

# YOGA for Wellness: Gentle Yoga Practice

Maruti Ram Gudavalli, PhD

[marutigudavalli@yahoo.com](mailto:marutigudavalli@yahoo.com)

[Gudavalli\\_r@palmer.edu](mailto:Gudavalli_r@palmer.edu)

Tel. (630) 303-1369

Professor and Director of Biomechanics Research

Palmer Center for Chiropractic Research

Yoga Teacher

Sri Venkateswara Swami (Balaji) Temple Aurora

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# World Health Organization

- **WHO definition of Health**
- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

# Yoga is used

- To maintain wellness
- As a complementary approach to recover from illness
- To manage stress and trauma
- To gain self realization

# What is Yoga

- Yoga is a mind-body practice with origins in ancient Indian philosophy
- Yoga or Yuj in sanskrit language means “Union”
- Combines physical exercises, breathing exercises, and mental exercises
- Is used to be a way of life

# CAUTION

- YOGA is not a replacement for care of a licensed healthcare provider
- Consult your healthcare provider before starting yoga practice
- Initially do your yoga practice under the guidance of a teacher
- Practice in your comfort zone

# Patanjali- Father of Yoga Sutras

Yoga is the practice of  
quieting the mind.

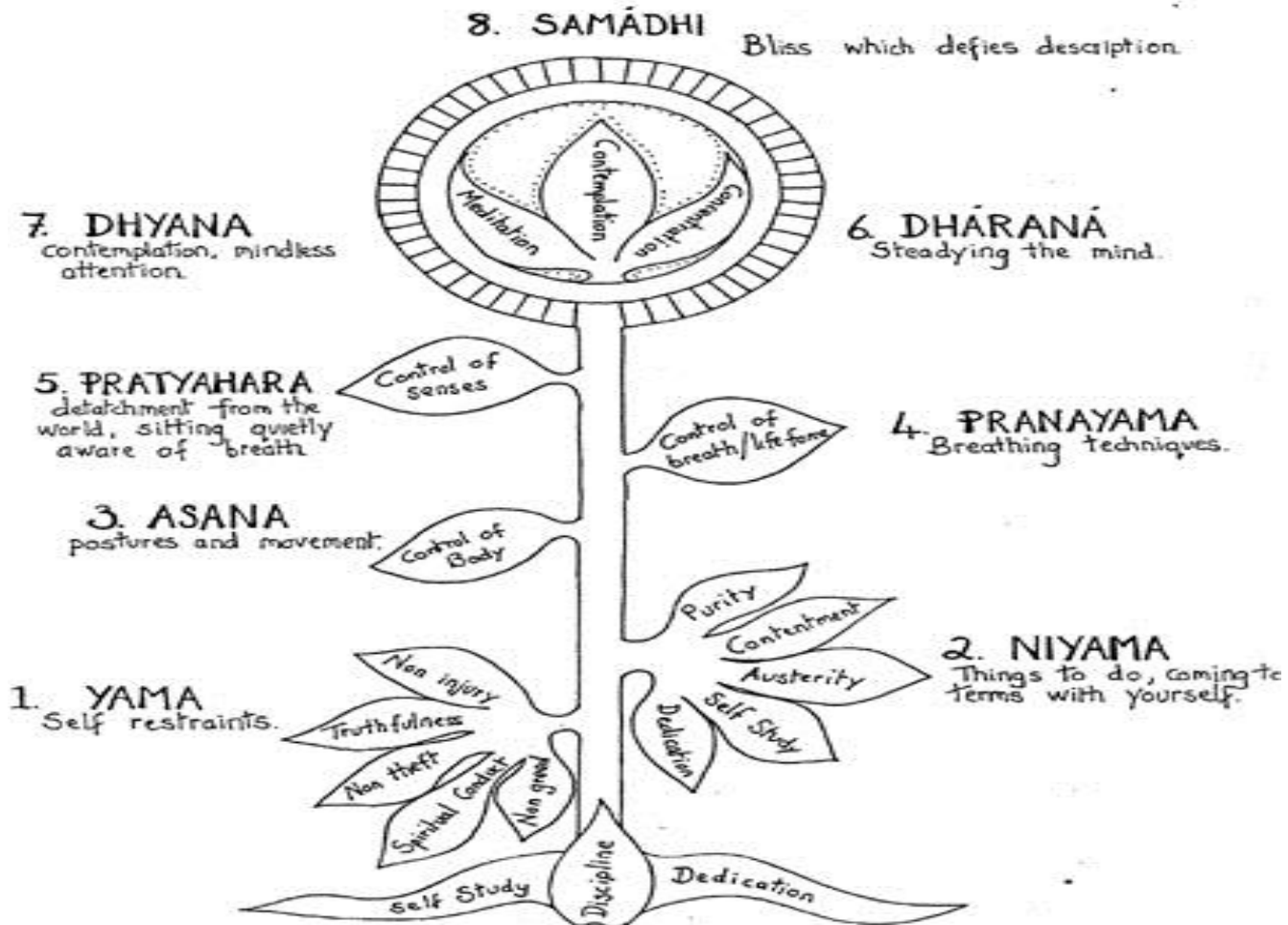
- Patanjali



