



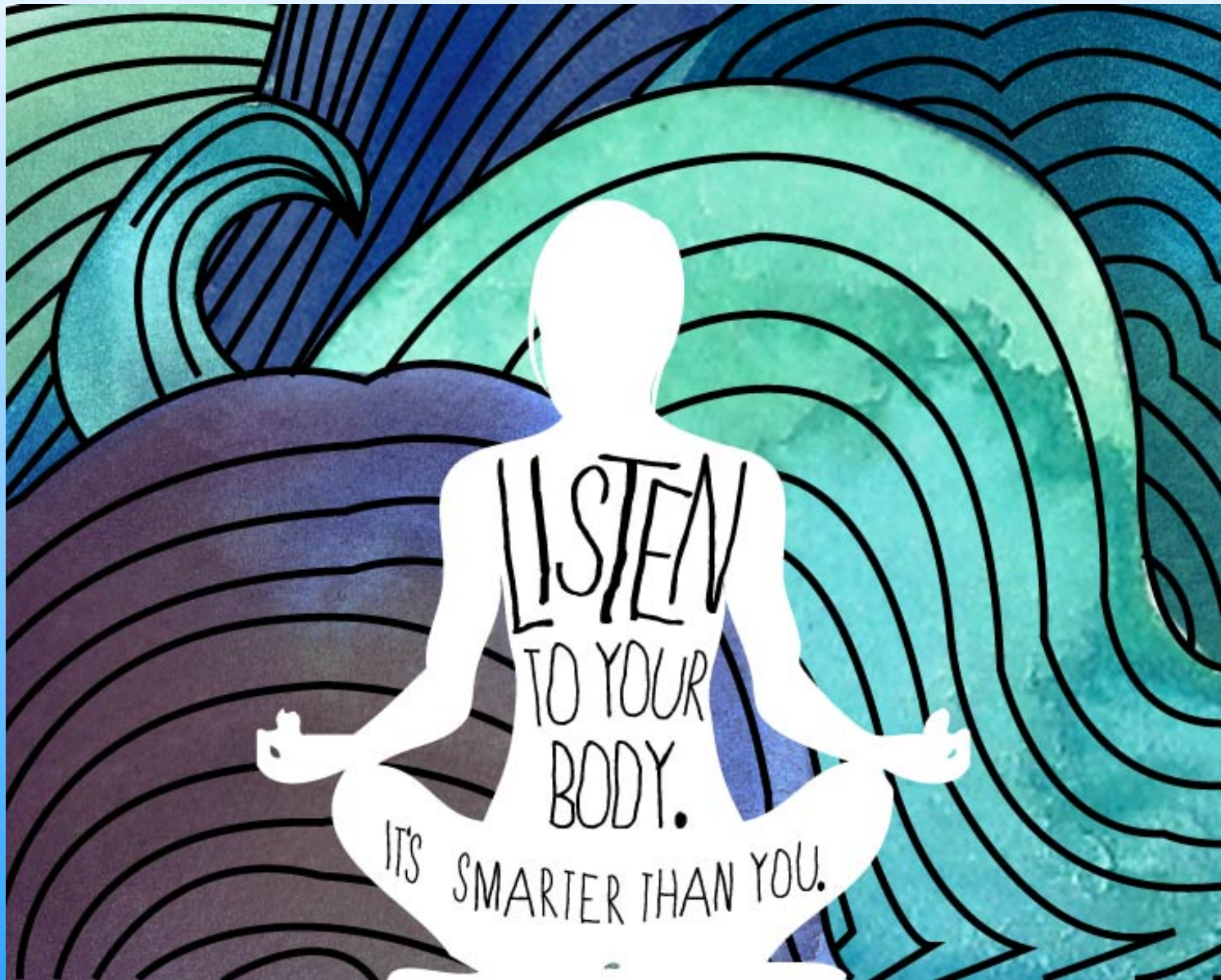
Toronto Yoga Conference 2016

Tracey Eccleston
www.agelessartsyoga.com

Welcome



& Introductions



“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”

