



BRYTE YOGA AND WELLNESS

Yoga is for Everyone

Doctors have become one of the biggest advocates of yoga. Yoga is often mentioned as a technique for pain management and exercise for many reasons since it:

- Focuses on deep breathing - oxygenating the blood, feeding the cells. Bringing oxygen to all parts of the body.
- Provides a sense of deep relaxation - send endorphins into the body creating a sense of well being.
- Offers gentle movement stimulates the lymphatic system to eliminate toxins and helps circulation of blood.
- Stimulates various energy meridians through the body. (Energy meridians are critical in most alternative healing techniques such as acupuncture, reflexology, ayurvedic medicine, etc.)
- Increases flexibility (basically - you have to use your body - or you lose the capacity to move it)
- Helps relieve depression through changes in blood flow, spinal stimulant and the release of endorphins from movement.
- Increases self esteem and self efficacy of taking control of at least one aspect of your life.

What many people do not realize however, is that all yoga is not the same. In fact, many people tell me they are not interested in yoga because they don't like sitting on the floor in pretzel positions. Needless to say, this is a real turn-off to many seniors and people already in pain.

Guess what, gentle yoga classes do not require that you sit on the floor or do any pretzel positions. In fact, after one gentle class - I had someone ask me in my class -- "is this yoga?" because we did not sit on the floor or do the poses that grace the covers of many yoga books. The answer is that yoga refers to many different disciplines and teachers.

How many have heard of hatha yoga? Hatha means the yoga of physical movement, and distinguishes hatha yoga practices from other types of yoga such as Kriya yoga (yoga of service), Bhakti yoga (yoga of devotion) Jnana yoga (yoga of intellect).

To further complicate the situation, there are all kinds of hatha (physical movement) yoga - just as, physical movement can mean running, jogging, walking, jumping, crawling, etc. So there are many types of hatha yoga..

What kinds have you heard of?

Types of Yoga	
Bikram Ashtanga Kundalini Jivamukta	Vigorous, pretzel yoga
Iyenga Integral	Disciplined classic forms focused on holding positions - can be gentle to vigorous
Kripalu Viniyoga Svoorupa	gentler yoga emphasizing listening to your own body - not necessarily achieving a classic form but following the intention of the pose as it manifests in your body as it is right now. Motto "no pain, no pain."

Not to say there is not discomfort in any yoga practice. But the ideal is to work on what we call the "edge" - or the point of challenge moving out of your comfort zone - but before hitting pain. Challenging - but not torturing yourself.

Looking at the challenges of doing yoga with neuropathy - you must find a class which meets your personal needs. For peripheral neuropathy you need to be careful to avoid repetitive weight bearing exercise to protect your feet. For autonomic neuropathy it is important to limit strenuous activity and focus on gentle rhythmic activity which keeps the heart rate within limits. With autonomic neuropathy there is also difficulty regulating body temperature, so you need an environment for exercise which is not too hot or cold. In addition, it is

important to drink lots of fluids. It is recommended as one way to manage your discomfort and maintain your mobility. These all lead to gentle or chair yoga classes.

To find a teacher, ask them what type of yoga they are doing, and how long they have been doing it. Very often very flexible or younger people do not have a good understanding of what challenges life can throw you. They may not understand the long-term effects of life on a body, or what pain is. But with the right teacher, yoga can really help you manage your disease, depression and pain.

Lets Do Some!

"The Doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas A. Edison

Gentle Chair Yoga (Viniyoga and Kripalu yoga techniques)

Viniyoga Breathing

Inhale into your chest and then belly, exhale pulling in the belly then the chest.

- Keep the breath deep and steady - don't hold it! Work on lengthening the inhalations and exhalations - calm, deep breathing. Maintain the rhythm throughout the exercises.
- With each exhalation remember to work the abdominal muscles pulling in the belly and strengthening the core, and massaging the digestive system.
- As a general rule -- Exhale into the effort, inhale as you relax. (there are some variations)

Mae's Head to Toe Chair Yoga Workout

Try for 6 repetitions of each exercise, and increase to 10 as strength builds.

