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School of Occupational Therapy

Utilization of Yoga as a Therapeutic Intervention to Facilitate Occupational Performance, Success,
and Confidence

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Theoretical Basis

The Ecology of Human Performance (EHP) Occupation Based Model (OBM) will be utilized as the theoretical basis for the following DCE. With a large proportion of the general population being categorized in the 65 years of age or older group, these individuals typically experience limitations impacting occupational performance such as a transition into retirement, experiencing “empty nest syndrome”, and/or loss of loved ones (Vozikaki, Papadaki, Linardakis, & Philalithis, 2018). Through use of the EHP OBM, the focus of the following DCE is upon the promotion of health, prevention of disability, and the rehabilitation of the consumers (Cole & Tufano, 2008). As the following DCE includes older adults of a wide variety of ages, ability levels, and backgrounds, a holistic understanding is crucial to best facilitate consumer and occupational success.

Two frames of reference (FOR), the Biomechanical/Rehabilitative FOR and Cognitive Behavioral FOR will be applied as the theoretical basis for the ensuing DCE. Older adults typically experience changes to client factors as outlined by the OTPF such as balance deficits, shortened tissue length, and decreased muscle mass (Wang, Greendale, Yu & Salem, 2016; American Occupational Therapy Association, 2014). Using two FORs will help to guide the DCE curriculum in order to regain, maintain, and prevent decline of various client factors within the aging population (Cole & Tufano, 2008). Furthermore, yoga directly impacts cognition with recent literature supporting decreases in depressive symptoms, increased executive functioning, and increased attention within the older population (Gothe, Kramer & McAuley, 2017). A

developing social isolation and feeling removed from the community resulting in decreased psychological and physical outcomes (Bunt, Steverink, Olthof, Schans, & Hobbelen, 2017). Due to this, an emphasis has been placed upon developing and implementing programming in order to engage this aging population yielding positive outcomes for all.

Social Isolation

Ofentimes accompanying the aging process is social isolation for older adults. As beforementioned, older adults undergo a variety of life experiences in their later adult years that contribute to social isolation including, retirement, loss of loved ones, and children leaving home (Vozikaki et al., 2018). With social isolation, individuals are at a higher risk for developing a variety of detrimental health outcomes such as cognitive decline, suicide, stroke, coronary heart disease, and mortality (Aoki, Yamamoto, Ikenoue, Urushibara-Miyachi, Kise, Fujinuma & Fukuhara, 2018). Furthermore, individuals experiencing social isolation are more likely to engage in risky behaviors such as alcohol consumption, drug dependency, and poor dietary habits (Aoki et al., 2018). Through engagement of older adults in community-based activities, social isolation is less likely to be experienced facilitating better overall physical and mental outcomes for these individuals.

Occupational Performance

Occupational performance is defined by the OTPF as “the accomplishment of the selected occupation resulting from the dynamic transaction among the client, the context and environment, and the activity or occupation” (American Occupational Therapy Association, 2014, p.S14). This ability to engage or perform various occupations relies on an individual’s motor skills, process skills, social interaction skills, performance patterns, and preparatory methods and tasks (American Occupational Therapy Association, 2014). With age and/or

Hatha Yoga as a Therapeutic Intervention

Hatha yoga is an overarching term used to describe a slower, relaxed movement paired with conscious breathing (Luu & Hall, 2016). This type of yoga is generally used for beginners as it provides the individual with an introduction to basic yoga poses while focusing on strength, balance, flexibility, and meditation (Luu & Hall, 2016). Hatha yoga has traditionally been used with older adults, due to the slow and gentle nature of the poses. Recent literature suggests various gains through the utilization in Hatha yoga such as lowered rates of depression, and increased lower extremity flexibility, strength, balance, and motor control (Wang, Greendale, Yu, & Salem, 2016). Additionally, older adults who took part in an eight-week Hatha yoga class demonstrated statistically significant increased processing speeds and improved attention (Gothé, Kramer, & McAuley, 2017). Through utilization of Hatha yoga as a therapeutic intervention both the mind and body are strengthened, increasing overall safety and wellbeing.