[www.masteringyoga.org](http://www.masteringyoga.org)

# 8 Limbs of Yoga

## THE EIGHT LIMBS OF YOGA



# SAGE PATANJALI

## Eight (8) Foundations of YOGA

- Yama-What not to do
- Niyama-What to do on a regularly
- Asana-Postures and exercises
- Pranayama-Breathing Exercises
- Pratyahara-Controlling senses
- Dharana-Focus
- Dhyana-Meditation
- Samadhi- Realization-Immersion-Ultimate way of life



# History of YOGA

- Yoga has been practiced 5000 years ago
- Combines physical exercises, breathing exercises, meditation and has a distinct philosophy
- The first known text “The Yoga Sutras” was written more than 2000 years ago.
- It was originally developed as a method of discipline and attitudes to help people reach spiritual enlightenment

# YOGA-Different Bodies

- Physical Body
- Energetic Body
- Emotional Body
- Mental Body
- Spiritual Body

# International Yoga Day



*"By proclaiming 21 June as the International Day of Yoga, the General Assembly has recognized the holistic benefits of this timeless practice and its inherent compatibility with the principles and values of the*

**Ban Ki-moon**

*United Nations Secretary-General*



# IYD Celebrations 2015



# Science and Religion

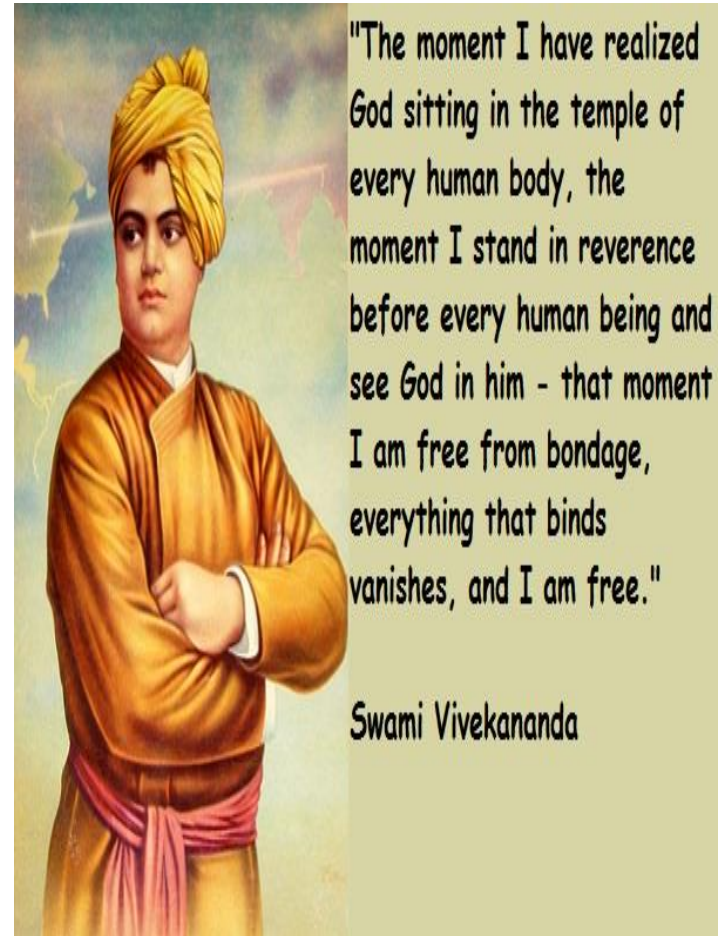
- Science without religion is lame, religion without science is blind." - Albert Einstein



