.
- Gently constrict the throat until the breath begins to make a "rushing" sound on the inhales and exhales.
- There is nothing to do but breathe for the next five to ten minutes.
- Use a timer with a gentle alarm, to relieve concerns about time.

22



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Ujjayi Breath (Ocean Breath) Benefits

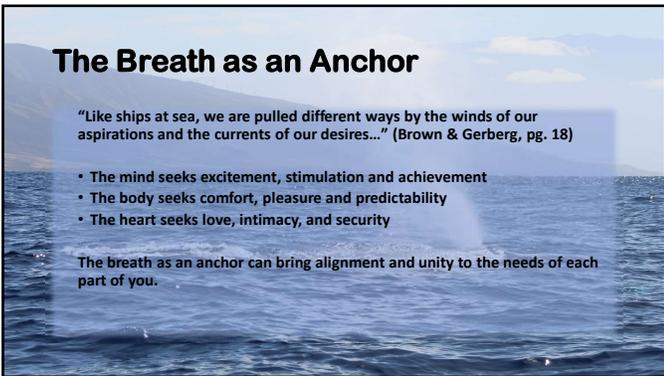
- Strengthens the diaphragm
- Stimulates the vagus nerve
- Activates the parasympathetic nervous system
- Relaxing
- Calming

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Questions/Discussion

25



The Breath as an Anchor

“Like ships at sea, we are pulled different ways by the winds of our aspirations and the currents of our desires...” (Brown & Gerberg, pg. 18)

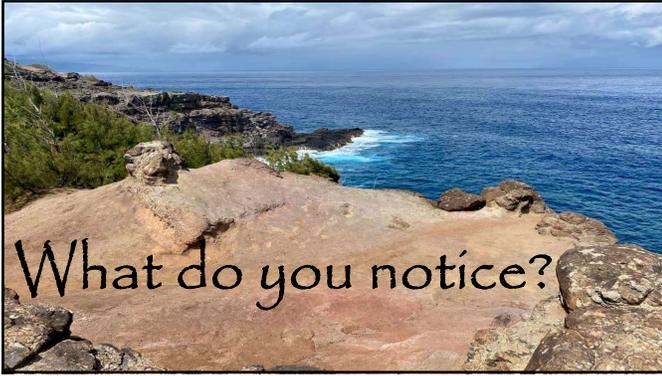
- The mind seeks excitement, stimulation and achievement
- The body seeks comfort, pleasure and predictability
- The heart seeks love, intimacy, and security

The breath as an anchor can bring alignment and unity to the needs of each part of you.

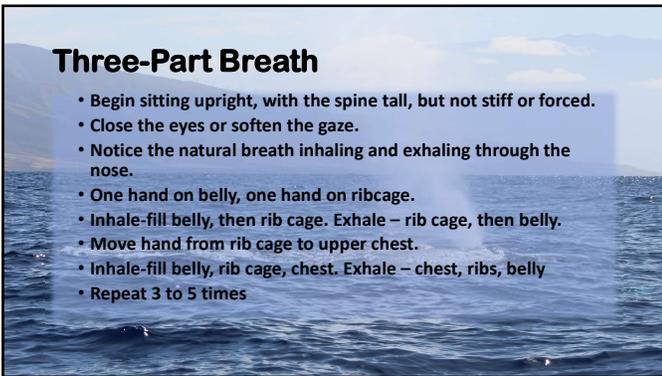
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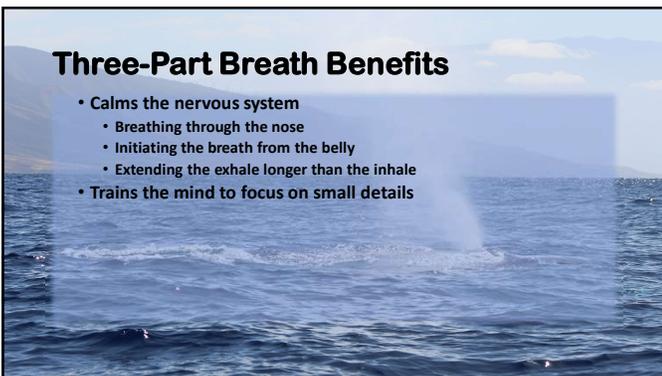
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Three-Part Breath

- Begin sitting upright, with the spine tall, but not stiff or forced.
- Close the eyes or soften the gaze.
- Notice the natural breath inhaling and exhaling through the nose.
- One hand on belly, one hand on ribcage.
- Inhale-fill belly, then rib cage. Exhale – rib cage, then belly.
- Move hand from rib cage to upper chest.
- Inhale-fill belly, rib cage, chest. Exhale – chest, ribs, belly
- Repeat 3 to 5 times