-the Dalai Lama



Chair Safety



IS TOP PRIORITY

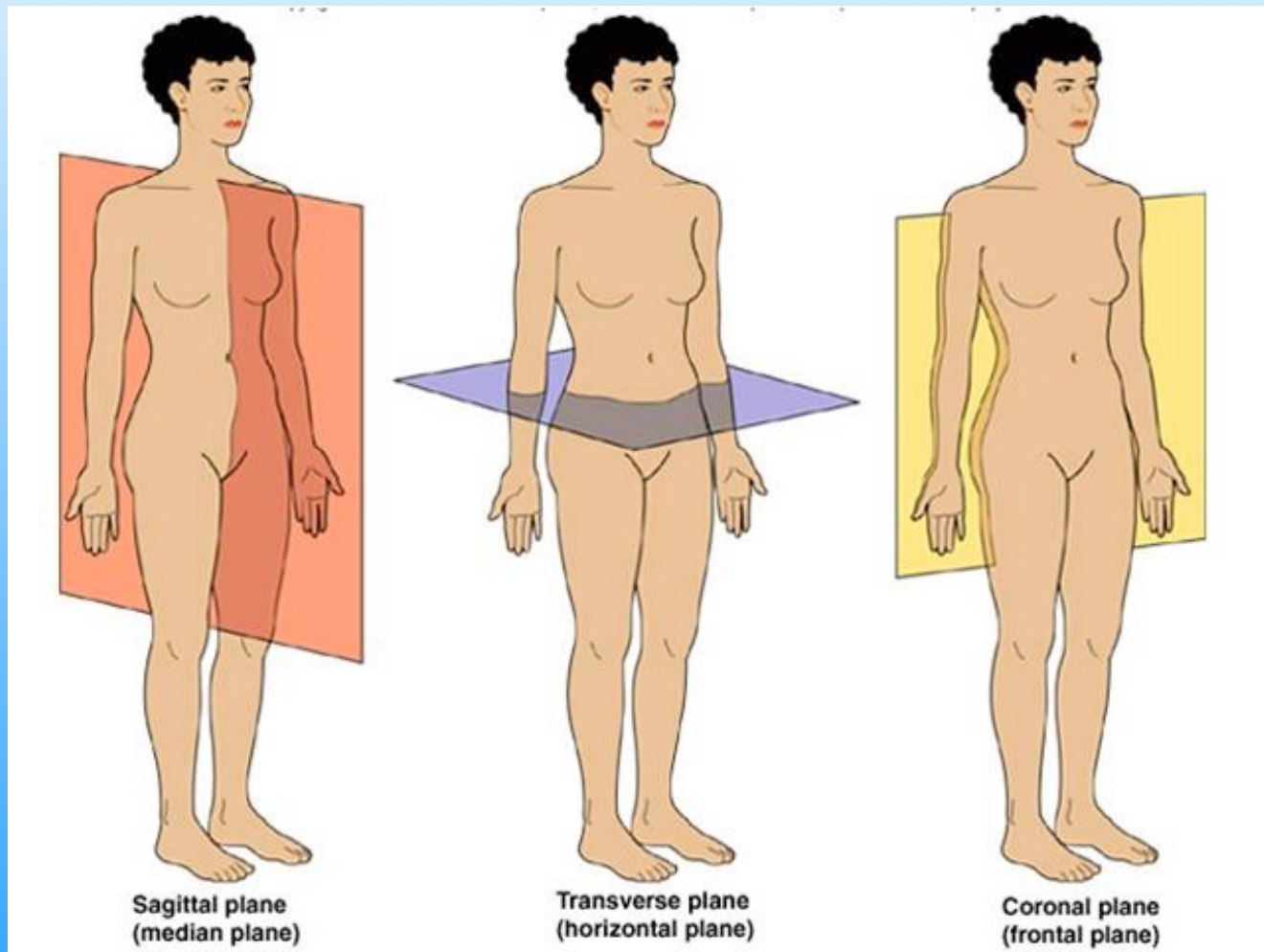
Which Chair should I use?



Levels of Flexibility



Plains of the Body



Important Movements



Neutral Spine



Neck Alignment



Acromion Process Rotation

Straw Breath

Inhale through the nose and exhale slowly through pursed lips.

(avoid holding the breath after the inhale)

“Smell the flowers, blow out the candles.”

Every Person is Unique

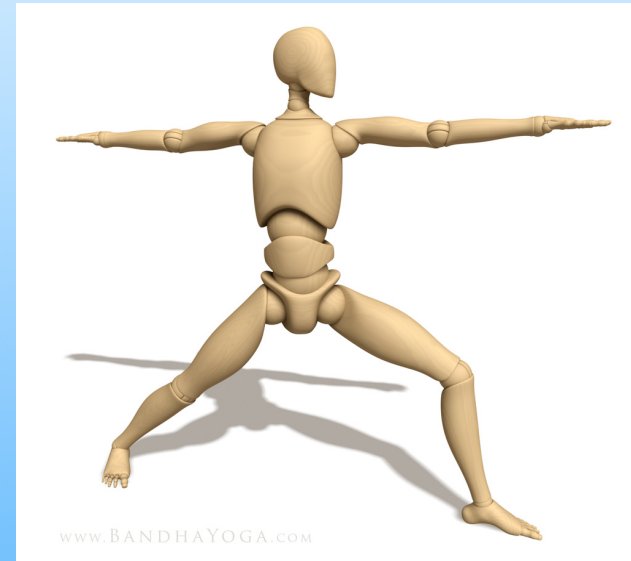
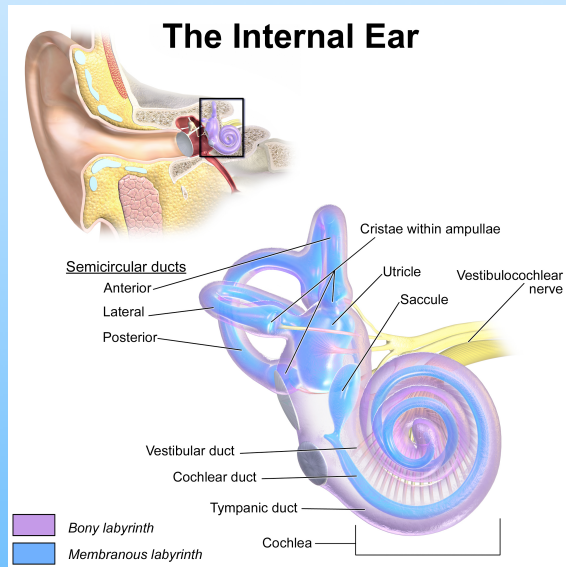
It's not what the pose looks like, it's what it feels like. Ask "How can I recreate the physical, emotional and spiritual experience onto or with the chair?"