1. Viniyoga breath

Breathe feeling air in chest and belly. 6x,

2. Head (movements follows the breath)

Head lifts up with inhalation, chin to chest exhalation -- 6x

Head to side exhalation (chin over shoulder) - 6

3. Shoulder circles

Inhale --shoulders move forward, up to ears, then exhale-- draw shoulder blades together in back and down to complete circle.

4. Climbing the rope

Reach the right arm up as if climbing a rope. Then reach the left arm up. Make sure to feel the ribcage expand with each lift.

5. Swimming

Reach one arm forward and pull back, then the other arm, as if swimming.

6. Arm circles

Inhale as arms come up and exhale/pull in belly as they circle down. 3 x each direction.

7. Upper spine twist

Sit up straight, arms extend straight in front at shoulder height. Inhale with arms in front, exhale both arms move to same side. Inhale with arms in front, exhale both arms move to the other side. 6x

8. Side stretch

Sit straight arms at side. Inhale sweep right arm to side and over head stretching the side. Exhale arm down. Repeat on other side 6 x

9. Hands

- Wrist circles (6 x),
- "You are in my power - finger flicks" (6x),
- Parade waves (6 breaths)

10. Feet

- Ankle circles
- Point and flex

11. Knees (with ball)

- Circle ball with foot (both directions),
- Point and flex foot with ball,
- Press down on ball with foot
- Hold ball between ankles bending and straightening legs

12. Legs (with ball)

Hold ball between ankles of straight legs, press legs together

13. Arms (with ball)

- Hold ball in front between hands with straight arms, press ball together
- Hold ball overhead with straight arms, exhale bend elbows and drop ball down behind the head. Then lift ball, straighten arms to ceiling.

14. Back (with ball)

Sit forward in chair to make space for the ball. Place the ball between the back of the chair and the small of the back.

Exhale, pull in stomach pushing belly button toward spine and spine in ball. Inhale as you release.

15. Buttocks

Exhale, tighten buttocks (you will sit taller), inhale as you relax

16. Step in and out

Lift leg with bent knee and step to side, then step the leg back to front

17. Standing balance poses

- Mountain pose - Stand, knees bent slightly, pelvis tilts forward as the abdominal muscles engage, shoulders roll back and down, arms hang at sides. Breathe
- Drunken sailor - In Mountain pose, shift your weight (don't move feet) to the front of your feet, then to the right side of your feet, then shift weight to heels, then to the left side of your feet. Repeat. Do both directions (Think of a spinning top)
- Walk the line - balance with one foot directly in front of the other (right foot in front, then left foot)
- Stand on one foot

18. Leg lifts (still standing)

- toes point forward, legs straight, lift leg to right (6x), then left side
- bend knee to kick your buttocks (6x), then other side
- straight leg lift to rear (keep torso upright)

19. Forward bends

- Still standing - stretch your back out by bending straight back at the waist holding the top of chair or higher on the wall
- Seated - walk your hands down your legs into forward bend, then walk the hands back up to sitting position.

20. Tension release, relaxation,

Inhale and bring each body part to tension one at a time, hold, then release. First each leg, buttocks/abdomen, chest, each arm, then face, finally neck and shoulders.

Invite the mind to relax. Focus on the breath. Feel and enjoy the vitality from your yoga practice. Integrate the exercises with the focus on your breath for 3-4 minutes in silence.

Finally, visualize a gold sun filled with your healing energy. Let it fill every cell and the spaces between the cells in your body with your own radiance. Breathe in this radiance to fill feet, legs, buttocks/abdomen, chest/heart, arms, neck, and head. Breathe in so much radiance that it spills out to surround and heal the skin.

When you are completely filled with your radiance, lean forward resting elbows on thighs with a straight back. Stretch the low back and spine. Stretch out fingers and toes, and then sit up to return to your day.