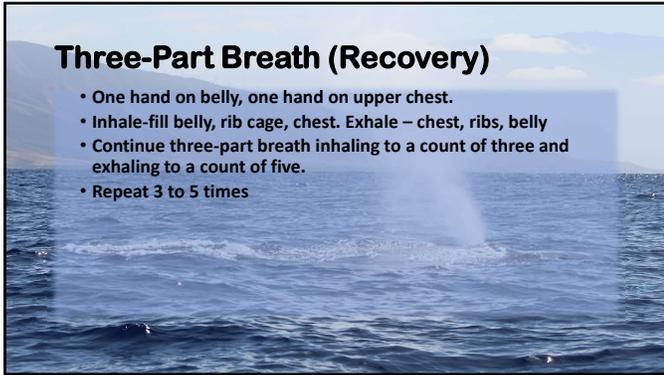
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Three-Part Breath Benefits

- Calms the nervous system
 - Breathing through the nose
 - Initiating the breath from the belly
 - Extending the exhale longer than the inhale
- Trains the mind to focus on small details

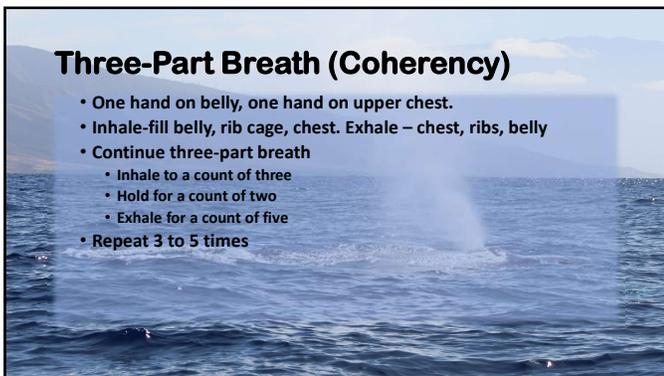
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Three-Part Breath (Recovery)

- One hand on belly, one hand on upper chest.
- Inhale-fill belly, rib cage, chest. Exhale – chest, ribs, belly
- Continue three-part breath inhaling to a count of three and exhaling to a count of five.
- Repeat 3 to 5 times

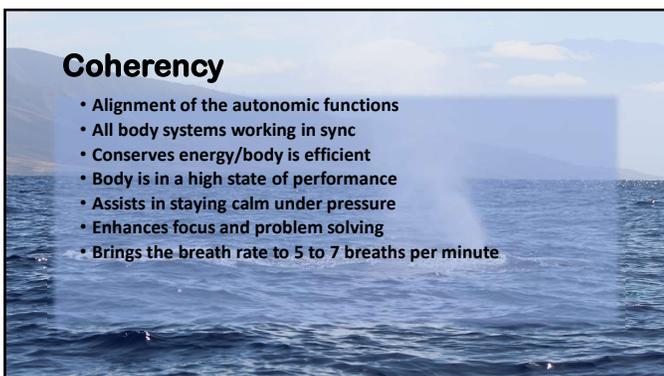
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Three-Part Breath (Coherency)

- One hand on belly, one hand on upper chest.
- Inhale-fill belly, rib cage, chest. Exhale – chest, ribs, belly
- Continue three-part breath
 - Inhale to a count of three
 - Hold for a count of two
 - Exhale for a count of five
- Repeat 3 to 5 times

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Coherency

- Alignment of the autonomic functions
- All body systems working in sync
- Conserves energy/body is efficient
- Body is in a high state of performance
- Assists in staying calm under pressure
- Enhances focus and problem solving
- Brings the breath rate to 5 to 7 breaths per minute

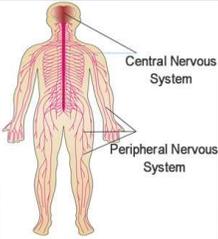
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Breathing and the Nervous System

- **Central Nervous System**
 - Consists of the brain and spinal cord
 - Cranial nerves exit the brainstem
 - Nerve roots exit the spinal cord
- **Peripheral Nervous System**
 - Peripheral nerves reach out to all parts of the body
 - Nerves carry messages back and forth from the brain to all parts of the body
 - Sympathetic nervous system activates "fight or flight"
 - Parasympathetic nervous system restores calmness



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Breathing and the Central Nervous System

- **Autonomic Nervous System**
 - Maintains homeostasis
 - Sympathetic nervous system activates "fight or flight"
 - Parasympathetic nervous system restores calmness
 - The vagus nerve triggers our parasympathetic nervous system
 - Polyvagal Theory



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Breathing and the Central Nervous System