Balance



Balance is a priority and is used to build confidence and reduce the risk of falls

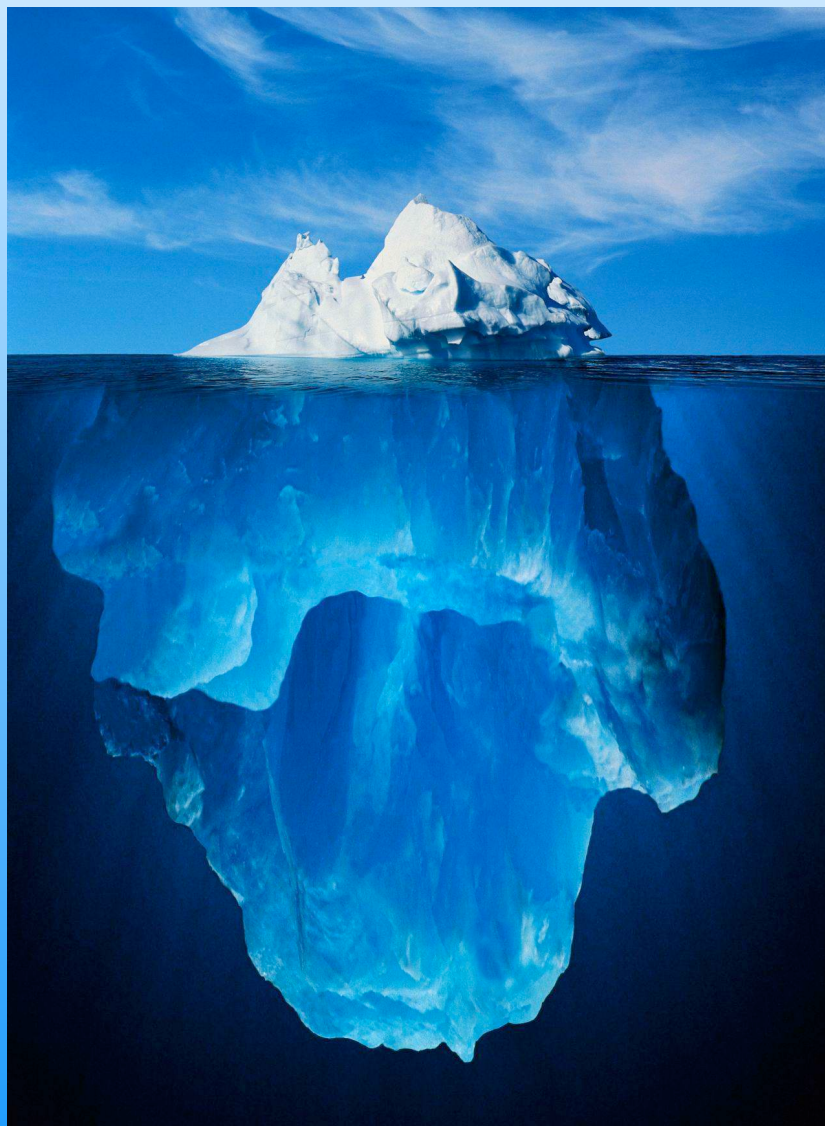
Vestibular System



Balance Poses



Pain



Matrika Shakti

“Matrika Shakti is the power of sound that is the matrix of the cosmos, and manifests as the letters of the alphabet. Matrika is the subtle force behind thought and speech.”

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

– **Thomas A. Edison**

Using the Chair to Transition to and from the Floor



Floor to Standing



Floor to Standing



Constructive Rest



Find a way for the body to rest. Our goal is to engage the para-sympathetic nervous system

Gentle Spinal Rock



Pressing the feet into the floor with the body relaxed
rock the spine up and down.

Spinal Movements



Warriors



Joint Opening Series



Above are some pictures of Lakshmi Voelker practicing on her chair. www.getfitwherelyousit.com

The Joint Opening Series involves moving every joint in the body within your own personal full R.O.M.

Emotional Contagion

“**Emotional Contagion** is the tendency to feel and express emotions similar to and influenced by those of others; also, the phenomenon of one person’s negative thoughts or anxiety affecting another’s mood.”

Emotional Contagion is less conscious and more automatic.

“Loneliness and the feeling of being unwanted is the most terrible poverty.”

-the Mother Theresa

Perceived Loneliness

- Research in social epidemiology suggests that the absence of positive social relationships is a significant risk factor for broad-based morbidity and mortality.
- Loneliness has been linked to brain inflammation
- It's been proven to change our genes adding inflammation to the bodies (linking it to fibromyalgia)



“Let me tell you what I lost through meditation: sickness, anger, depression, insecurity, the burden of old age, the fear of death. That is the good of meditation, which leads to nirvana.”

– **Buddha**

Meditation



A recent study* has shown that meditation plays an important role in slowing the progression of Alzheimer's and dementias.

*Beth Israel Deaconess Medical Center Study http://www.eurekalert.org/pub_releases/2013-11/bidm-srt111813.php

Sa Ta Na Ma

3 studies prove that the Kirtan Kriya has been shown to increase short-term memory, cognitive function and reduce stress University of Pennsylvania & UCLA

2010 Journal of Alzheimer's disease published these benefits and now the Canadian Alzheimer Society is recommending it as a daily practice

