



THE PROFESSIONAL YOGA THERAPY METHOD
MEDICAL THERAPEUTIC YOGA
FOR THE 21ST CENTURY

Module One:
Safe Yoga Prescription in Medicine and Wellness: An
Evidence Based Model for Improving Health Care &
Expanding Your Practice



**Professional Yoga Therapy
Model for the Future
Mission for Today**

In less than 10 years, and working outside the current insurance model in order to lower healthcare costs (and since most insurance denies or caps treatment for those in chronic pain coverage), — I have been able to work with patients of all types — from pediatrics to geriatrics, from low back pain to cancer — and see them for a drastically lower cost (and overhead) through group physical therapy using the PYT model.

—Ginger as quoted in

Becker Spine Review 2012,
among three pain specialists speaking on how to influence pain management healthcare policy in the US

© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Trends in America

- Yoga in top 10 CAM modalities
- National Center for CAM – \$34 billion spent on CAM therapies and just under \$6 billion spent on yoga and yoga products.
- Americans practicing yoga jumped by 87% to 16.5 million from 2004-2008.
- Yoga as medicine is emerging and “represents the next great yoga wave.”
- Number of “schools” in yoga therapy jumped from 6 in 2006 to over 75 in 2011.

© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.



"With so many Americans using and spending money on CAM therapies, it is extremely important to know whether the products and practices they use are safe and effective. It is important to conduct rigorous research and provide evidence-based information on CAM so that health care providers and the public can make well-informed decisions."

~Josephine P. Briggs, MD, director of National Center for Complementary and Alternative Medicine.²

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Three Points of Concern

Increasing frequency that Americans are practicing yoga, brings **three points of concern**:

1. Only 6.5% health care professionals recommend yoga to patients.¹
2. Yoga and yoga therapy not regulated in United States by any licensing body or agency. Yoga injuries are on the rise.

Most frequent MS injuries found (Corroller et al 2012):

- **Tendinous lesions** – RTC, Achilles, and peroneus brevis
- **Fibrocartilagenous tears** – medial meniscus, acetabular labrum, glenoid labrum, lumbar disk with extrusion

3. How can we ensure that the consumer of yoga is safe, and **how can we safely refer for or recommend yoga to our orthopaedic patients?**

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Objectives

1. Explain the **7 Point Method** and how it addresses all learning types
2. Compare and contrast the 15 PYT precepts to traditional yoga and yoga therapy
3. Explain how the **Pentagon of Wellness biopsychosocial** model could impact the practice of medicine and rehabilitation in the United States
4. Evaluate existing yoga and yoga therapy programs for content and safety
5. Explain how the historic roots of Yoga in America are interrelated with Professional Yoga Therapy
6. Recognize and understand the guidelines to practice, teaching, and meditation for using in medicine in the PYT Method (recommended reading)

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.



Safety Measures in Merging East/West Medicine

The PYT Method is based on:

- Peer-reviewed EB, post-graduate, CE, and CME accreditation
- 15 Precepts based on:
 - 7 EB Physiological Principles
 - 4 EB Biomechanical and Joint Structure Principles
 - 8 EB Requisites for Joint Stabilization
 - 4 EB Components for Lumbopelvic Integrity
 - 7 EB Point Method – Pedagogy
- Pentagon of Wellness (Biopsychosocial) Conceptual Model of Assessment

© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Why PYT?

Professional Yoga Therapy:

- Foster consumer safety
- Cross cultural & multi-disciplinary education in east/west medicine
- Holds highest educational standards in the industry:
 - Yoga Alliance (RYT system)
 - IAYT (current trends)
 - PYT
- Teaches medical therapeutic yoga that is:
 - Evidence-based
 - Prevention based
 - Pathology based
 - Non-dogmatic & Inclusive
 - Not associated with lineage
 - Embraces all backgrounds

© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.



