



YOGA & EMOTIONAL BALANCE

PRESENTED BY GRAND VALLEY
HATHA YOGA FOR LAW SOCIETY
NUNAVUT

MARSHA ELLIS RYT, MA OWNER
GRAND VALLEY HATHA YOGA



LAW SOCIETY NUNAVUT WELLNESS LUNCH TALK

INTRODUCTION- LAND ACKNOWLEDGEMENT

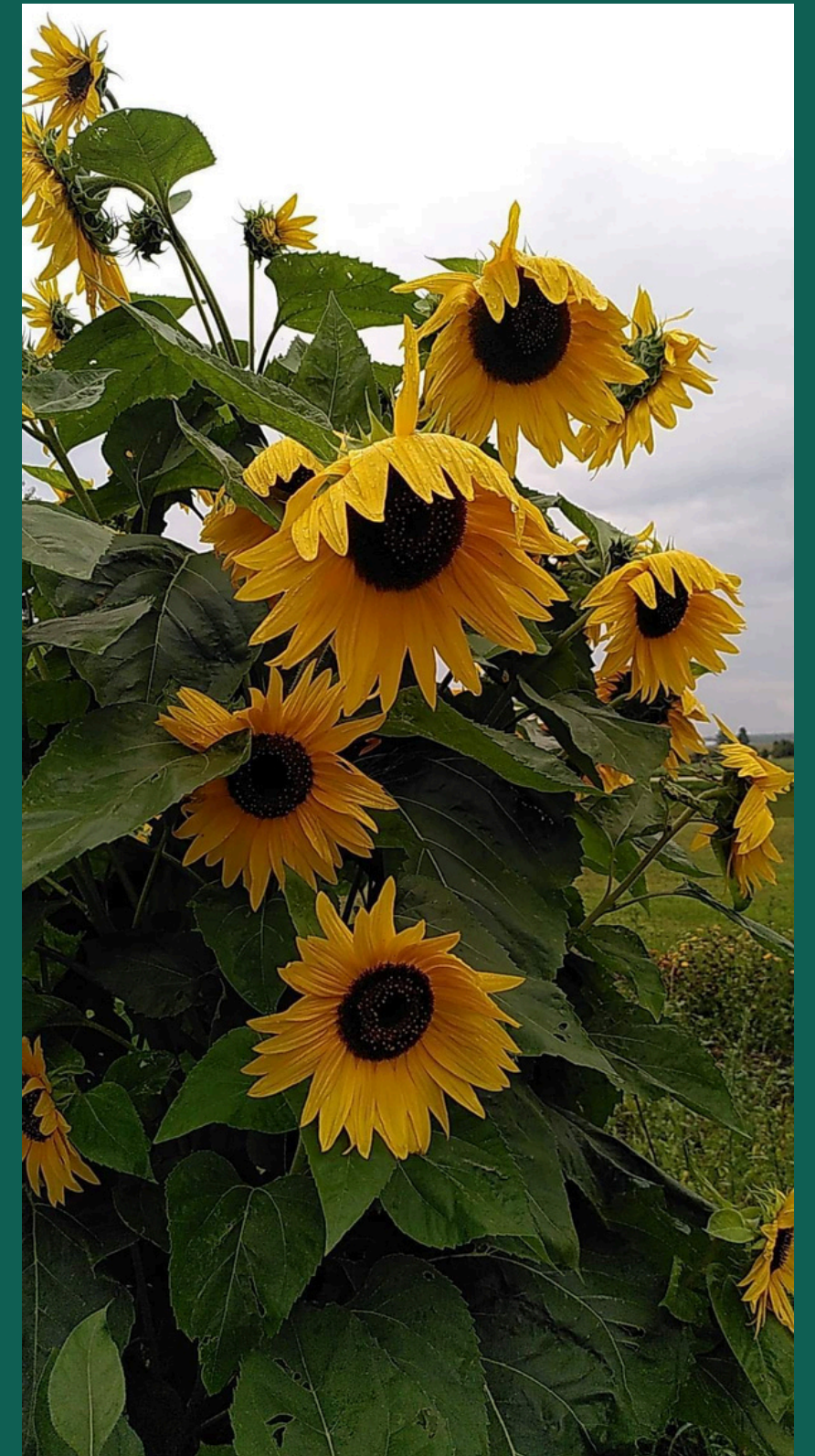
(REVIEW OF PARASYMPATHETIC/SYMPATHETIC
NERVOUS

WHAT ARE EMOTIONS? (AFFECTIVE
NEUROSCIENCE)

YOGA FOR EMOTIONAL
BALANCE

GENTLE CHAIR YOGA &
PRANAYAMA PRACTICE

REFLECTIONS &
RESOURCES



HOW I STARTED WHAT I DO NOW

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YOGA & MEDITATION

YOGA

EFFECTIVENESS OF YOGA IN MANAGING STRESS, WITH A PARTICULAR FOCUS ON WORK-RELATED STRESS. YOGA COMBINES PHYSICAL POSTURES, BREATH CONTROL, AND MEDITATION, AND HAS GAINED RECOGNITION FOR ITS POTENTIAL TO RELIEVE STRESS.