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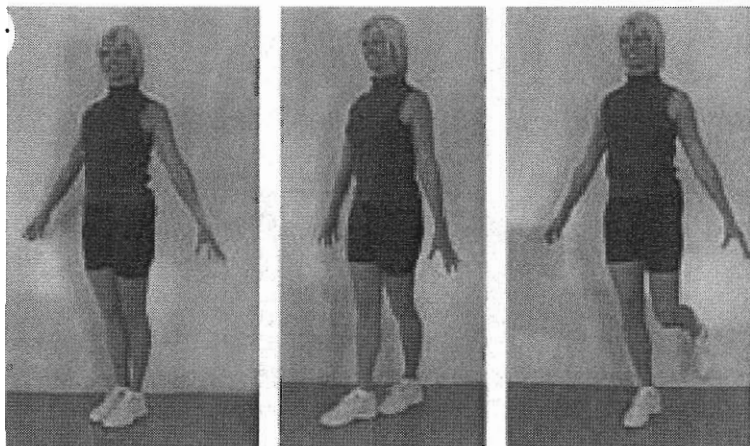
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Sandra Vinson's Daily Dozen

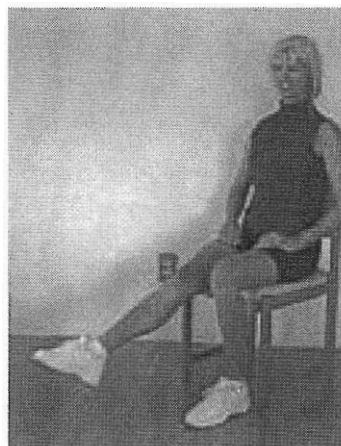
Morning:	Evening:
<p data-bbox="261 365 488 405"><i>Lying in bed</i></p> <ol data-bbox="310 415 824 1493" style="list-style-type: none"><li data-bbox="310 415 824 506">1. Full body stretch with 6 breaths<li data-bbox="310 569 824 659">2. 6 prime the pump (arms overhead)<li data-bbox="310 722 824 863">3. 6 hip twists (knees bent roll side to side - 3 each side)<li data-bbox="310 926 824 1016">4. 6 wrist rolls (3 x each direction)<li data-bbox="310 1079 824 1119">5. 6 finger flexes<li data-bbox="310 1182 824 1272">6. 6 circles the feet (3 x each direction)<li data-bbox="310 1335 824 1375">7. 6 point and flex feet<li data-bbox="310 1438 824 1478">8. 6 long deep breaths	<p data-bbox="862 365 1268 405"><i>Sitting on side of bed</i></p> <ol data-bbox="911 415 1360 611" style="list-style-type: none"><li data-bbox="911 415 1360 506">1. 6 feet circles (3 each side)<li data-bbox="911 569 1360 611">2. 6 point and flex feet <p data-bbox="911 722 1219 762"><i>Lying on the bed</i></p> <ol data-bbox="911 825 1406 1178" style="list-style-type: none"><li data-bbox="911 825 1406 1073">3. decompressing (tension release) - legs, buttocks/abdomen, chest, arms, face/head, neck and shoulders.<li data-bbox="911 1136 1406 1178">4. 6 long deep breaths.

BASTEP EXERCISES



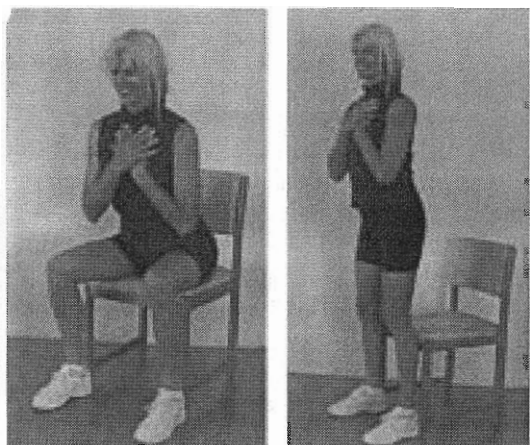
BALANCE

Start with picture on the left.
Progress to One-Leg.
Stand on the right.
Stand for 30 seconds each.