Placement of tongue stimulates 84 acupressure points on the upper palate

Sa - Birth



Ta - Life



Na - Transformation



Ma - Rebirth

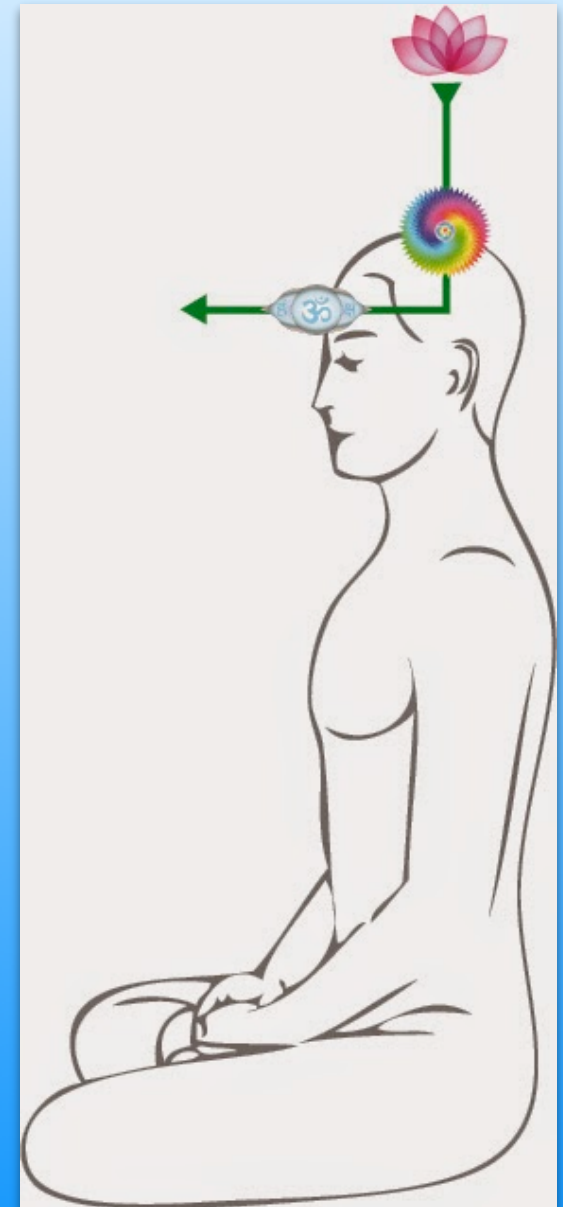


Sa Ta Na Ma

An important part of the meditation is with each sound to visualize the energy coming in the crown of the head, and out of the center of the brow.

This helps with the cleansing of thoughts and reduction of headaches.

The L visualization is said to connect and awaken the pineal and pituitary glands, our primary hormone producing centers in the body.



Sa Ta Na Ma

Singing Voice - voice of action

Whisper Voice - voice of your romantic nature

Internal Voice - spiritual voice



6 Minute practice

1 minute out loud
1 minute whisper
2 minutes silently
1 minute whisper
1 minute out loud

12 Minute practice

2 minutes out loud
2 minutes whisper
4 minutes silently
2 minutes whisper
2 minutes out loud

30 Minute practice

5 minutes out loud
5 minutes whisper
10 minutes silently
5 minutes whisper
5 minutes out loud

Workshops & Certifications

Upcoming Certifications

Chair Yoga Therapeutics

June 24-26, 2016
Whitby, Ontario
\$495.00 +tax

Toronto Yoga

Conference Special
both Certifications for
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L.V. Chair Yoga

April 15-17, 2016
Cambridge, Ontario
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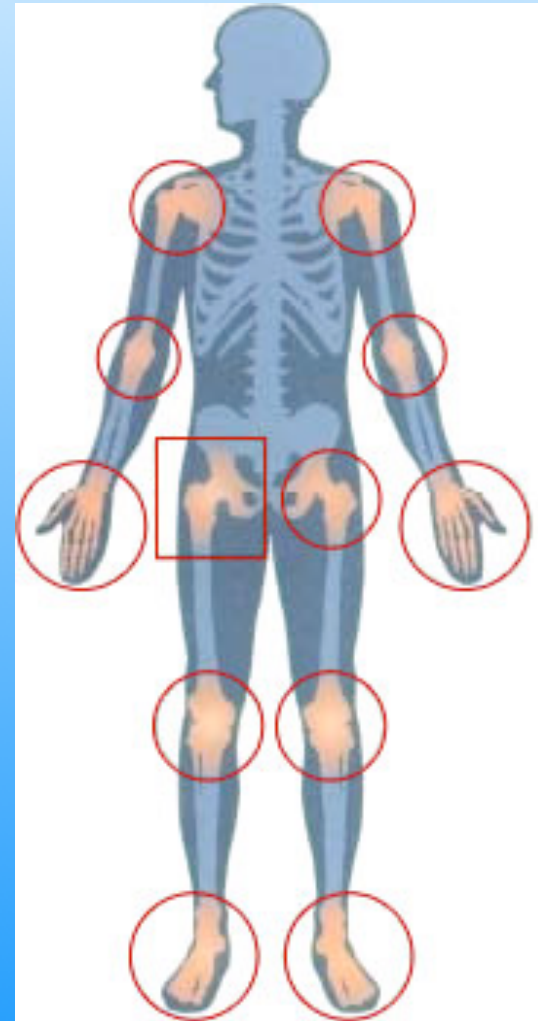


Want to become a Yoga Teacher?

join us for our
RYT-200 Summer Intensive

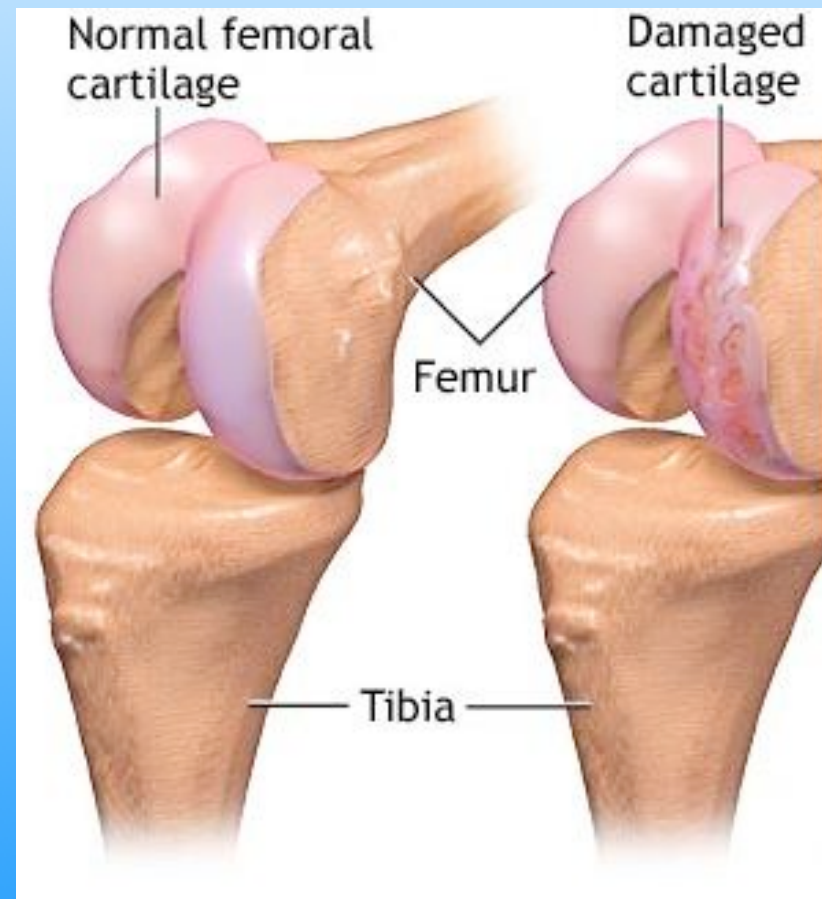
What is a Joint?