- **HyperArousal**
 - Overwhelmed
 - Feel unsafe
 - Impulsive
 - Anger/Rage
 - Reactive
 - Hypervigilant
 - Obsession
 - Tension
 - Shaking
 - Ungrounded
 - Poor judgment

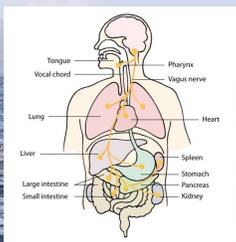


- **Window of Tolerance**
 - Optimal arousal zone
 - Feeling safe, open, curious
 - Feeling and thinking simultaneously
 - In the present moment
 - Able to empathize
 - Able to regulate emotions
 - Access to intuition
 - Awareness of boundaries
 - Relaxed, calm, alert
 - Coherent
 - Energized
- **HypoArousal**
 - Low energy
 - Unclear thinking
 - Numb
 - Disconnected
 - Can't defend self
 - Dissociation
 - Shut down
 - Passive
 - Withdrawn
 - Hopeless

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Breathing and the Central Nervous System

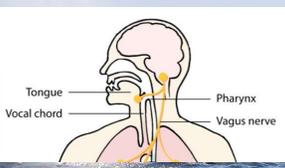
- **Vagus Nerve**
 - The 10th cranial nerve
 - Actually a pair of nerves
 - One of the front of the body
 - One in the back
 - Known as the “wandering nerve”
 - Its many branches reach most of the major organs



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Breathing and the Central Nervous System

- **Vagus Nerve**
 - Acts to counterbalance the fight or flight response
 - 80% of fibers send information back to the brain
 - Key pathway to internal awareness from the heart and gut
 - Triggers a relaxation response
 - Focusing on the breath distracts the brain from stress/pain
 - Ujjayi breath is especially effective
 - Constricting the throat vibrates the nerve



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What Happens during Fight or Flight?



- Autonomic response to real or *perceived* stress or threat
- Release of adrenaline, cortisol and norepinephrine
- Heart rate/BP increases
- Increased blood flow to muscles
- Decreased blood to peripheries
- Increased respiration rate
- Hypervigilant state is on
- Pupils dilate
- Increased glucose
- Digestion stops

40

What Happens with Parasympathetic Response?



- Increase calmness
- Pupils contract
- Heart rate decreases
- Muscles relax
- Increased blood to peripheries
- Decreased respiration rate
- Allows rest and digest

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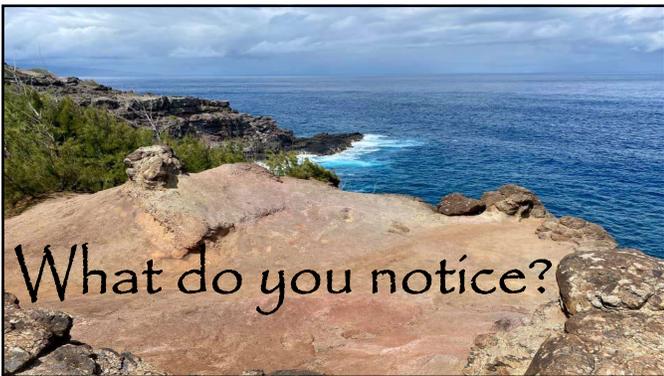
Questions/Discussion

- So, if I do yoga will I always be in a state of calmness?
 - No.
 - Trains our bodies and minds to return to calmness more efficiently.
 - Trains us to be observers of the changes rather than be controlled by them.
- What events trigger stress?
- How do I recognize signals of stress?

42



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Tension/Release Progressive Relaxation

- Begin sitting upright, with the spine tall, but not stiff or forced.
- Create tension in one area of the body at a time by squeezing the muscles
 - Feet to legs to hips/glutes to fists to arms to head and neck
- Imagine that the area of tension represents a stressor in your life
- Release the area of tension with an exhale of "Haaaaaa!" or a sigh.
- Continue with the next body part by creating tension and then relieving it until you have traveled the entire body from feet to head.

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Tension/Release Progressive Relaxation Benefits

- Provides a physical way to represent stressful events or things in life
- Allows you to meet the tension with tension before moving into relaxation
- This may help when the level of stress is too high to “meet” with a breath practice alone
- Allows the body to practice experiencing tension and calming it in a controlled way

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Box Breath

- Begin sitting upright, with the spine tall, but not stiff or forced.
- Alternately, you can lie on your back comfortably. Prop the head and neck as needed, but not to the point of tucking the chin.
- Close the eyes or soften the gaze.
- Notice the natural breath inhaling and exhaling through the nose.
- Allow the breath to deepen and expand.
- Begin counting: In, 2,3,4. Hold, 2,3,4. Out, 2,3,4. Wait, 2,3,4.
- There is nothing to do but breathe and count for the next five to ten minutes.
- Use a timer with a gentle alarm, to relieve concerns about time.