Professional Yoga Therapy Model for the Future Mission for Today



© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Seven Point Method

Addressing all learning types (next slide) through:

1. Lecture and texts
2. Lab
3. Case Studies
4. Oral and Written Practical Exams
5. Community Case Competency Project
6. Annual CE's – student teaching, self-directed study, and reflection journals
7. Advanced Clinical Specialty Program

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Learning Types

- [Anthony Gregorc PhD Classification Model](#) – Organized method of considering how mind works
- Perceptual Qualities
 - Concrete
 - Abstract
- Ordering Abilities
 - Sequential
 - Random

We can be any combination of:

- Visual/Spatial: pictures, images
- Auditory: sounds, music
- Verbal/Linguistic: words, speech, writing
- Physical/Kinesthetic: sense of touch, using your body and hands
- Logical/Mathematics: reasoning
- Social: group setting
- Solitary: self-study

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

PYT Background

- Establishes inter-rater and intra-rater reliability through standardization of biomechanical alignment of postures/breath
- [EB rationale](#) for documented approach, breath, and posture
- Focus on improving patient outcomes and consumer safety
- Established [cultural/gender context](#) for postures
- Provides educational competencies for medical therapeutic yoga at the [graduate and post-graduate level](#)
- Provides [lesson plans](#) for wellness (prevention) programs and pathophysiology courses
- Prepares therapists to supervise and design medical therapeutic yoga programs for integrative medicine facilities
- Focuses on stabilization rather than mobilization

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Tenets

Teaches medical therapeutic yoga:

- Standardized training designed exclusively for health care professionals in the United States and abroad
 - As a model for educational standards in medical yoga therapist training in the US
 - Each student meets specific set of requirements to practice yoga therapeutically
 - Code of ethics
 - Scope of practice
- As complementary and integrative medicine method to patient care
- At a community and clinical level



© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Tenets ©2001-2012. All rights reserved.

Development of PYT Method

Uses PYT Fifteen Precepts:

- Exercise science/physiology
- Nutrition (ATC & Ayurveda)
- Sports & Developmental Psychology
- Public Health Education
- Mental health
- Athletic Training
- Physical Therapy & Rehabilitative medicine (OT, SLP, RT)
- Manual Therapy
- Regional Interdependence Model
- Pilates
- Yoga
- Ayurveda

© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Tenets ©2001-2012. All rights reserved.

15 Precepts

1. Looks at all persons and their potential for injury or disease through the evaluative and diagnostic Pentagon of Wellness (*koshic*) and Constitutional evaluative (*doshic*) lenses.



© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Tenets ©2001-2012. All rights reserved.

15 Precepts

Professional Yoga Therapy:

12. Exclusively teaches non-weight-bearing headstands (*sirsasana*) and non-cervical-weight bearing shoulderstands (*salamba sarvangasana*).
13. Emphasizes protection of joints, especially the small joints of the hands and feet, during all postures (*asanas*).
14. Is non-dogmatic and welcoming to all disciplines of yoga and types of yoga. Respects all religions and spiritual belief systems.
15. Teaches the student to seek the *self* pursuant to one's duty/mission (*dharma*).

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

MEDICAL THERAPEUTIC YOGA FOR THE 21ST CENTURY

PSYCHO-EMOTIONAL-SOCIAL

ENERGETIC

INTELLECTUAL

SPIRITUAL

PHYSICAL

THE PROFESSIONAL YOGA THERAPY METHOD
PENTAGON OF WELLNESS CONCEPTUAL MODEL

Five Sheaths (koshas)

1. **Annamayakosha** (ahn-nah mah-yuh-koh-sha)- Material body, physical
2. **Pranamayakosha**(prah-nah mah-yuh-koh-sha) – Energetic body, life force
3. **Manomayakosha** (mahn-noh mah-yuh-koh-sha) - Mind, emotional, social body
4. **Vijnanamayakosha**(vignyah--nah mah-yuh-koh-sha) – Intellectual body, wisdom/discrimination
5. **Anandamayakosha**(ahn-nahn-duh mah-yuh-koh-sha) – Bliss body, spiritual, individual connected with the divine/soul.

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Conceptual Model

Koshas

- 1 and 2 are associated with the physical body,
- 3 and 4 are associated with the subtle body, and
- 5 is associated with the casual body.