- Junction between bones
- Allows movement
- Provides mechanical support
- Articulates



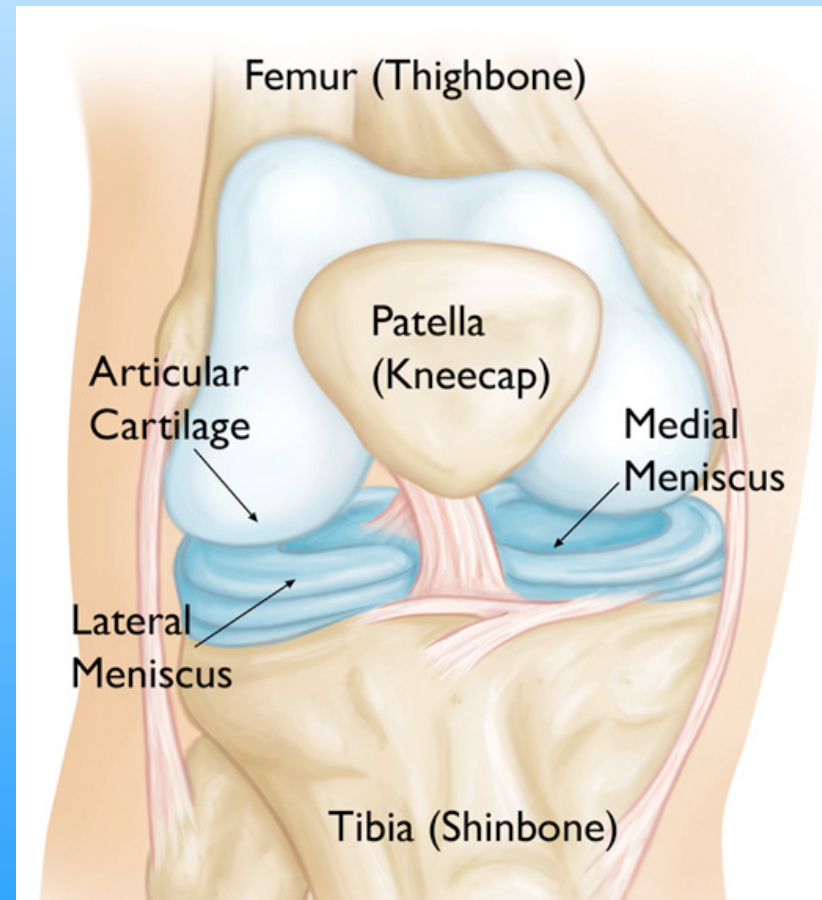
Cartilage

- A type of connective tissue between joints
- Smooth as glass when healthy
- No blood supply



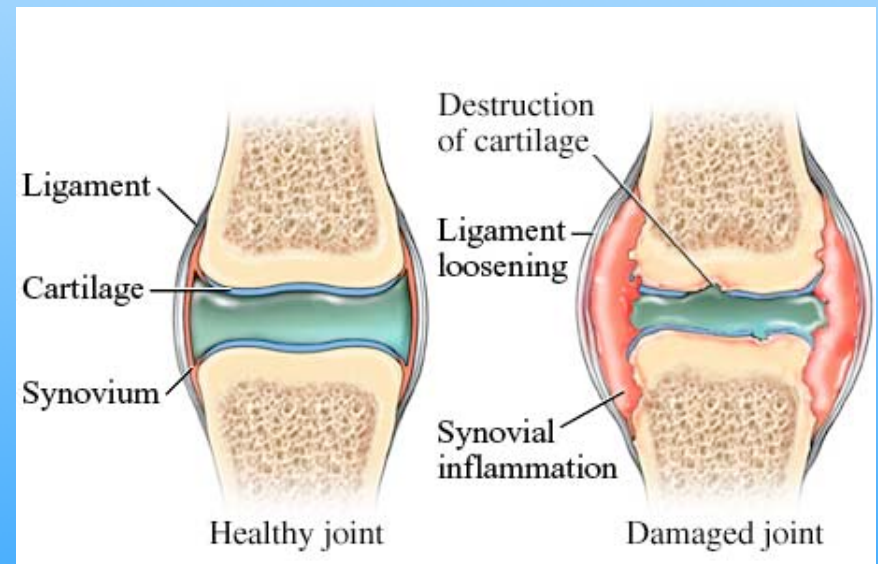
Meniscus

- A thin fibrous cartilage between the surfaces of some joints (e.g. the knee)
- blood flow to the meniscus decreases with age
- Tears occur because of trauma (forceful twisting or hyper flexing)