SELF-CARE IS NOT SELFISH

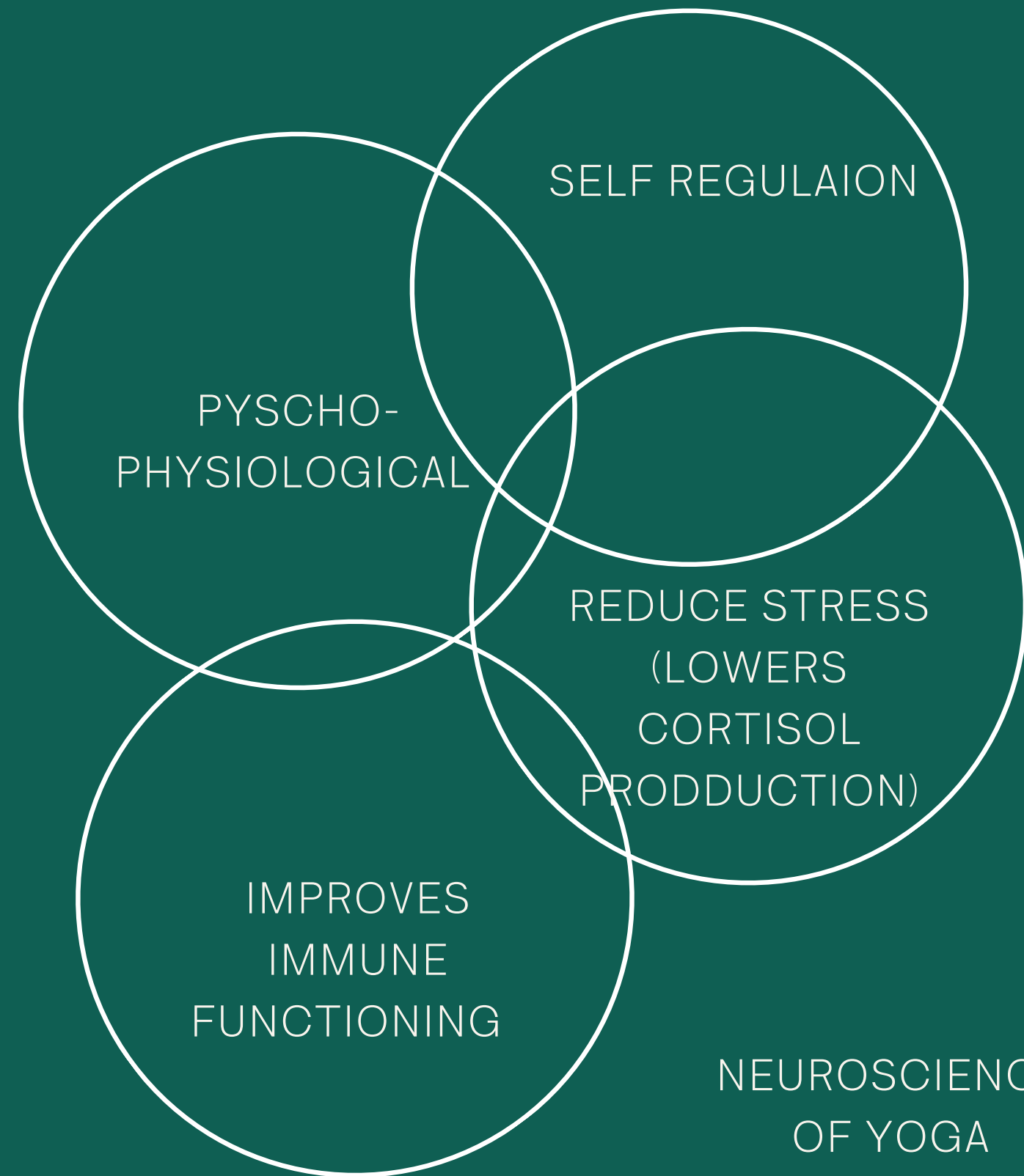


BENEFITS OF YOGA

EVIDENCE BASED
SCIENTIFIC
RESEARCH ON
THE MIND/BODY
BENEFITS OF
YOGA

DR. SAT BIR KHALASA - HARVARD
MEDICAL SCHOOL

BOOK: "PRINCIPLES & PRACTICES
OF YOGA IN MODERN SCIENCE"
FORTHOMCING UPDATED VERSION
2024



NEUROSCIENCE
OF YOGA
CONFERENCE
NYU

SYMPATHETIC NERVOUS SYSTEM

- FIGHT OR FLIGHT MODE
- cortisol released
- activity/stress, sense of urgency prioritizing
- physically-heart rate increase, extra blood, more energy and resources mobilized
- body slows (or halts) otherbodily functions such as digestion and reproduction (for ex. estrogen production with cortisol release)
- benefits- brain is alert, senses become sharper, dealing with stress

PARASYMPATHETIC NERVOUS SYSTEM

- soothes the stress response
- “feel good” hormones, serotonin
- rest & digestion
- state of relaxation or homeostasis that regulates our hormones, progesterone, estrogen, lower heart rate
- healing zone

YOGA & MEDITATION

Pranayama- Learning deep breathing can increase parasympathetic activation emphasized the benefits of mindful breathing throughout the day to regulate stress.