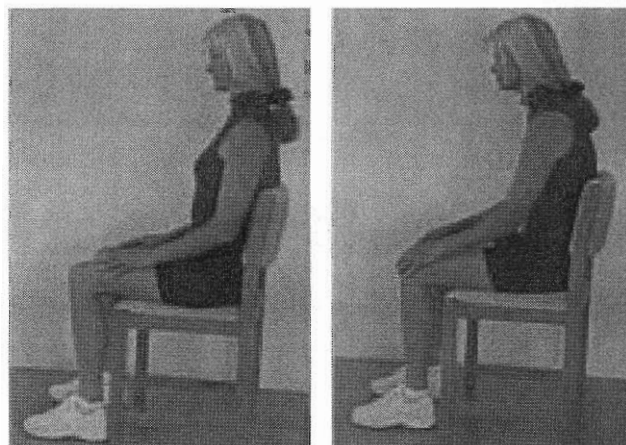
ANKLE POINT & FLEX AND ROTATIONS

Point & Flex each ankle,
6-12 repetitions. Rotate ankle joint
in each direction, 8-12 rotations.
NOTE: Hip Replacements do
not rotate.



SIT-TO-STAND

Work up to 10 Sit-To-Stands
Modifications: Push up from
chair or place hands on thighs.

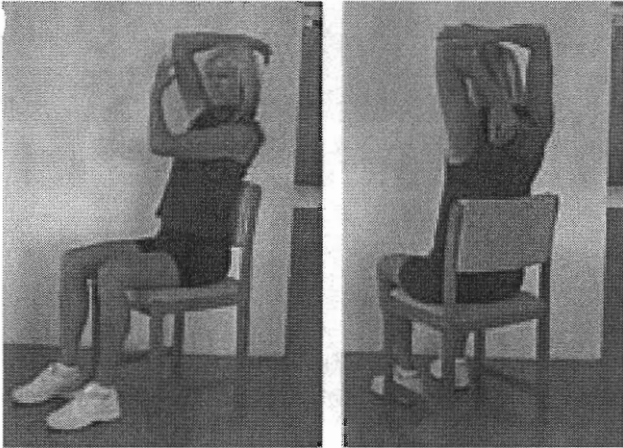


TRUNK OR TORSO STRENGTHENING

Tighten buttocks & trunk muscles to
press lower back to the back of the
chair (8-12 reps).
NOTE: Avoid moving upper body
forward & back.

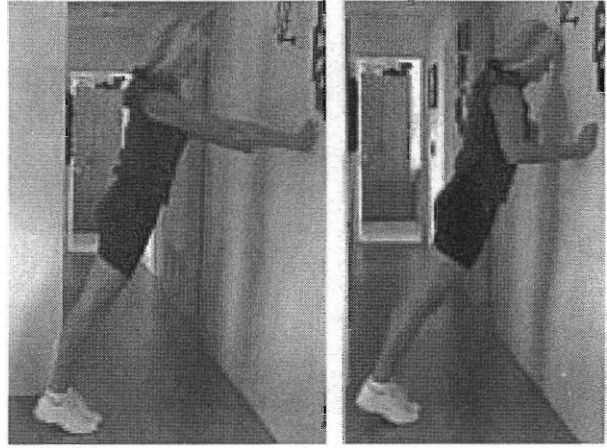
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ELBOW & SHOULDER STRETCH

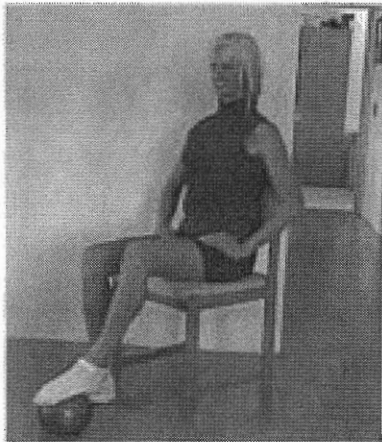
Begin by pushing the elbow back. Hold 3-5 seconds. As flexibility improves, begin to pull the elbow back.



PUSH-UPS (AGAINST WALL OR COUNTERTOP)

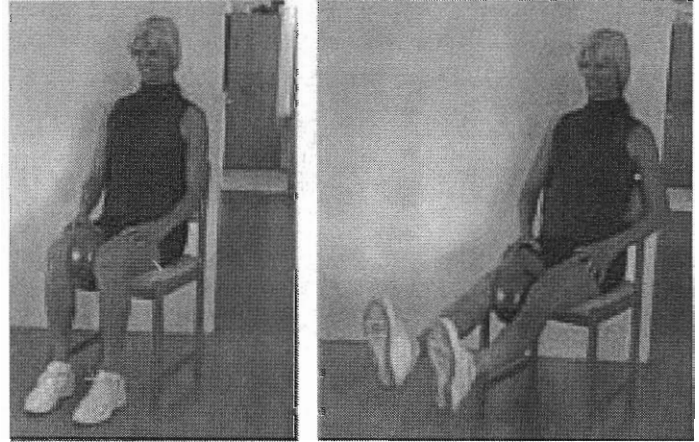
Place hands, shoulder width against wall. Lower chest to wall between hands. Repeat 8-12 times.