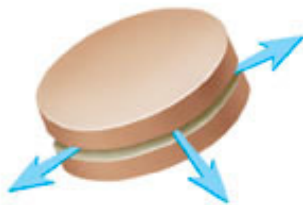
Synovial Joint

- Synovial fluid is a very slippery viscous fluid
- A synovial membrane encapsulates the joint surfaces and the synovial fluid
- A healthy joint has up to 4ml of synovial fluid



Synovial Joint Types

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Plane Joint



Saddle Joint



Hinge Joint



Pivot Joint



Ball-and-Socket Joint

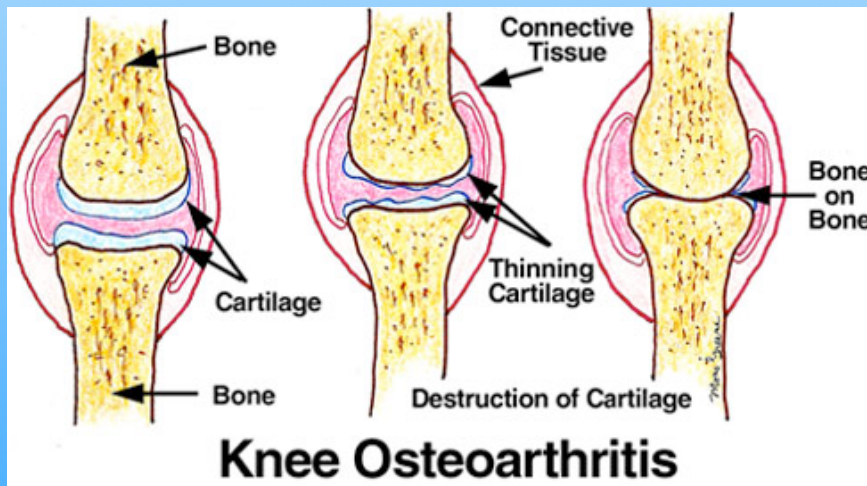


Ellipsoid Joint



Osteoarthritis (OA)

- Chronic degenerative
- Gender specific
- Injuries & Weight bearing
- Bone Spurs
- No cure (only disease management or joint replacement)
- OA is primarily a disease of cartilage

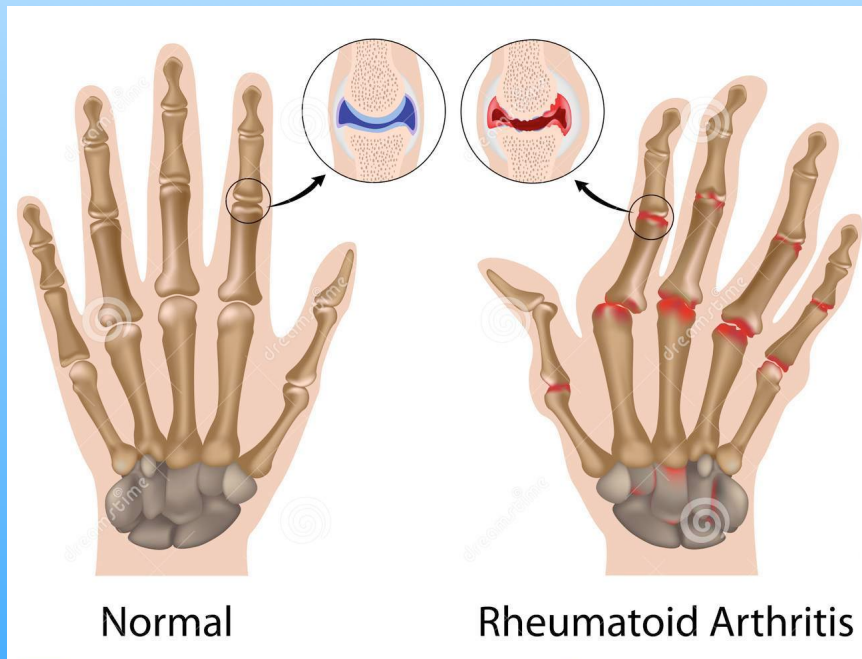


Symptoms

- Limited ROM
- Stiffness
- Inflammation
- Pain



Rheumatoid Arthritis (RA)



- Autoimmune
- Chronic & systemic
- Inflammatory & symmetrical
- Peripheral to proximal
- Morning Stiffness
- 3 or more joints
- Usually starts with smaller joints
- Affects the synovial membranes

Rheumatoid Arthritis (RA)