# Swami Vivekananda

TAKE UP ONE IDEA.  
MAKE THAT ONE IDEA  
YOUR LIFE. THINK OF IT,  
DREAM OF IT, LIVE ON  
THAT IDEA. LET THE  
BRAIN, MUSCLES,  
NERVES, EVERY PART  
OF YOUR BODY, BE  
FULL OF THAT IDEA,  
AND JUST LEAVE  
EVERY OTHER IDEA  
ALONE. THIS IS THE  
WAY TO SUCCESS.

**SWAMI VIVEKANANDA**



"The moment I have realized  
God sitting in the temple of  
every human body, the  
moment I stand in reverence  
before every human being and  
see God in him - that moment  
I am free from bondage,  
everything that binds  
vanishes, and I am free."

Swami Vivekananda

# Bible Quotes

- The Greatest Commandment:
- Love God and Your Neighbour
- Kingdom of God is within you

# Quotes by Buddha

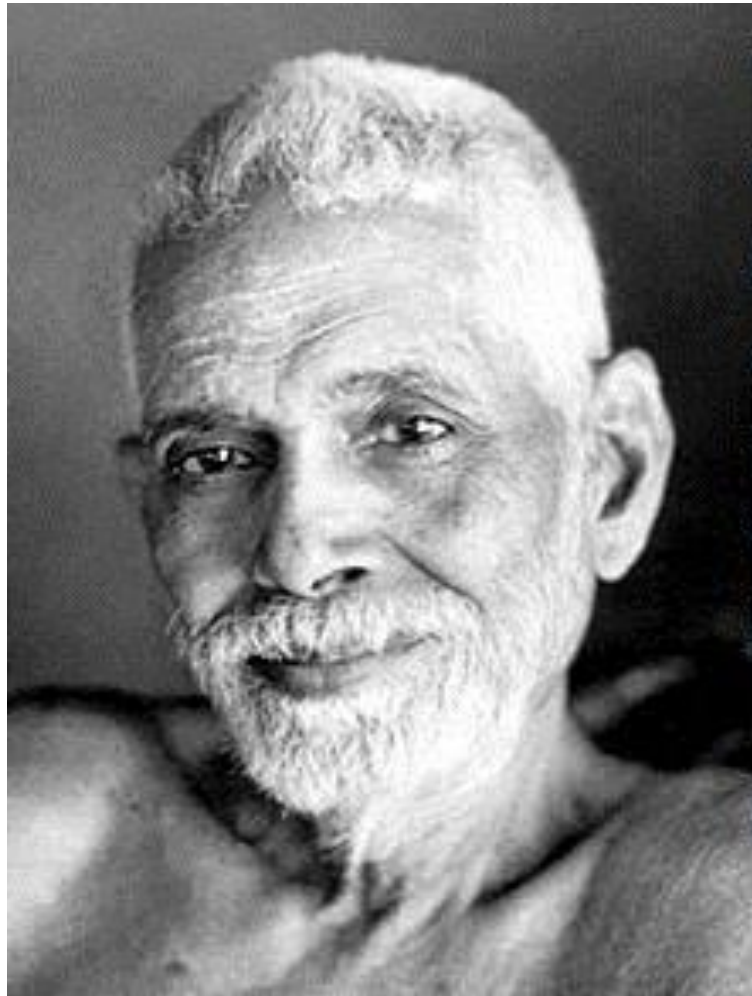


Pain is certain,  
suffering is optional.

If you light a lamp for  
somebody,  
it will also brighten  
your path.