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Box Breath Benefits

- Builds heat within the body
- Holding the breath allows carbon dioxide to build up in the blood, triggering the parasympathetic nervous system.
- Lowers blood pressure
- Creates sense of calm
- Helps manage pain
- Helps with insomnia when performed before bed

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Importance of Daily Stretching

- We can learn from our pets... animals stretch when they awaken or have been still for a while...
- Why?
- Because of the "fuzz"



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Questions/Discussion



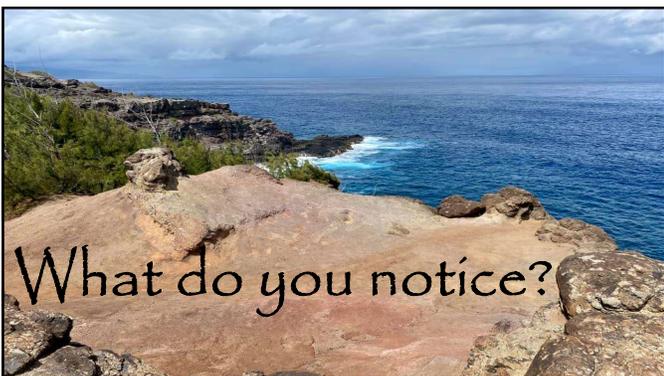
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Brahmari Breath (Bee Breath)

- Begin sitting upright, with the spine tall, but not stiff or forced.
- Close the eyes or soften the gaze.
- Notice the natural breath inhaling and exhaling through the nose. Observe the body and the sensations within.
- Place the index fingers on the cartilage between the cheek and ear. Press gently to close the ears.
- Inhale deeply. Exhale making a humming sound like a bee.
- There is nothing to do but breathe and hum for the next five to ten breaths.

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Brahmari Breath (Bee Breath) Benefits

- Calming
- Alleviates frustration
- Alleviates anxiety
- Alleviate agitation
- Gets rid of anger
- Helps with public speaking

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Questions/Discussion

60



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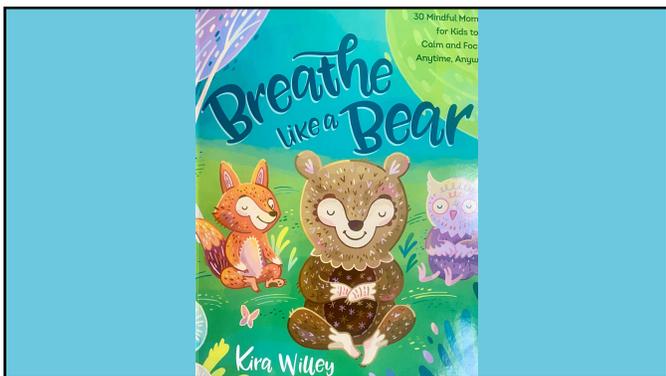
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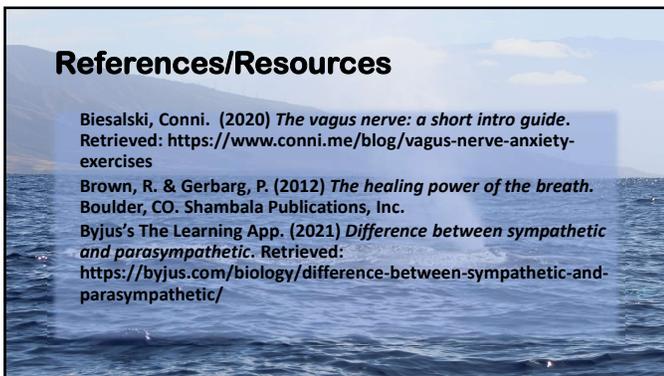
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Questions/Discussion

- What have you learned today that you will take with you?

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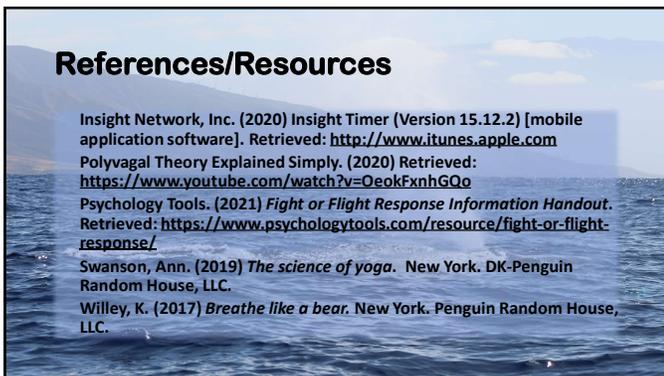
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