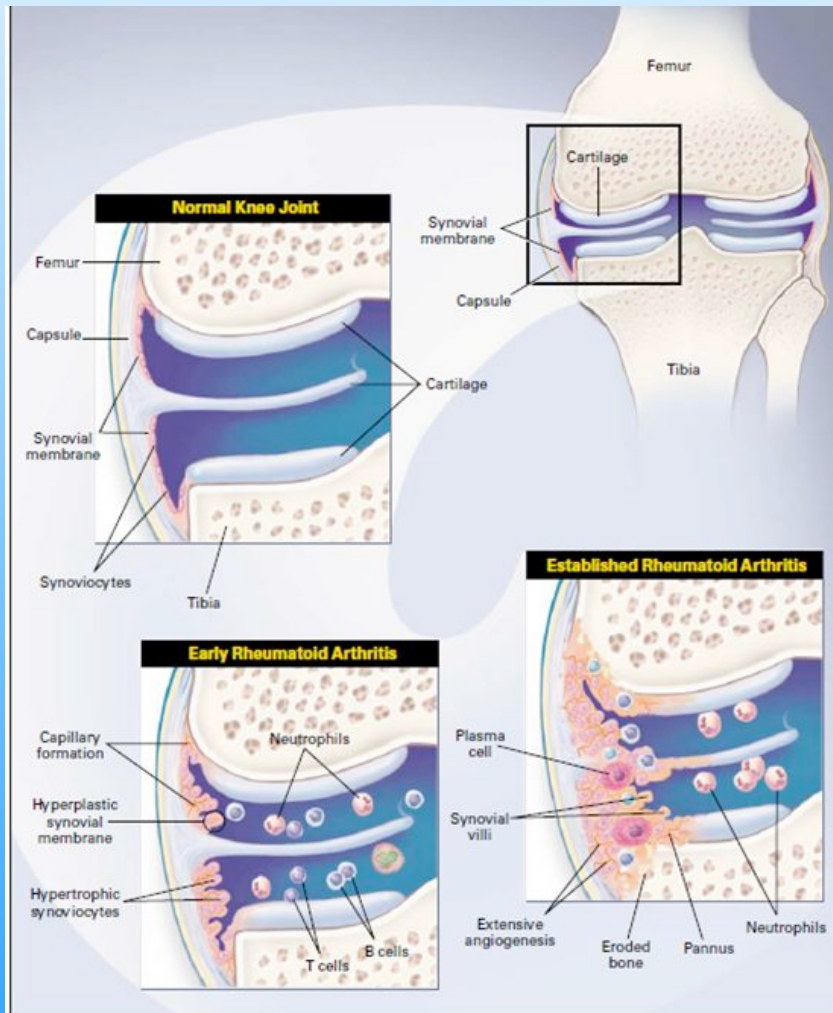
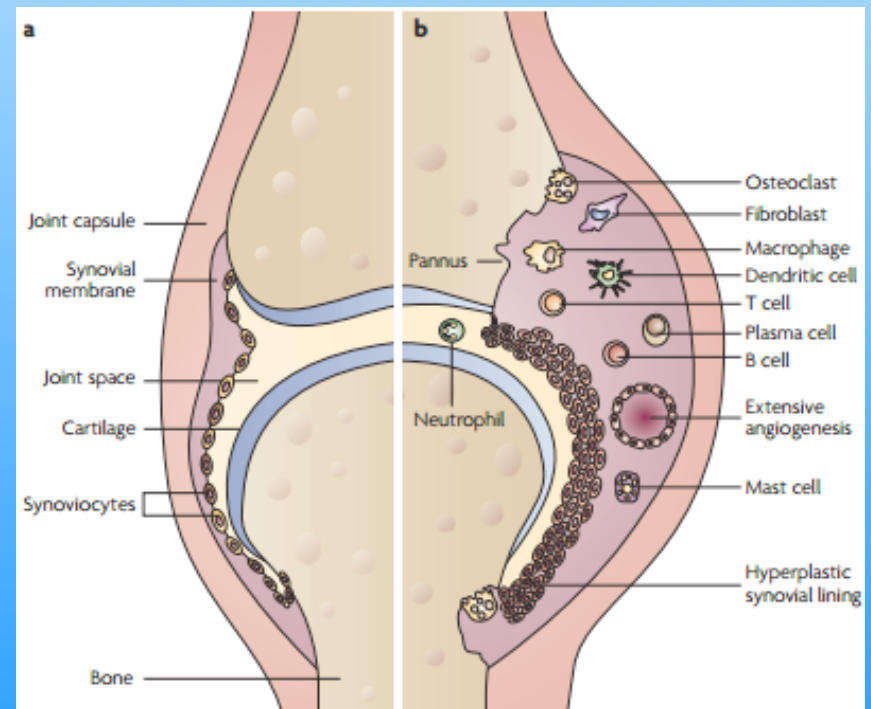
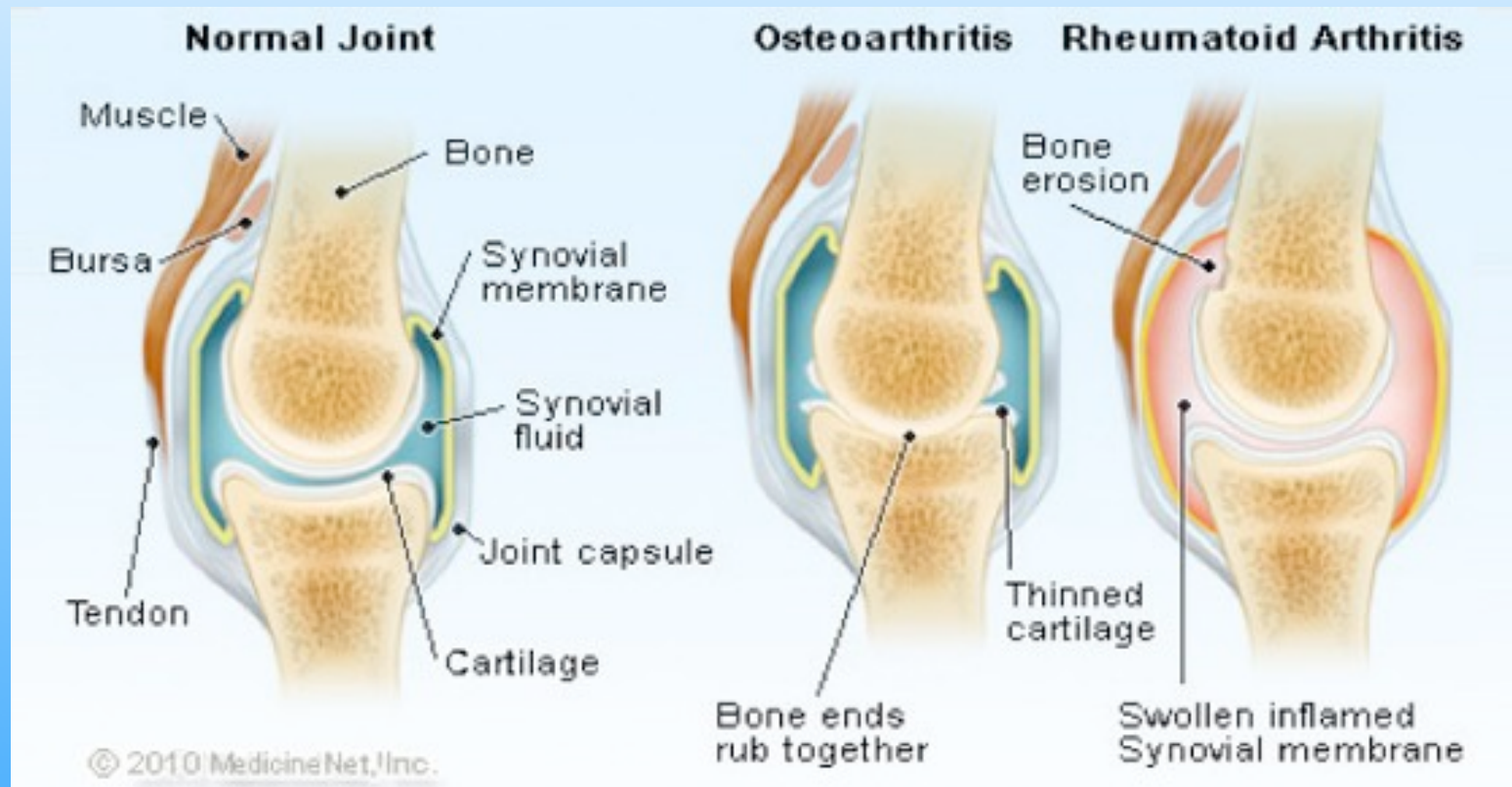