Kosha translated means

- arm
- sheath
- body

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Biopsychosocial Model: A Pentagon of Wellness

Empowering your patients toward taking responsibility for their health depends on using a biopsychosocial model of assessment for focused care.



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Physical Health

Physical Body

- Anatomical & nutritional (Annamayakosha)
- Element: Earth

Methods for Evaluating:

- **Subjective Intake:** patient's report, previous medical history (PMH), history of present illness (HPI), pain (PAS), nutritional interview, activity, & patient goals/intentions
- **Objective Intake:** constitutional testing, postural evaluation (static), bony landmarks (body screen), gait evaluation where necessary (dynamic), ROM, MMT & special tests (where allowed by professional scope of practice), **yogic analysis, environmental analysis, work place/ergonomic analysis**

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Energetic Health

Energetic Body

- Energetic & Breath (*Pranamayakosha*)
- Element: Water

Methods for Evaluating:

- Yogic analysis in the PYT Method
 - Breathing techniques
 - Posture (*asana*) analysis
 - Meditation habits and postural analysis within meditation postures
 - Time management – ability to schedule time for self/others/yoga/spiritual studies/*karma yoga*, pursuit of *dharma*
 - External concerns – i.e. home, workplace, environmental analysis as related to *dosha* test results
- Ability to recognize feelings – i.e. nonviolent communication techniques

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Psycho-emotional Health

Psycho-emotional body

- Mental & Social (*Manomayakosha*)
- Element: Fire

Methods for Evaluating:

Yogic analysis in PYT Method plus:

- Aromatherapy
- Sleep habits
- Social support system
- Chromotherapy
- Music therapy

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Intellectual Well Being

Transformational Body

- Intellectual (*Vijnanamayakosha*)
- Element: Air

Methods for Evaluating:

Yogic Analysis in addition to as it relates to:

- Motivation
- Self-education habits
- Cultural therapies (music, art, poetry)
- Communication/conflict resolution
- Hobbies

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Spiritual Well Being & Contentment

Spiritual Bliss Body

- Individual connected with the soul (*Anandamayakosha*)
- Element: Ether

Methods for Evaluating:

Focus on spiritual readiness and intrapersonal maturity

Yogic analysis in PYT Method plus:

- Introspective study habits
- Karma yoga
- Practice of 8 Limbed Astanga yoga

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Evaluating Existing Programs: Yoga & Yoga Therapy

- Yoga vs. Yoga Therapy vs. Medical Therapeutic Yoga
- YA
 - Voluntary Registry
 - Registry Levels
- IAYT
 - Educational Standards and Regulation
 - Proliferation of Programs 2006-2008
- Medical or Third Party Oversight
 - Current Pre-requisites for teachers and therapists
 - Consumer Risk & Safety

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Yoga Equipment

Essential Equipment

- Yoga mat – ¼ x 26 x 69-72"
- 2 blocks – cork, foam (not wood or bamboo)
- 2 Mexican blankets of identical proportion and density
- 1 quick release buckle belt – 6-10'

Optional Equipment

- Eyebag
- Chair
- Wall
- Theraball
- Pool
- Music

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Resources

Applying the evaluative paradigm:

• Module 8 Onsite Companion Course – November 2013

www.professionalyogatherapy.org

- Module 8 (on-site companion to 1-7)
- Modules 10-12 (distance learning)
- Module 13 (community based home study)
- Module 14 & 15 (on-site companion to 10-12)

• PYT DVD (**Ancient Yoga, New You**)

- Wholesale Pricing – info@professionalyogatherapy.org

• Wholesale yoga equipment - www.yogaaccessories.com

• Other Resources

- The Center for Non-Violent Communication - <https://www.cnvc.org/>
- The International Association of Yoga Therapists – <http://www.iayt.org>
- Anthony Gregorc PhD - <http://gregorc.com/>

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Final Thoughts

“Keep away from small people who try to belittle your ambitions.

Small people always do that, but the really great ones make you feel that you too, can become great.”