BALL EXERCISES



ANKLE ROTATIONS – PERFORM WITHOUT SHOES

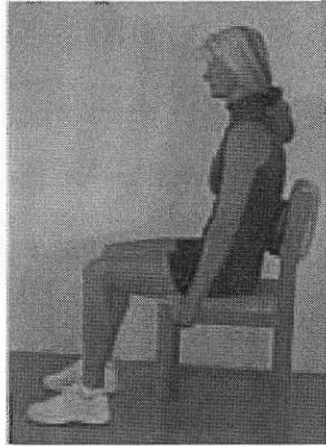
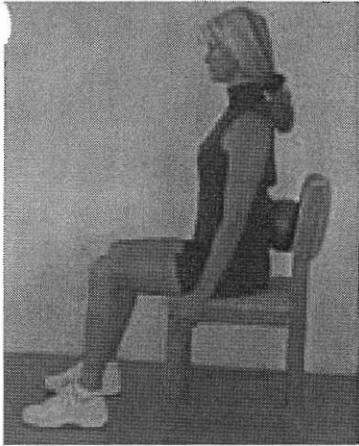
With foot, roll ball forward & back, then roll it in circles in each direction. NOTE: Hip Replacements do not rotate.



LOWER BODY STRENGTHENING

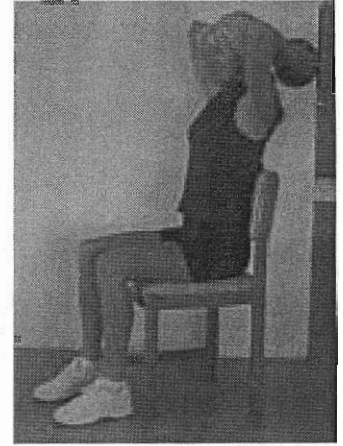
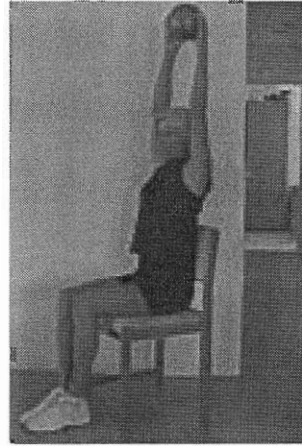
Use buttocks and legs to squeeze ball. Try to squeeze ball while extending legs. Repeat 8-12 reps. NOTE: Do not extend legs if it causes back pain.

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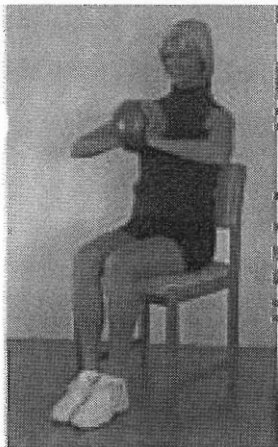
TRUNK STRENGTHENING

Use buttocks and trunk muscles to press ball into back of chair. Perform 8-12 presses.



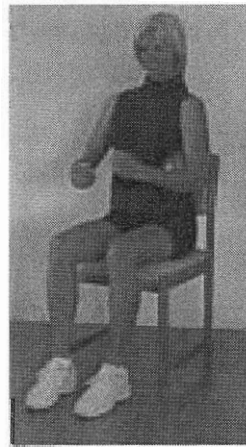
SHOULDER STRETCH

Extend arms & ball towards the ceiling, then lower the ball down onto the back of the shoulders.



CHEST PRESS— EXHALE AS YOU PRESS

Using "heels" of hands, press ball together 8-12 times.



BACK & SHOULDER PRESS— EXHALE AS YOU PRESS

Place ball comfortably under elbow against side body. Perform 8-12 squeezes on each side.

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