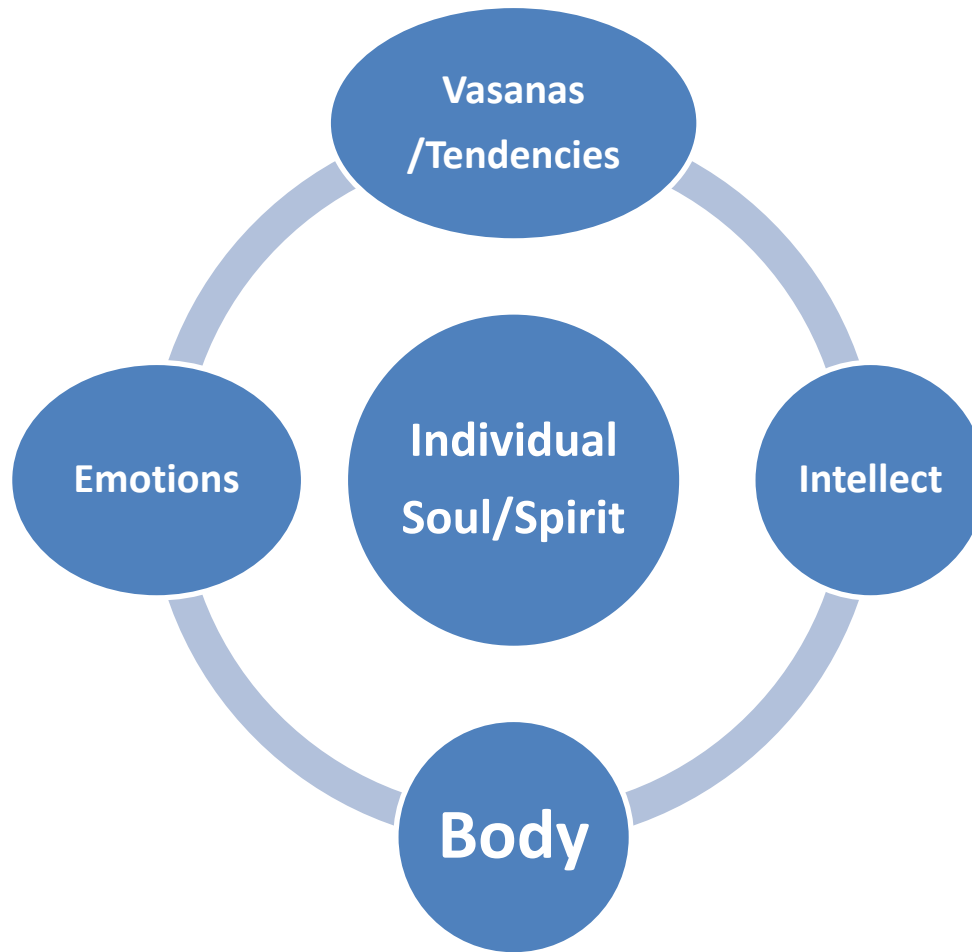
# Mind quote by Yogi Ramana Maharshi



**"Mind is consciousness which has put on limitations. You are originally unlimited and perfect. Later you take on limitations and become the mind."**

**Ramana Maharshi**

# Body, Mind and Soul/Spirit



# Inspiring Yoga Video Facebook video

- <https://www.youtube.com/watch?v=qX9FSZJu448>
- You Tube Video of Arthur's transformation

# Super Brain Yoga You Tube Video Link

- <https://www.youtube.com/watch?v=KSwhpF9iJSs>
- Eric Robinson, MD
- <https://www.youtube.com/watch?v=KSwhpF9iJSs>

# 84 year old student in my Yoga Class



# Elderly Yoga Instructor



93 Year-Old Yoga Instructor Can Still Pose Perfectly

# HEAL

- **H**ealthy
- **E**ating
- **A**dventurous
- **L**iving

# MEAL

- **M**indful
- **E**ating
- **A**nd
- **L**iving



**Don't HURRY**

**Stay with**

**HARI**

# Hatha Yoga

- Hatha yoga most commonly practiced in USA emphasizes postures and breathing exercises
- 2007 National Health Interview Survey (NHIS) Yoga is one of the top 10 CAM modalities used in US
- Yoga has been used for a variety of health conditions including anxiety disorders or stress, asthma, high blood pressure, and depression.