Screening and Evaluation

The Aging and Disability Resource Center (ADRC) of Brown County serves any individual who is 60 years or older, individuals with disabilities aged 17 years, 9 months or older, and/or caregivers (Brown County Government – Wisconsin, 2019). Through a variety of programming, employment opportunities, and assistive services, individuals from a wide range of ability levels and backgrounds are supported.

With substantial programming offered at the ADRC, the needs assessment attempted to target various deficits and barriers preventing individuals from participating in programming, partaking in community engagement, and being mindful of overall quality of life/well-being. This being said, a collaborative meeting with the Prevention Coordinator and the Assistant Director of the ADRC helped to guide the current DCE utilizing occupational therapy

decrease fall risk (Spiewak, Steffen, Hicks, Little & Pickett, 2017). While this analysis wholly analyzes the use of yoga as a way to facilitate health, the majority of the studies neglect to have an occupational therapy perspective (Spiewak et al., 2017). This lack of consideration with the creation and implementation of the programming directly impacts how the researchers examined outcomes. Without occupational therapy involvement, occupational performance is not holistically understood/utilized.

As of lately, occupational therapists have developed a yoga curriculum in an attempt to reduce occupational limitations with individuals diagnosed with pain-related disabilities (Schmid, Grimm & Chop, 2018). Through the implementation of this program, activities of daily living (ADL) skills and occupational performance were improved, facilitating overall wellness (Schmid, Grimm & Chop, 2018). This recent study and topic of yoga as a therapeutic intervention is largely considered an emerging area of practice, allowing occupational therapy practitioners an additional avenue to positively impact their patient's lives, health, and occupational performance. Looking towards this DCE, it is an attempt to differentiate and add on to the current literature combining occupational therapy and yoga to facilitate occupational performance and better overall health and wellness.

Implementation

Over the course of the DCE, there were plenty of opportunities to plan, create, implement, and modify weekly yoga classes for older adults in order to best facilitate occupational performance through addressing client factors such as strength, balance, flexibility, and social engagement. Throughout the 13-week program, two yoga classes a week specifically for older adults were taught, one of which was a traditional mat-style yoga class, the other of which was a modified chair yoga class. These yoga classes were designed to provide individuals

increased understanding of biomechanics/anatomy/risk factors, and continuing education courses, 13 unique classes were created using both yoga and occupational therapy foundations. Each week, two 45-minute classes took place focusing on breathwork/meditation and yoga to increase strength, flexibility, and balance. Additionally, social engagement was assessed within the pre-program measure in an attempt to understand the benefit of participation in exercise classes/community programming. The first class took place at 7:00AM on Wednesday morning with a combination of standing/sitting poses aimed for beginners unfamiliar of yoga foundations. Within this class, eight individuals were enrolled, however attendance varied from week to week. The second class then took place at 12:00PM on Wednesday afternoon. This class occurred completely at chair-level with all of the poses occurring in a seat. 12 individuals were enrolled in this class, with a wide variety of ability levels appreciated. At the end of each class handouts were provided detailing one yoga pose to incorporate into their week, one mindfulness/meditation/breathing technique, and one essential oil that was utilized within the class (see Appendix B). The focus of providing handouts upon departure was to increase carry-over of holistic wellness into the client's personal lives.

Additionally, outside of the DCE increased time was available to develop and implement other programming related to occupational therapy. A weekly 45-minute yoga class for young adults with disabilities was available on site at the ADRC and two 1-hour weekly yoga classes were held at Aspiro (an adult day center) primarily for adults with cognitive disabilities. The yoga poses done within these classes focused on the basic foundational poses, oftentimes incorporating animal analogies into the class to increase engagement with the overall process. Two 15-minute weekly staff yoga sessions were also offered to decrease risk factors associated with desk work and to increase physical/mental wellness. In addition to yoga, 4-week body