Mark Twain

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.



THE PROFESSIONAL YOGA THERAPY METHOD
MEDICAL THERAPEUTIC YOGA
FOR THE 21ST CENTURY

Module 2

Safe Yoga Prescription in Medicine and Wellness: An Evidence Based Model for Improving Health Care & Expanding Your Practice
(Part Two)



Professional Yoga Therapy Model for the Future Mission for Today

*"It is not enough to DO the asana, to even know the asana,
or to teach it perfectly.
The Alchemy of Yoga depends on the LIFE in the asana.
Is "it" alive? How do you know?"
-Ginger, from class notes 2008*

© 2013 Ginger Garner. Living Well, Inc. except from PYT Texts ©2001-2013. All rights reserved.

Objectives

After completing this module, you should be able to:

1. Identify the 5 obstructions to learning and transformation in a case study application.
2. Recognize how the Pentagon of Wellness conceptual model can be used preventively and therapeutically to help patients/clients manage pain, low self-esteem, and flagging motivation.
3. Define the science of yoga and its rationale for efficacy.
4. List how evidence-based research supports the inter-relationship of yoga with medical, psychological, biological, and physical science.
5. Identify a minimum of 5 interventions under each of the 5 points of the Pentagon model that can be used to effectively manage stress (a total of 15 interventions).
6. List how to use the Psycho-emotional inventory for Pain Management within the context of the Pentagon of Wellness model.

© 2013 Ginger Garner. Living Well, Inc. except from PYT Texts ©2001-2013. All rights reserved.

Yoga As Medicine



© 2013 Ginger Garner. Living Well, Inc. except from PYT Texts ©2001-2012. All rights reserved.

Medical Lens

Psychoneuroimmunology

- Relationship between the emotional response and health status
 - Neuroendocrinology
- Physiological embodiment of emotional response
 - i.e. Depression, Gut-Brain-Body Axis
- Concrete physical and chemical characteristics juxtaposed with its creative, abstract desires and abilities

Integrative Medicine

- Preventive & Rehabilitative
- Preventive vs. pathology based paradigm
- “Whole”istic Healing through (NCCAM)
 - Natural Products
 - Mind/Body Medicine
 - Manipulative and Body Based Practices
 - Other CAM Practices

© 2013 Ginger Garner. Living Well, Inc. excerpt from PPT Texts ©2001-2012. All rights reserved.

Medical Lens

Neurophysiological/Psychosomatic Medicine

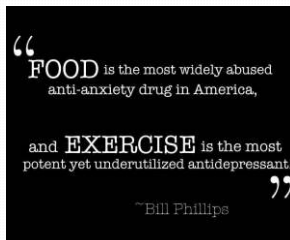
- Organization of behavior
- Sensori-motor connection
- Mind/body interaction
- Proven effective with wide range of psychosomatic and psychiatric disorders
- Sister science – Ayurveda
- Samkhya philosophy
- Restores homeostasis - self, ego, and consciousness

© 2013 Ginger Garner. Living Well, Inc. excerpt from PPT Texts ©2001-2012. All rights reserved.

Biological Lens

Molecular Biology

- Mind= Non-physical; soul intelligence
- In order to molecularly define a disease, consciousness must be considered
- CAM Modalities may “deeply affect both the signaling and transcriptional level of cellular homeostasis”



© 2013 Ginger Garner. Living Well, Inc. excerpt from PPT Texts ©2001-2012. All rights reserved.

Inter-relational/ Spiritual Communication

Evidence-based research has also found that yoga improves:

- Interpersonal/Intrapersonal Relationship Management
- Compassion & spiritual readiness improvement*
- Stress reduction in collegiate female athletes**
- Self-actualization, contentment, joy, peace, loving, caring, motivated learning***

*Dittmann and Freedman 2009

**Sharma et al 2009

***Chattrha et al 2008



- Dalai Lama

© 2013 Ginger Garner, Living Well, Inc. except from PYT Texts ©2001-2012. All rights reserved.