# Schools of Hatha Yoga listed on NIH

- Ananda
- Anusara
- Ashtanga
- Bikram
- Iyengar
- Kripalu
- Kundalini
- Viniyoga

# Yoga is suggested for

- Improved mood and sense of well-being
- Stress reduction
- Reduce heart rate and blood pressure
- Increase lung capacity
- Increase muscle relaxation and body composition
- Anxiety, depression, and insomnia
- Overall physical fitness, strength, and flexibility
- Effect brain or blood chemicals
- **WELL DESIGNED RESEARCH IS NEEDED**

# PUBMED Search June 21-2015

- 3052 articles---Yoga Therapy
- 144- Yoga back pain
- 102- Yoga Low back Pain
- 32- Yoga neck pain
- 565-Yoga Stress
- 263- Yoga Cancer
- 257-Yoga cardiovascular
- 137-Yoga Hypertension

# NCCAM-NIH funding

- Low back pain
- Blood pressure
- Pulmonary disease
- Depression
- Diabetes
- HIV
- Immune function
- Arthritis
- Insomnia
- Multiple sclerosis
- Smoking cessation

A service of the National Library of Medicine, National Institutes of Health.

Abstracts of Reviews of Effects (DARE): Quality-assessed Reviews [Internet]. York (UK): Health Reviews and Dissemination (UK); 1995-.



## Systematic review and meta-analysis of yoga for low back pain

Lauche, H Haller, and G Dobos.

Updated: 2013.

### Summary

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Found strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for pain and disability associated with chronic low back pain. The authors' conclusions are consistent with other studies but the evidence was more compelling when compared to educational interventions and physical therapy for pain when compared to exercise and to treatments offered under usual care.

### Objectives

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To evaluate the effectiveness of yoga in patients with low back pain

4%  
Search

# Psychological Well-Being, Health Behaviors, and Weight Loss Among Participants in a Residential Yoga-Based Weight Loss Program

J. Braun, BA,<sup>1</sup> Crystal L. Park, PhD,<sup>2</sup>

John Conboy, MA, MS, ScD<sup>3</sup>

*for Extraordinary Living at Kripalu Center  
University of Connecticut*

*Research Center at Harvard Medical School*



# Pragmatic Multicentered Randomized Controlled Trial of Yoga for Chronic Low Back Pain: A Cost-Effectiveness Evaluation

## Evaluation

Yingying Chuang, PhD,\* Marta O. Soares, MSc,† Helen Tilbrook, MSc,\* Helen Cox, MSc,† E. Hewitt, PhD,\* John Aplin, PhD,‡ Anna Semlyen, MSc,§ Alison Trehwela, DBL, CMAA, ChB,\*|| and David J. Torgerson, PhD\*

Multicentered randomized controlled trial with resource use data collected.

Objective of this study was to evaluate the cost-effectiveness of a yoga intervention plus usual care compared with usual care for chronic or recurrent low back pain.

**Background Data.** Yoga has been shown as an option for treating chronic or recurrent low back pain, but there is little evidence on its cost-effectiveness. The results from a pragmatic, multicentered, randomized

dominant treatment compared with usual care, surrounded by fewer uncertainties—the probability of being cost-effective reaches 95% at a willingness to pay of QALY of £20,000. Sensitive analyses suggest that the yoga intervention is likely to be cost-effective.

**Conclusion.** On the basis of this trial, 12 sessions of specialized yoga are likely to be a cost-effective treatment for patients with chronic or recurrent low back pain.

**Key words:** yoga, low back pain, cost-effectiveness

Int J Yoga. 2013 Jan-Jun; 6(1): 80.

doi: [10.4103/0973-6131.105953](https://doi.org/10.4103/0973-6131.105953)

PMCID: PMC3573549

**Mindfulness, an integrated approach for cessation of smoking in workplace**

[Mahendra P Sharma](#) and [Manoj Kumar Sharma](#)

Department of Clinical Psychology, NIMHANS, Bangalore, Karnataka, India

**Address for correspondence:** Dr. Manoj Kumar Sharma, Department of Clinical Psychology, NIMHANS, Bangalore, India. E-mail:

[mks712000@yahoo.co.in](mailto:mks712000@yahoo.co.in)

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## RESEARCH ARTICLE

# Establishing key components of yoga interventions for reducing depression and anxiety, and improving well-being: a Delphi method study

Michael de Manincor<sup>\*</sup>, Alan Bensoussan, Caroline Smith, Paul Fahey and Suzanne Bourchier

### Abstract

**Background:** Previous research suggests benefits of yoga in reducing depression and anxiety. However, concerns in reviews of the research include lack of detail, rationale and consistency of approach of interventions used. Issues related to heterogeneity include amount, types and delivery of yoga interventions. This document documents consensus-based recommendations for consistency of yoga interventions for reducing depression and anxiety.





