Rooting Down to Rise Up in Recovery

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Our Stories

Who are we?

and

Why do we believe in yoga?
Practice

- Movement to Stillness
- Jumping/stepping side-to-side, arm swings, bilateral marching, shake-it-off
- Grounding into feet, noticing the breath, butterfly hugs, body scan
Definition of Yoga

- Yoga is the union of breath with movement.

“Yoga was challenging, and it opened my mind and my body. It enlivened places that had been dead for so long, and as I worked my body, I found a refuge, some relief from feeling like a prisoner of my own thoughts.”

Yoga & the Brain

**Higher**
- Cortisol
- Adrenaline
- Anxiety and depression
- Increased reaction towards environment

**Lower**
- Cortisol
- Adrenaline
- Anxiety
- Depression
- Decreased reaction to environment

Yoga & the Nervous System

- Vagal pathways
- Sympathetic (fight or flight) versus parasympathetic (calm and relax)
- 1:2 breath practice

Mind & Body Benefits of Yoga

- Studies found that yoga can help people to:
  - Increase positive body image
  - Decrease stress and anxiety levels
  - Lower blood pressure, cholesterol, and blood sugar
  - Increase muscle strength, flexibility, and boost endurance
  - Eat mindfully and maintain a healthy weight
  - Relieve chronic pain

Yoga

Health benefits beyond the mat

Better Body Image
Focusing inward during yoga helps you be more satisfied with your body and less critical of it.

Mindful Eating
Being more aware of how your body feels carries over to mealtimes as you savor each bite or sip and notice how food smells, tastes, and feels in your mouth.

Heart Benefits
Yoga can help lower blood pressure, cholesterol, and blood sugar, all of which are good for your heart and blood vessels.

Weight Control
Mindfulness developed through yoga can make you more sensitive to cues of hunger and fullness, which help you develop a more positive relationship with food.

Overall Fitness
Practicing yoga a couple times a week increases muscle strength and flexibility, boosts endurance, and tunes up your heart, lungs, and blood vessels.
How Yoga Transforms Your Body

1. Healthy Weight
2. Lower Risk of Heart Disease
3. Improved Brain Function
4. Lower Stress Levels
5. Alter Gene Expression
6. Increased Flexibility
7. Lower Blood Pressure
8. Improved Lung Capacity
9. Improved Sexual Function
10. Reduced Chronic Neck Pain
11. Anxiety Relief
12. Improved Sense of Balance
13. Healthy Sugar Levels in Diabetics
14. Lower Blood Sugar Levels in Diabetics
15. Stronger Bones
16. Improved Balance
17. Reduced Chronic Back Pain

Some yoga could be more effective in reducing pain and improving mood than standard medical treatment for chronic back problems.

Some yoga programs have been found to reduce anxiety and strengthen brain chemicals that combat depression and anxiety-related disorders.

Yoga could boost sexual desire, orgasm, and general sexual satisfaction for women—and also help them become more familiar with their own bodies.

SOURCES: Studies by University of Illinois, University of California at Los Angeles, University of Oregon, Colorado State University, University of Pennsylvania, Ball State University, Harvard University, Emory University, Medical College of Wisconsin, New Delhi, Tertiary University, Dr. Lewis First, AM Institute of the Mind, Hudson Center Research Center, Integral Health Clinic in India

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Yoga in Recovery

- Less Anxiety
  Controlled response to Environment

- Increase GABA
  (natural tranquilizer)

- Drug Withdrawal

- Anxiety
  depression
  fatigue
  agitation

Start recovery
Stop cycle

Movement in Sessions

- Increases ability to tolerate and move through uncomfortable thoughts, emotions, and situations
- Teaches self-soothing skills
- Practice activating and coming back to balance in a safe and secure way
- Examples from sessions
Yoga for Self-Care

- Benefits of personal practice include:
  - Increasing mind-body connection
  - Preventing compassion fatigue and vicarious trauma
  - Expanding sense of community and support
Yoga for Self-Care

- Benefits of professional practice include:
  - Building therapeutic rapport
  - Increasing self-awareness
  - Reducing stress
  - Helping the healing process
Let's Move!
Inspiration

“Yoga is not about touching your toes, it is what you learn on the way down.”
- Jigar Gor

“Yoga teaches us to cure what needs not be endured and endure what cannot be cured.”
- B.K.S Iyengar
Resources

- Overcoming Trauma Through Yoga: Reclaiming Your Body by David Emerson
- Restful Yoga for Stressful Times: Relax and Renew by Judith Hanson Lasater
- Restorative Yoga for Life: A Relaxing Way to De-stress, Re-energize, and Find Balance by Gail Boorstein Grossman
- The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar
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References