Yoga: A Science of Its Own

Vedic system

• Scientists attitude toward consciousness have “changed due to advances in neurophysiology and because modern physics and computer science are confronted with the question of the nature of the observer.”

• Yoga... Breaks the stress cycle and facilitates a relaxation response...

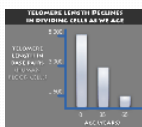
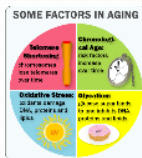


© 2013 Ginger Garner, Living Well, Inc. except from PYT Texts ©2001-2013. All rights reserved.

Breaking the Stress Response

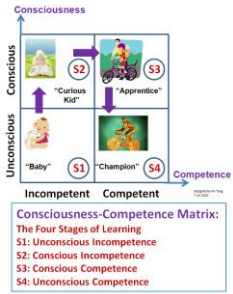
Meditation is beneficial for:

- Stress resilience
 - Neuroendocrine regulation - facilitate normal circadian rhythm
 - Reduce stress arousal and induce positive arousal effects
 - Promote telomere maintenance
 - Longevity
- Deep, focused breathing – vagus nerve stimulation
 - Cognition & Focus
 - Decreasing sympathetic response
 - Increase awareness of your surroundings without distraction (i.e. pain management)



© 2013 Ginger Garner, Living Well, Inc. except from PYT Texts ©2001-2012. All rights reserved.

Intellectual Perspective

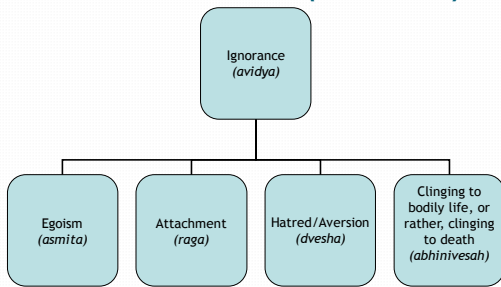


“Avidya (ignorance) is regarding the impermanent as permanent, the impure as pure, the painful as pleasant, and the non-self as the Self.”

~The Yoga Sutras of Patanjali

© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

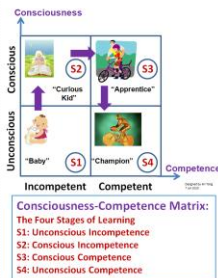
5 Obstructions (kleshas)



© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

5 Obstructions Defined:

- Barriers to growth (bliss... ignorance)
- Flagging motivation
- Resistance to transformation
- Aversion vs. Addiction
- Desire vs. Hate (harnessing the power)
- Growth without pain/adversity/resistance?
- Astanga (8 limbed practice) yoga of Patanjali



© 2013 Ginger Garner, Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Perspectives on Pain

The ABC's of Yogic Perspective:

- Adversity & Attitude
- Boundary Setting
- Concentration



We can only develop strength when we lift weight.

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Why is Stability Important in Developing Flexibility?

1. Joint Structure & Function
2. Integrated Model of Joint Function
3. Requisites for Joint Stabilization
4. Neuroanatomy and neuroendocrine function



Sports Illustrated - Robert Beck © photo

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Overcoming the Obstructions

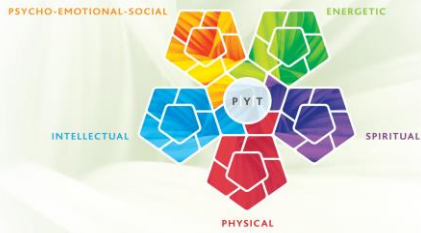
Growth requires acknowledgement

- Wisdom & Compassionate interaction
- Personal growth
- Spiritual growth
- Adversity creates...



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

MEDICAL THERAPEUTIC YOGA
FOR THE 21ST CENTURY



THE PROFESSIONAL YOGA THERAPY METHOD
PENTAGON OF WELLNESS CONCEPTUAL MODEL

© 2013 Ginger Garner, Living Well, Inc. excerpt from P.Y.T. Texts ©2001-2012. All rights reserved.