# A pilot randomized controlled trial of the Yoga of Awareness program in the management of fibromyalgia

James W. Carson<sup>a,\*</sup>, Kimberly M. Carson<sup>b</sup>, Kim D. Jones<sup>b,c</sup>, Robert M. Bennett<sup>b,c</sup>, Cheryl L. Wright<sup>b</sup>, Scott D. Mist<sup>b</sup>

<sup>a</sup> Department of Anesthesiology and Peri-operative Medicine, Oregon Health & Science University, Portland, OR, USA

<sup>b</sup> School of Nursing, Oregon Health & Science University, Portland, OR, USA

<sup>c</sup> Department of Medicine, Division of Arthritis & Rheumatic Diseases, Oregon Health & Science University, Portland, Oregon, USA

## ARTICLE INFO

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Fibromyalgia

Pain

## ABSTRACT

A mounting body of literature recommends that treatment for fibromyalgia (FM) include exercise and improvement of coping skills. However, there is a significant gap in the current literature for a non-pharmacologic counterpart to pharmacotherapy that incorporates both exercise and coping. This pilot randomized controlled trial was to evaluate the effects of a comprehensive yoga intervention compared to wait-listed standard care. A sample of 53 female FM patients were randomized to the 8-week Yoga of Awareness program (gentle poses, meditation, breathing exercises, yoga-based coping instruction) or wait-listed standard care. Data were analyzed by intention to treat. At post-trial assessment, the yoga program showed significantly greater improvements on standardized measures of pain symptoms and functioning, including pain, fatigue, and mood, and in pain coping skills.



# Yoga for managing knee osteoarthritis in older women: a pilot randomized controlled trial

Jeonjung<sup>1\*</sup>, Jean F Wyman<sup>1</sup>, Barbara Resnick<sup>2</sup> and Kay Savik<sup>1</sup>

**Background:** Osteoarthritis (OA) is a common problem in older women that is associated with pain and disability. Although yoga is recommended as an exercise intervention to manage arthritis, there is limited evidence regarding its effectiveness, with little known about its long term benefits. This study's aims were to evaluate the safety and potential efficacy of a Hatha yoga exercise program in managing OA-related symptoms in older women with knee OA.

Eligible participants (N = 36; mean age 72 years) were randomly assigned to 8-week yoga program (in-person group and home-based sessions) or wait-list control. The yoga intervention program was developed by two yoga experts (N = 5). The primary outcome was the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) total score that measures knee OA pain, stiffness, and function at 8 weeks. The secondary outcomes were range of motion of the lower extremities, body mass index (BMI), quality of sleep (QOS), and quality of life.

# Yoga Classes I Teach

- Sri Venkateswara Swami (Balaji) Temple, Aurora, Illinois
  - Sundays 9:30am-10:45am
- Palmer College of Chiropractic
  - Wednesdays 5:15-6:15pm Room W116
- Lisle Library
  - Certain Saturdays 3:30-4:45pm
- Kuma Wellness
  - Third Friday of each month 7:00-8:00pm

# Yoga Class: What You Learn?

- **Gentle warm-up exercises**
  - Gentle movements of all body joints from head-to-toe
- **Pranayama (Breathing Exercises)**
  - Bastrika (Deep breathing), Kapalabhati, alternate nostril breathing, Ujjayi, Bhramari, Lion breathing
- **Facial Yoga**
  - Gentle exercises for facial muscles
- **Chair Based Asanas**
  - Asanas (Postures) modified to practice using chair
- **Yoga Nidra (Relaxation)**
  - Guided practice to get a deep rest for the body and relaxation to the mind
- **Meditation**
  - Guided meditation (different types)
- **Mudras for Healing**
  - Hand gestures for healing