Progressive Muscle Relaxation- lowers cortisol

Savasana induces deep relaxation

THE SCIENCE OF EMOTIONS

WE ARE HARDWIRED TO CONNECT WITH ONE ANOTHER THROUGH OUR EMOTIONS, AND THAT ARE BRAINS, BODIES AND MINDS ARE INSEPARABLE FROM THE EMOTIONS THAT ANIMATE US.

WE HAVE THESE EMOTIONS TO GUIDE US, TO TELL US WHAT SUPPORTS OUR SURVIVAL AND WHAT DETRACTS FROM OUR SURVIVAL.



JAAK PANKSEPP, JAAK (2004). AFFECTIVE NEUROSCIENCE: THE FOUNDATIONS OF HUMAN AND ANIMAL EMOTIONS (1ST ED.). OXFORD UNIVERSITY PRESS. ISBN 978-0195178050.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=65E2QSCV_K8](https://www.youtube.com/watch?v=65E2QSCV_K8)

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PRIMAL EMOTIONS --> AFFECT FEELINGS

PANKSEEP IDENTIFIES 7 MAJOR EMOTIONS AND STATES THAT EMOTIONS ARE EITHER ADVERSE OR REWARDS FOR OUR MIND AND BODY

SEEKING - ENTHUSIASM

RAGE - ANGER

FEAR - ANXIOUS

LUST - PASSION

CARE - LOVE

PANIC - LONELY

PLAY - JOY



WORLD HEALTH ORGANIZATION EXPECTS BY YEAR 2030
DEPRESSION WILL BE THE LEADING HEALTH CONCERN

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CAN YOGA HELP?