Leadership Skills

As the DCE progressed, planning, developing, organizing, and marketing the overall experience was required in order to facilitate the delivery of services. The planning aspect of the DCE was prepared by the DCE student with the guidance of the ADRC site mentor (Prevention Coordinator). Prior to the initiation of the DCE, the needs assessment helped to outline the needs of the clients of the ADRC, collaborated the DCE goals with the ADRC goals, and how the community could be best impacted as a whole. Through the planning and developing initially, organization and marketing of the programming was able to maximize the service provision. Additionally, the opportunity to develop and implement the DCE through from start to completion facilitated leadership skills. From taking on additional opportunities at the ADRC and within the community, to consistently adapting the programming to the unique needs of the clients, to leading educational sessions for older adults, this DCE helped to facilitate confidence, comfort with public speaking, and a better overall understanding of occupational therapy. In order to best meet the needs of the ADRC and their clients, additional opportunities and leadership roles to advocate for the profession and for holistic care was demonstrated.

Staff Development

Throughout the DCE at the ADRC, numerous opportunities to promote staff development were presented, directly impacting advocacy for the profession of occupational therapy and how it may best serve the clients that frequent the ADRC. Initially at the start of the DCE, an evaluation of the staff member's and client's perceptions of the profession, what they thought it entailed, and what their experiences had been in the past with occupational therapists was undertaken. This helped to guide the DCE to gain a better understanding as to where the staff members and clients were at, in regards to finding additional advocacy opportunities throughout

class reported increased comfort with interacting with the group leader, and ultimately voicing any additional quality improvement concerns/considerations.

Project Outcomes

Based upon the 13-week yoga series, numerous outcomes were discovered through pre- and post-yoga assessments in relation to the individual's confidence regarding self-perceptions of occupational performance, social engagement, and carry-over of content learned within class into their personal life (see Appendix A).

Social Isolation.

A pre- and post-assessment was used to best understand how group fitness classes impact social engagement and isolation. In regards to the question "How often do you feel you lack meaningful companionship?" The morning yoga class went from 78% stating hardly ever and 22% stating sometimes to 100% saying hardly ever. The chair yoga class went from 45% stating hardly ever, 45% stating sometimes, and 10% saying often to 75% saying hardly ever and 25% saying sometimes. For the question "How often do you feel left out?" The morning yoga class went from 67% stating hardly ever and 33% stating sometimes to 100% stating hardly ever in the post-yoga assessment. The chair yoga class went from 27% saying hardly ever, 64% saying sometimes, and 9% saying often to 88% saying hardly ever and 12% sometimes. Finally, for the question "How often do you feel isolated?". The morning yoga class went from 89% saying hardly ever and 11% saying sometimes to 100% saying hardly ever. The chair yoga class went from 18% saying hardly ever, 64% saying sometimes, and 18% saying often to 80% saying hardly ever and 20% saying sometimes. This data suggests that utilization of weekly community-based fitness classes may help to foster social engagement reducing the damaging impact of social isolation that is increasingly typical within the aging population.

to incorporate yoga into your daily life? (1 being not confident at all and 5 being very confident)” The morning yoga class began with an average of 3.67 and ended with an average of 4.75. The chair yoga class began with an average of 3.73 and ended with an average of 4.75. In regard to the utilization of resources for self-care the next assessment item is as follows: “How confident are you to find resources to practice self-care in your daily life? (1 being not confident at all and 5 being very confident)”. The morning yoga class’s average began at 3.89 and ended at a rating of 5. The chair yoga class’s average began at 3.64 and ended at a rating of 4.75.

Regarding stress management the following question was asked: “How confident are you to manage stress in your daily life? (1 being not confident at all and 5 being very confident)” The morning yoga class’s rating initially was 3.56 and at the end was 5. The chair yoga class’s rating initially was 3.55 and at the end was 4.88. Finally, a question to participate in group fitness classes outside the ADRC was asked: “How confident are you to participate in group fitness classes outside of the ADRC? (1 being not confident at all and 5 being very confident)” The morning yoga class averages went from an initial rating of 3.64 and ended with a rating of 5. The chair yoga class averages went from an initial rating of 3.64 and ended with a rating of 4.63.