Pentagon of Wellness Applied

In managing stress and overcoming the 5 obstructions, the Biopsychosocial model:

- Empowers your patient
- Overcomes adversity
- Manages stress
- Prevents burnout
- Increases patient compliance and satisfaction
- Improves pain management



© 2013 Ginger Garner, Living Well, Inc. excerpt from P.Y.T. Texts ©2001-2012. All rights reserved.

Physical Health

Creating growth in the psycho-emotional and energetic sheath through addressing the obstructions includes:

Posture and Breathwork Prescription

1. Autogenic training/biofeedback
2. STM & Manual therapies

Lifestyle Counseling

1. Nutrition
2. Sleep/Rest
3. Social Sphere
4. Music & Sound as Medicine
5. Sunlight/Vitamin D – melatonin/serotonin
6. Biopsychosocial Eval/Ergonomic & Environmental Eval.



© 2013 Ginger Garner, Living Well, Inc. excerpt from P.Y.T. Texts ©2001-2012. All rights reserved.

Energetic Health

Creating growth in the psycho-emotional and energetic sheath through addressing the obstructions includes everything in the physical health section PLUS:

Differential Dx

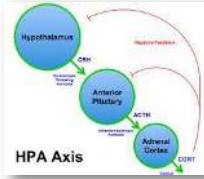
- Breathing – CP function (quality/quantity)
- HPA Axis & Cortisol Regulation

Control of Thoughts and Emotions

- Meditation
- Ayurvedic therapies

Release or Recognition of Feelings

- Organization of thoughts (journaling/writing)
- Imagery – improving motor and emotional control



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Psycho-emotional/Social Health

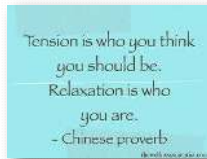
Creating growth in the psycho-emotional and energetic sheath through addressing the obstructions includes everything in the physical and energetic sections PLUS:

Boundary Setting & Contentment

- Happiness Inventory (3 part)
- Talk therapy
- Time management (i.d. of environmental distractions)

Relational Development & Conflict Resolution

- Speaking the Five Love Languages
- Non-violent Communication (NVC)
 - Self Limiting “self” in order to cultivate relationship(s)



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Intellectual Readiness

Creating growth in the psycho-emotional and energetic sheath through addressing the obstructions includes ALL OF THE FOLLOWING HEALTH INDICATORS FROM EACH SECTION PLUS:

Self Education

- Multi-media Learning – books, video, etc.

Self Cultivation

- Hobbies – art, music, books, movies, poetry



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Spiritual Readiness

Creating growth in the psycho-emotional and energetic sheath through addressing the obstructions includes:

Time spent...

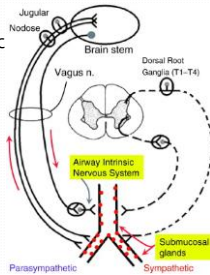
- In nature - Outdoor therapy for an indoor society
- Cultivating self-reflect introspective ability
- Mindful Living
- Spiritual studies
- Spiritual/volunteer work for others
- Reduction (Simplification) therapy



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Long, Deep Breathing

1. Long Deep Breathing or Abdominal or Diaphragmatic
2. Transversus abdominis assisted thoraco-diaphragmatic breath – TATD



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

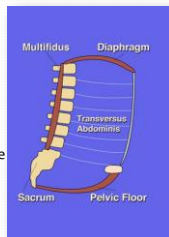
First Step: Breath Awareness

As a precursor to learning pranayama/breathing techniques in yoga, the abdominal breath:

- Works to engage the diaphragm
- Teaches self-soothing, calm
- Emphasizes relaxation in postures

In contrast the TATD breath:

- Should be perfected before continuing into posture progressions
- Progress is charted on all breathing based on the success of the breath in the postures evaluated/performed



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

TATD Breath

- Provide safety in dynamic posture practice
- Lumbopelvic stabilization
- Synergistic strengthening via cylinder concept
- Fully engage diaphragm – pelvic and respiratory
- Functional carryover for ADL and work task performance
- Lumbopelvic injury prevention
- Support of spinal neutral
- Neuroendocrine regulation, GABA system

Action

- Entry - For learning purposes, place your hands on your ribcage. To perform the breath, draw the belly button into the spine lightly but firmly enough to create a slight internal tension. Inhale and feel the ribcage moving like bucket handles, out to the side.
- Exit - Exhale and feel the ribcage become smaller and smaller.