USE THE BREATH AND MOVE THE BODY TO STILL THE MIND

"IN THE PRACTICE OF MINDFULNESS YOGA, BREATHING IS A CRUCIAL ELEMENT AND IS REGARDED AS A BRIDGE CONNECTING THE BODY AND MIND. MINDFULNESS YOGA EMPHASIZES ADJUSTING THE DEPTH, RHYTHM, AND MANNER OF BREATHING TO BALANCE THE ACTIVITY OF THE AUTONOMIC NERVOUS SYSTEM, THEREBY ACHIEVING STRESS RELIEF AND ANXIETY REDUCTION. DEEP AND EVEN BREATHING HELPS ACTIVATE THE BODY'S RELAXATION RESPONSE, THEREBY REDUCING PSYCHOLOGICAL AND PHYSIOLOGICAL STRESS RESPONSES. IN MINDFULNESS YOGA PRACTICE, INDIVIDUALS TYPICALLY REGULATE THEIR BREATHING BY DEEP INHALATION AND SLOW EXHALATION TO ENHANCE A SENSE OF CALMNESS AND RELAXATION. THIS WAY OF ADJUSTING BREATHING CAN PROMOTE THE BALANCE BETWEEN THE SYMPATHETIC AND PARASYMPATHETIC NERVOUS SYSTEMS, THEREBY REDUCING BODILY TENSION AND FEELINGS OF ANXIETY. "

ÌMPACT OF MINDFULNESS YOGA ON MENTAL HEALTH
URUMQI, XINJIANG, CHINA
LIU YAN

MINDFULNESS YOGA, MENTAL HEALTH, EMOTION
REGULATION,. APPLIED & EDUCATIONAL PSYCHOLOGY
(2024) CLAUSIUS SCIENTIFIC PRESS, CANADA



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CAN YOGA HELP?



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YOGA FOR EMOTIONAL BALANCE

FAVOURITE YOGA PRACTICES

PRESENT MOMENT AWARENESS-
SETTLING INTO STILLNESS

BELLY (HEART CENTRED) BREATH

RESTORATIVE YOGA

SOUND THERAPY

LOVING KINDNESS MEDITATION

FAVOURITE BOOK

"YOGA FOR EMOTIONAL BALANCE:
SIMPLE PRACTICES TO HELP RELIEVE
ANXIETY AND DEPRESSION" BY BO
FORBES. SHAMBHALA PUB. 2011.