# Yoga Based Self-Care Rehabilitation for Better Quality of Life: A Community Education Session

Gudavalli, Maruti Ram

Palmer Center for Chiropractic Research, 741 Brady Street, Davenport, IA, USA  
Author contact email: Gudavalli\_r@palmer.edu



Presented at the 2014 World Congress of Biomechanics Conference, July 6-11, 2014, Boston, MA, USA

## BACKGROUND AND PURPOSE

According to World Health Organization "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Public uses several forms of self-care for wellbeing. Many of the health care practitioners advise their patients to do some form of exercise as a form of self-care between the visits to the healthcare practitioner. These self-care methods include simple walking, exercising, swimming, Yoga, meditation, and Tai-Chi, etc. These practices exercise the joints, muscles, emotions, mind, and spirit. All these will have influence in the quality of life. The purpose of this study was to report on a simple yoga based self-care one hour routine that incorporates exercises for joints of the body, major muscles, breathing exercises, relaxation, and meditation.

## METHODS

### Eight (8) Foundations of YOGA

- Yama-What not to do
- Niyama-What to do regularly
- Asana-Postures and exercises
- Pranayama-Breathing Exercises
- Pratyahara-Controlling senses
- Dharana-Focus
- Dhyana-Meditation
- Samadhi- Immersion-Ultimate way of life

### Five (5) Bodies of YOGA

- Physical Body- Frame work for Action
- Energetic Body- Energy Movement
- Emotional Body- Express Feelings
- Mental Body- Intellectual Engagement
- Spiritual Body- Spiritual Engagement



Figure 1. Sun Salutation (Surya Namaskar) sequence along with conscious breathing patterns



## Warm-up Exercise Routine combined with Breathing

Warm-Up routine consisted of exercising each and every joint from head-to-toe combined with conscious breathing. Facial muscles, Eye rolls, Nose openings, Lip exercises, jaw exercises, neck, hands, fingers, wrist, elbow, shoulder, trunk, Hip, Knee and ankle movements.

## Pranayama-Breathing

**Deep Breathing:** Inhale deeply expanding abdomen and chest

**Alternate Nostril Breathing:** Inhale through left nostril-Exhale through Right nostril-Inhale through right nostril-exhale thorough left nostril

**Kapalabhati:** Forced exhalation by consciously contracting abdomen

**Ujjayi:** Inhale and exhale through nose while constricting throat

**Bhramari:** Close ears, eyes, and mouth, Inhale through nose and chant MMMMMMMMMMMM.....



Figure 2. Relaxation posture

**Relaxation:** Lay supine Relax each body part and every joint. Inhale Peace, Love, Joy, and Happiness.



Figure 3. A Meditation posture

**Meditation:** Sit straight and chant AAAAAA..... UUUUU..... MMMMM.....OM...OM...OM. ...Enjoy the vibrations and bliss through chants and silence between chants.

## RESULTS

A minimum of two and a maximum of fifteen people participated on a given weekly session. The feedback based on verbal comments include that they had calmer emotions, have more energy to do their daily tasks. The participants expressed gratitude for doing the classes free of charge and donated money to be given for charity causes.

## CONCLUSIONS

One hour holistic based self-care yoga routine class seems to attract people and the participants seem to have a better overall feeling about their participation.



# Buddhist Monks and Indian Swamis Meditating





# Thank you Beautiful Souls

Thank you Beautiful souls

Questions?

Comments?

# Swami Vivekananda Quotes

- *Our duty is to encourage every one in his struggle to live up to his own highest idea, and strive at the same time to make the ideal as near as possible to the Truth.*
- *Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.*
- *If money help a man to do good to others, it is of some value; but if not, it is simply a mass of evil, and the sooner it is got rid of, the better.*
- *If faith in ourselves had been more extensively taught and practiced, I am sure a very large portion of the evils and miseries that we have would have vanished.*
- *As different streams having different sources all mingle their waters in the sea, so different tendencies, various though they appear, crooked or straight, all lead to God.*
- *The world is the great gymnasium where we come to make ourselves strong.*
- *You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.*
- *You cannot believe in God until you believe in yourself.*
- *We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.*
- *GOD is to be worshipped as the one beloved, dearer than everything in this and next life.*