Figure 1: Pathogenesis of Rheumatoid Arthritis (Choy 2001)



RA vs OA



RA

vs.

OA

- Autoimmune
- Often swells in pairs (especially in smaller joints)
- Generally worse in mornings or after inactivity

- “Wear & Tear”
- Usually weight-bearing joints, neck, small fingers joints and big toe
- Tends to get worse with activity throughout the



Let's Play!

Safety is everyone's top priority

Constructive Rest



Find a way for the body to rest. Our goal is to engage the para-sympathetic nervous system

Gentle Spinal Rock



Pressing the feet into the floor with the body relaxed
rock the spine up and down.

Joint Opening Series



Above are some pictures of Lakshmi Voelker practicing on her chair. www.getfitwhereyousit.com

The Joint Opening Series involves moving every joint in the body within your own personal full R.O.M.

Spinal Movements



Knees & Hips



- Keep an eye on alignment
- Cushion when appropriate
- Be aware that weight bearing adds pressure, discomfort and risk
- Use chair and wall to build strength
- Be mindful of time and pressure spent in/on joints

Acupressure Knee Movements

created by Dr. Stanely Chang LAc



Thumbs massaging the knee cap and fingers mass back of knees, pump and flex the knee joint. If limited range of motion, keep toes on ground and lift and lower heel while massaging knee joint.

Acupressure Knee Movements



With flat palms rub the inside and out side of the knee as if you were trying to light a fire. Allow for some heat to be created softening the muscle and opening blood flow.

Acupressure Knee Movements



With your finger tips pinch a pie crust around the knee cap. This helps to draw oxygenated blood to the knee.

Acupressure Knee Movements



Placing one hand on top of the knee, then the second hand on top of the first, gently rub the knee.

Acupressure Knee Movements



Complete the exercise on both knees. Acupressure knee movements are recommended to be done 2-3 times per day, and after any long period of rest.

Wrists & Hands

- Let hands embrace with ease & comfort (hands at heart vs. anjali mudra)
- Fists can protect wrists
- Foam edge or rolled mat for hands & wrists
- Blocks under fore arms
- When cuing SaTaNaMa be mindful or potential restrictions
- Minimize weight bearing using chair or wall



Acupressure Hand Movements



Feet & Ankles

- People can be self conscious
- Options for barefoot or leaving shoes on
- Work to even distribute weight through feet
- Use blankets and wedges



Alzheimer's Stages



A diagram showing the three stages of Alzheimer's disease. Three dark blue ovals are arranged in a triangle on a light blue background. The top oval is labeled 'Mild', the bottom-left oval is labeled 'Moderate', and the bottom-right oval is labeled 'Severe'.

Mild

Moderate

Severe



Mild

- Memory Loss
- Language Problems
- Mood and Personality Changes
- Diminished Judgement

Moderate

- Behavioural, Personality Changes
- Unable to Learn or Recall New Information
- Long-Term Memory Affected
- Wandering, Agitation, Aggression, Confusion
- Requires Assistances with ADL's

Severe

- Poor Balance (unstable walking)
- Motor Disturbances
- Incontinence
- Vacant, Mute, Bedridden
- Poor/No ADL's
- LTC Common

ADL = Activities of Daily Living
LTC = Long Term Care

stand Alzheimer's Disease in 3 Minutes

Spinal Movements



Joint Opening Series



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Acupressure Hand Movements



Acupressure Knee Movements



Complete the exercise on both knees. Acupressure knee movements are recommended to be done 2-3 times per day, and after any long period of rest.

Tree



Shivasana Anyone?



Yoga for Arthritis Referenced Studies, People & Info

- Yoga for Arthritis - Steffany Moonaz, PhD, RYT-500
info@yoga4arthritis.com www.yoga4arthritis.com Steffany works with John Hopkins University and is regularly doing studies on Yoga & Arthritis
- Chewing Gum...here is a link to an article that discusses several studies about chewing gum <http://www.wired.com/2011/11/the-cognitive-benefits-of-chewing-gum/>
- Australian Breakthrough on RA. <http://www.abc.net.au/news/2015-06-04/breakthrough-arthritis-treatment-developed-by-uq-researchers/6521506>
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