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MINDFULNESS & YOGA AT WORK

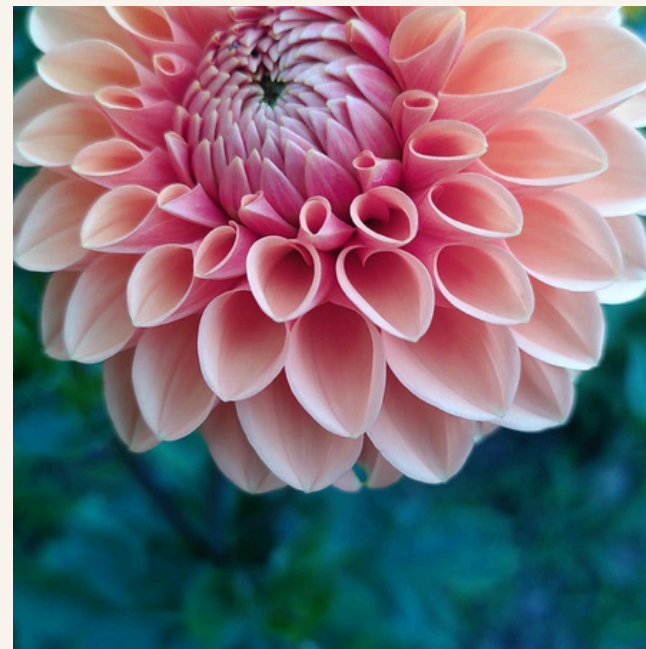
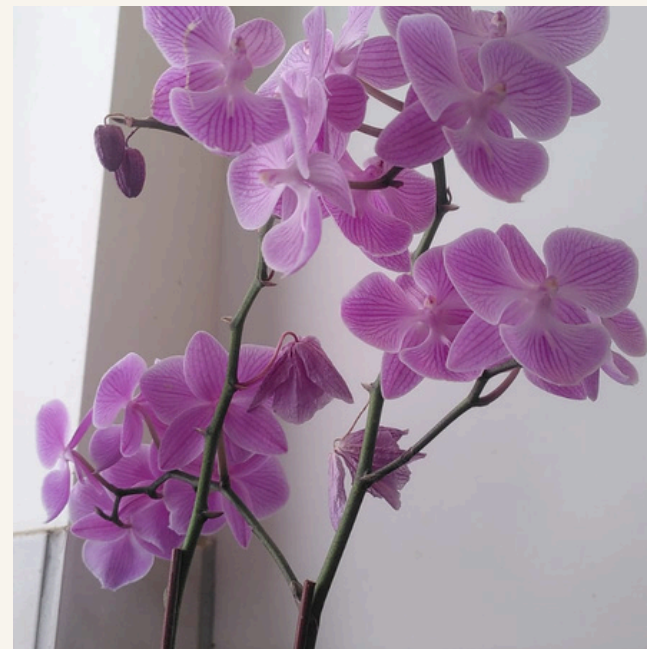
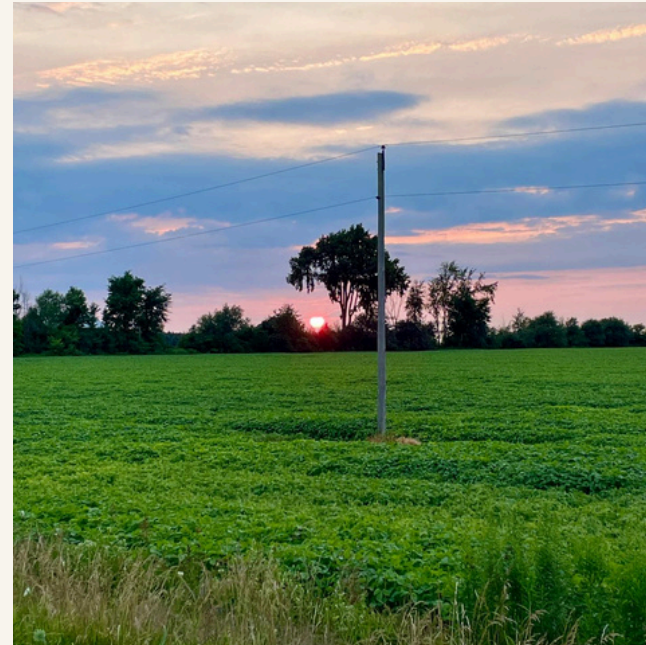
SAMPLE PRACTICES

Chair Yoga Sequence- Break up your day with some mindful movement, yoga asanas

YOGA 5 MINUTE BODY CHECK IN PRACTICE
EMOTIONAL MAPPING MEDITATION

PRANAYAMA- HEART CENTRED BREATHING 1:2
RATIO

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REFLECTIONS:

WHAT ARE WAYS IN WHICH I
REGULATE MY EMOTIONS?

ARE THERE YOGA OR
MINDFULNESS PRACTICES THAT
COULD SUPPORT MY NERVOUS
SYSTEM?

WHAT ARE THE BEST
PRACTICES THAT HELP ME TO
RELAX AND RECHARGE?

SOURCES & CONTACT

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THANK YOU!



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See You on your mat!