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

TATD Prep & Rationale

Deep Abdominal Breath/Long Deep Breathing

- **Result:** When stimulated the Slow Adapting Stretch Receptors (SARS) induce inhibitory neural impulse to baroreceptors in carotids (the blood pressure and heart rate monitors in the neck).
- **Result:** Down-regulation of sympathetic tone (and up regulates the parasympathetic nervous system).
- **Result:** Blood pressure and heart rate drop
- **Result:** Increased overall sense of well being and relaxation
- **Practice:** Even 5 minute segments of long deep breathing can be beneficial. The more you do, the accumulation causes a longer and longer benefit (dose response).

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Preparatory Techniques for Managing Energetic Sheath

The gold standard for long, deep breathing to promote calm, relaxation, sleep, and even sedation



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Modifications



Modifications for children and supported children

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Pentagon of Wellness/Biopsychosocial Model Guidelines

1. All of the five points address the entire being and Self. A MTY/PYT plan of care must address each of these “bodies or sheaths”.
2. Points are a continuum and do not exist in a vacuum.
3. Freedom requires transformation. The greatest deliverance is freedom from our habits and addictions.

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Pentagon of Wellness Guideline Recall:

Conceptual Model Interventions Include:

- Sense Based Therapies
 - Aromatherapy, Massage, Sound Therapy (including music), Color and Light therapies (including Ayurveda and Virtual Scanning)
- Physical Stimulation of the Physiological Systems
 - Breathing (Alexander technique), Exercise, Excretion (Colonic Irrigation), Osteopathy, Chiropractic, Physical Therapy, Massage
- Brainwave Based Therapies
 - Sleeping, Biofeedback, Meditation, Yoga, flashing-light therapies (including Virtual Scanning), etc;
- Pharmacological
 - Pharmaceutical, Homeopathy, Herbal medicines, Acupuncture, Nutrition, Ayurveda

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Psycho-emotional Worksheet

Optional Lab

Application:

List a time/event/era in your life that was painful for each of your sheaths (a time of loss, suffering, traumatic change, injury, trauma, etc.) If you cannot list an event, then list an imaginary one or one you have managed or dealt with in a patient case.

- Annamayakosha - physical pain
- Manomayakosha - psycho-emotional or social pain
- Pranamayakosha - energetic, whole being pain
- Vijnanamayakosha - pain or stagnation of intellectual body and mind
- Anandamayakosha - spiritual ignorance or pain

"**Subtle Hindsight**": What did you do (or not do) along your life journey that helped you (or could have helped you) to prepare for the event?

- If you did not do something that helped, list some things that would have helped you (now that you have the benefit of hindsight).
- Now think of your yoga practice, or the poses you have knowledge of or have seen. Were there physical pose(s), breath techniques, or other limbs of the Astanga practice that (or which you speculate) could have helped to manage your time of psycho-emotional pain?
- Were there things you did that were or were not helpful in each of the sheaths/Points of Pentagon (listed below)?
- How might you deal with this situation differently (or the similarly) in the future should it arise again?
- How can you use this experience to help a patient or client through their time(s) of pain?
- How will this consideration of "pain as a teacher" change your personal practice? Your professional practice?

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Resources

Biopsychosocial Evaluation

- www.professionalyogatherapy.org
- Module 8
 - Lab Course: PYT Algorithm(s), PYT Integrative Medicine Template
 - PYT DVD ([Ancient Yoga](#), [New You](#))

Biopsychosocial Tool

- [Happiness Inventory](#)

© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.

Final Thoughts....

To the world
you may be
one person,
but to one person
you may be
the world



© 2013 Ginger Garner. Living Well, Inc. excerpt from PYT Texts ©2001-2012. All rights reserved.