Based upon the above data individual’s confidence regarding the carry-over of material learned within class and overall health/wellness was largely demonstrated facilitating long-term potential to evoke change both on and off the yoga mat.

Societal Need

In regard to the initial literature search, it is evident that there is an increased societal need for programming such as this. As older adults age most experience a change in their occupational identity, resulting in a decreased social support networks, leisure activities, and occupations (Lohman, Byers-Connon & Padilla, 2018). Through this, research has demonstrated

handouts included photos, graphics, and literacy-friendly wording in order to be accessible to individuals of a range of educational backgrounds. These handouts were highly effective and were reported as extremely helpful for individuals to better understand material, follow along with the classes/presentations, and ultimately helped to effectively implement information into their personal lives. This DCE facilitated communication on all fronts, effectively impacting colleagues and clients at the ADRC.

Leadership and Advocacy

As time progressed at the ADRC increased opportunities to take on leadership positions and potential to advocate for the profession of occupational therapy presented itself. Throughout the 14-weeks increases in programming occurred leading to increases in comfort with public speaking and general leadership. Individual creation and implementation of the programming occurred throughout the DCE providing opportunities to advocate for the profession of occupational therapy and to increase knowledge regarding a wide-array of topics in order to best serve the ADRC and their clients. Additional advocacy opportunities were presented regarding the profession of occupational therapy within the ADRC at staff huddles, in private 1-on-1 meetings, and out in the community at the ADRC's collaborative sites. Through this advocacy, increased knowledge of the profession was largely demonstrated as well as tailoring the potential impacts of occupational therapy to various populations. Ultimately this DCE at the ADRC created an opportunity to lead and educate others, as well as advocate for the overall occupational therapy profession.

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Centering

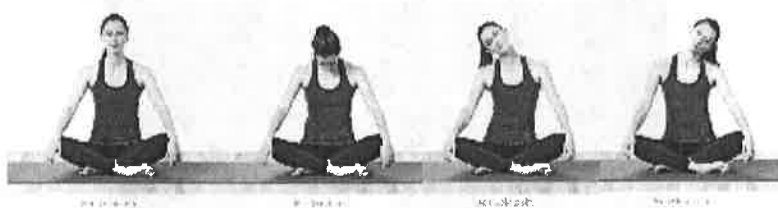
January 16, 2019

Purpose

- Use the below centering exercise to help manage stress and improve focus anytime throughout your day. The benefits of this exercise include being in-tune with your body and breath, focusing on the present moment, and relieving stress from past/future events.

Guided Exercise

- Invite yourself into a comfortable seated position in a chair.
- Move towards the front of the chair, lengthening through the spine, and avoiding touching the chair with your back. Pause here for a moment as you find your center.
- With your breath as your focal point, begin to inhale and exhale through your nose, noting the entry and exit points. You may choose to close your eyes during this part of the practice or look down softening your gaze.
- As your breath continues to move through you, focus on taking full and complete breaths. You may note some discomfort initially as you begin. Focus on finding ease wherever you are rather than forcing your breath. Allow your breath to simply flow as you stay with this practice for five full minutes.



Morning Yoga Pose 2: Neck Stretches

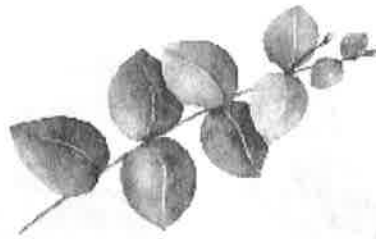
January 23, 2019

Benefits

- Our necks are notorious for holding tension and stress. This pose releases and teaches our muscles to best support our neck. Strengthening and lengthening these neck muscles helps to defuse stress, quiet the mind, foster a sense of well-being, and help prevent tension headaches. Try this pose after Full Body Stretch every morning and feel the stress melt away.

Guided Pose

- Find a comfortable place to sit, such as the edge of your bed, a chair, or the floor.
- Take a deep inhale as you sit up nice and tall, bringing your shoulders away from your ears.
- On your exhale drop your chin to your chest, holding this pose for a few breaths.
- On your next inhale roll your right ear towards your right shoulder, hold this position for a few breaths.
- On your next exhale drop your chin back to your chest, holding this position again for a few breaths.
- On your next inhale roll your left ear towards your left shoulder, hold this position for a few breaths.
- Bring your chin back to center, repeat as necessary. When finished, slowly lift your chin to neutral.



Eucalyptus Essential Oil

January 23, 2019

Aromatic Description

- Earthy, medicinal, fresh

Benefits

- Breaks up congestion
- Stimulates the immune system
- Reduces muscle and joint pain
- Repels insects
- Decreases inflammation

Break Up with your Congestion

- Bring a small pot of water to boil.
- Add 15 drops of eucalyptus essential oil and reduce heat on stovetop.
- Drape towel over the back of your head and pot, trapping the steam.
- Inhale deeply. Relax, and enjoy the benefits of this refreshing essential oil.



Diaphragmatic Breath

February 6, 2019

Purpose

- This breathing technique helps you to train and strengthen the muscles in your abdomen (specifically your diaphragm). Through strengthening these muscles they are better able to open up and take in more breath resulting in lowered stress levels (cortisol), heart rate, and blood pressure.

Guided Exercise

- Find a comfortable seated position in a chair, the floor, or your bed. If you require additional back support feel free to sit against a wall. Once you're settled and comfortable, place one hand on our abdomen (right over your belly button) and one hand on your chest.
- Breathe into your abdomen and feel your hand rise and fall with each breath you take.
- Focus on breathing into your bottom hand.
- As your practice progresses notice where your breath is traveling and see if you can expand your breath even more into that bottom hand.
- Keep breathing like this for at least 5 minutes, gradually building up your practice as you gain more experience.



Morning Yoga Pose 4: Seated Twist

February 13, 2019

Benefits

- This twisting motion helps to lubricate the spine and gives a sluggish digestive system the boost it needs to get back up and moving. Try this pose after seated cat/cow to open up the back, shoulders, and hips and experience increased range of motion in the intervertebral discs of the spine.

Guided Pose

- Find a comfortable place to sit, such as the edge of your bed, or a chair.
- Sit tall near the edge of the chair/bed with your feet about hip-width apart and firmly planted on the floor.
- On your inhale sit up tall and on your exhale twist to the right, placing your left hand on the outside of your right thigh and placing your right hand behind you on your bed or chair.
- Pause and hold this pose for 5 to 8 breaths, focus on twisting with your abdominal muscles rather than using your upper body strength to push yourself into this position.
- On an exhale, slowly untwist and come back to the center.
- On your inhale sit up tall and on your exhale twist to the left, placing your right hand on the outside of your left thigh and placing your left hand behind you on your bed or chair.
- Pause and hold this pose for 5 to 8 breaths.
- On an exhale, slowly untwist and come back to center.



Peppermint Essential Oil

February 13, 2019

Aromatic Description

- Fresh, minty, fragrant

Benefits

- Soothes sore muscles
- Aids in weight loss (natural appetite suppressant)
- Improves mental clarity
- Soothes digestive discomfort
- Relieves headaches

Energize Your Feet Lotion Recipe

- Add 1 drop of peppermint to 4 ounces of your favorite lotion and rub on your feet!
- Enjoy the tingling, energizing sensation perfect for summertime or after a long day on your feet.



Ujjayi Breath

February 20, 2019

Purpose

- This breathing technique focuses upon a slight throat constriction so it sounds like ocean waves lapping against the shore when done. Using Ujjayi breath throughout your yoga/meditation practice has been linked to generation of heat (as it is a warming breath), lowering the risk against heart attacks, and helping with sinus problems.

Guided Exercise

- Find a comfortable seated position in either a chair or on the floor. If you require additional back support feel free to sit against a wall.
- Once you have yourself in a comfortable position begin breathing into your diaphragm, inhaling and exhaling through your nose.
- On a long, deep exhale through your nose practice constricting the back of your throat. This slight constriction in the back of the throat should make a gentle hissing sound (or ocean noise).
- Notice how this breath feels, if it makes you feel warmer, if it helps you feel calmer.
- Practice this breath for 5 minutes, gradually building up your practice as you gain more experience or as you feel comfortable.



Morning Yoga Pose 6: Wall Downward-Facing Dog

February 27, 2019

Benefits

- Wall downward-facing dog relieves lower back pain, opens your shoulders, back, and legs relieving any pressure on pinched nerves. This pose is perfect for those kicking morning stiffness to the curb! Try this pose after Seated Side Bends to strengthen the wrists and give all of your muscles relief from any tension.

Guided Pose

- Place both of your hands shoulder distance apart and in line with your torso on the wall (as pictured above) or on the back of a STURDY chair.
- Walk backwards until your chest is parallel with the floor (or as feels comfortable) and your feet are in alignment under your hips.
- Gently lower your head in the space between your arms, or as feels comfortable.
- Hold this pose for at least minutes to allow any tension to drain from the body.
- When you are finished with this pose, walk towards the wall or chair and stand up slowly.



Sandalwood Essential Oil

February 27, 2019

Aromatic Description

- Sweet, rich, woody, fragrant

Benefits

- Anti-aging properties
- Decreases stress
- Anti-viral and antiseptic characteristics
- Reduces muscle spasms
- Boosts kidney health

Disinfect Your Washing Machine

- Put some laundry that you don't mind smelling like sandalwood in your washing machine (example: towels).
- Add 10-20 drops of sandalwood essential oil to your load of laundry.
- The antiseptic properties will disinfect your laundry and your washing machine!



Sitali Breath

March 6, 2019

Purpose

- The Sitali breath is a breathing technique that cools the body. While drawing air across the tongue, the Sitali breath cools and calms your nervous system resulting in a reduction in agitation, anger, and anxiety.

Guided Exercise

- Find a comfortable seated position in either a chair or on the floor. If you require additional back support feel free to sit against a wall.
- Curl your tongue and push it out of your mouth for a comfortable distance.
- Inhale gently through the "straw" you made with your tongue, exhaling through your nose.
- Practice this breath for 1 to 2 minutes at a time.
- If you are unable to curl your tongue, allow your tongue to hang out of your mouth.



Nighttime Yoga Pose 2: Wind Relieving Pose

March 13, 2019

Benefits

- Wind Relieving pose opens up the digestive tract, helping your body to transition into the “rest and digest” state perfect for bedtime. Relieving any remnants of tension in the back, try practicing this pose after Behind-the-Back Clapsed Hands to start your nighttime yoga routine.

Guided Pose

- Start by lying on your bed.
- Take a deep inhale and on your exhale begin to hug your right knee in towards your chest, holding either your shin or your thigh. If you are able, draw your forehead towards your knee on each inhale, lowering your head back onto the bed with each exhale. Repeat for three rounds of breath. On your exhale gently release the right leg and extend it out long on the bed.
- Take another deep inhale and on your exhale begin to hug your left knee in towards your chest, holding either your shin or your thigh. If you are able, draw your forehead towards your knee on each inhale, lowering your head back onto the bed with each exhale. Repeat for three rounds of breath. On your exhale gently release the left leg and extend it out long on the bed.



Basil Essential Oil

March 13, 2019

Aromatic Description

- Herbaceous, licorice-like, sweet

Benefits

- Repels insects
- Relieves stuffiness and difficulty breathing
- Eliminates constipation
- Clears clogged pores and acne
- Freshens breath

DIY Basil Mouth Rinse

- Add 2-3 drops of basil essential oil to a small cup of water.
- Gargle with mixture.
- Spit out the mixture and enjoy great smelling breath and increased oral hygiene.



Straw Visualization

March 20, 2019

Purpose

- This visualization directs your attention and focus towards your breath. Imagining your spine as a straw, picture the breath traveling up and down the length of your torso. Practicing the visualization helps to decrease depressive symptoms, lowers anxious feelings, and increases self-esteem.

Guided Exercise

- Find a comfortable position either laying down or seated. Feel free to use any blankets or pillows to help you feel comfortable and relaxed.
- Once you've found your place, close your eyes, and begin to turn your attention inwards.
- Visualize you are sitting in a pool of white light, with your spine as a straw.
- With each inhale visualize you are sipping the white light up from the base of your spine, all the way up towards your neck.
- With each exhale allow the light to flow back down the length of your spine.
- Practice this visualization technique for 5 minutes initially, building your practice up to 30 minutes as you feel comfortable and able.



Nighttime Yoga Pose 4: Reclined Half Twist

March 27, 2019

Benefits

- This Reclined Half Twist offers numerous benefits. When in this pose you are massaging your abdominal organs while strengthening the muscles that make up your core. Try this pose out after Supported Bridge to help lengthen, relax, and realign the spine for a night of rest.

Guided Pose

- Start by lying on your bed.
- On an exhale, draw both of your knees into your chest as you clasp your hands around them. Pause here for 2-3 breaths.
- With your next exhale gently lower your knees towards the right, feel free to pad underneath your knees if you feel any discomfort.
- Bring your arms out to a "T" with your palms facing upwards. To intensify this pose look over your left shoulder (see picture above), to tone this pose down look over your right shoulder. Hold this pose for 6-8 breaths.
- On your next exhale gently hug your knees back into your chest for a few breaths, before extending both legs out long with a exhale.
- Repeat on opposite side.



German Chamomile Essential Oil

March 27, 2019

Aromatic Description

- Sweet, herbaceous, slightly fruity

Benefits

- Relieves allergies
- Soothes symptoms of arthritis
- Aides in relief of motion sickness
- Reduces skin redness and inflammation
- Helps to decrease restless leg syndrome symptoms

German Chamomile Body Wash

Yield: 16 oz.

- Mix 1 cup of water, ¼ cup raw honey, ½ cup liquid Castile soap, 30 drops German chamomile essential oil, 1 teaspoon vitamin E, and 2 teaspoons of sweet almond oil together. Mix well.
- Shake before each use. Use daily for a calming and restorative shower experience.



Hum Sah Mantra Meditation

April 3, 2019

Purpose

- The Hum Sah mantra translates to “I am that”, and helps you to connect with everything. This larger-picture connection helps to avoid personal conflict and to take in the bigger picture around you. This meditation practice increases optimism, relaxation, and overall awareness.

Guided Exercise

- Find a comfortable position either laying down or seated. Feel free to use any blankets or pillows to help you feel comfortable and relaxed.
- Once you’ve found your place, close your eyes, and begin to turn your attention inwards.
- With each inhalation silently say “hum” to yourself, and with each exhalation silently say “sah”.
- Try to begin your practice by performing this meditation for 5 minutes, gradually building it up to 30 minutes as you are able.



Nighttime Yoga Pose 6: Savasana Pose

April 10, 2019

Benefits

- The final pose in your nighttime yoga routine is Savasana Pose. Tension in your muscles and joints are released in the pose, the longer you are in Savasana the deeper the tension is released. Try out this pose after Waterfall Pose to calm your body and mind in preparation for a restful night of sleep.

Guided Pose

- Start by lying on your bed.
- Bring your feet about hip-width or wider and let your feet fall away from each other.
- Relax your arms long next to your body keeping a few inches of space between them as your palms face the sky.
- Close your eyes as you make any adjustments to make yourself feel completely comfortable (if you feel any lower back tension place a folded up blanket or pillow behind your knees).
- Breathe easily, and relax into this pose for at least 5 minutes.
- Gently wake up your body by wiggling your fingers and toes, before reaching up and over your head or do this pose immediately before you go to sleep and transition into a sleep-state.



Rosemary Essential Oil

April 10, 2019

Aromatic Description

- Fresh, sweet, herbaceous

Benefits

- Stimulates hair growth
- Improves memory
- Boosts immune function
- Soothes indigestion
- Aids in skin healing

Hair Stimulating Shampoo/Mask

- Add 5-10 drops of rosemary essential oil to your favorite shampoo or hair mask to promote hair growth.
- Use your shampoo/hair mask as normal, but enjoy increased blood flow to your scalp stimulating hair growth!