



Yoga: Alignment, Balance, Flexibility, Strength

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September 14, 2017



Disclosures

- I have no disclosures for CME



What is Yoga?

- Your experience
 - Heard of it
 - Tried once or twice
 - Regular takes classes
 - Teach classes
 - Study the philosophy



Yoga as a Practice

- The Path of Mastery
- Novice – Beginner – Practitioner – Expert - Master

Practice makes the Master and the Master knows everything is practice



Yoga Sutras of Patanjali

THE EIGHT LIMBS

1. Yamas – Ethical Code of Conduct
2. Niyamas – Personal Disciplines
3. Asanas – Postures
4. Pranayama – Breath Work
5. Pratyahara – Withdrawal of the Senses
6. Dharna – Concentration One-Pointedness
7. Dhyana – Meditation
8. Samadhi – Bliss



Yamas – Ethical Code of Conduct

- Ahimsa – Non-harm, Non-violence in thought, word or deed
- Satya – Truthfulness
- Asteya – Non-stealing, honoring trust
- Brahmacharya – Regulation of senses, moderation in all things
- Aparigraha – Non-gripping – non-greed, non-attachment, non-covetousness, non-hoarding



Niyamas – Personal Disciplines

- Saucha – Purity, cleanliness
- Santosa – Contentment, accepting others as they are
- Tapas – Zeal, austerity, self-discipline
- Svadhyaya – Self-study and study of sacred texts
- Ishvara Pranidhana – Dedication, devotion, and surrender (self-less action)



Asana Practice



Pranayama - Breath Practice 1

- Relax in your seat
- Allow your spine to be straight
- Pay attention to your breath leaving your nose or mouth
- Once you can easily feel your breath leaving, count from 1-5 on the exhale and return to 1 after you reach 5
- If you lose count, simply start over at 1



Pranayama - Breath Practice 2

- Raise your right hand and use your right thumb to close your right nostril, inhale into your left nostril
- Use your index finger to close your left nostril and exhale through your right nostril and then inhale through your right nostril
- Use your right thumb to close the right nostril and exhale through the left nostril
- Repeat the pattern at your own pace




Pranayama - Breath Practice 3

- Breath in through your nose and exhale through your nose
- Breath in through your nose and exhale through your mouth
- Breath in through your mouth and exhale through your nose
- Breath in through your mouth and exhale through your mouth
- Repeat the pattern at your own pace

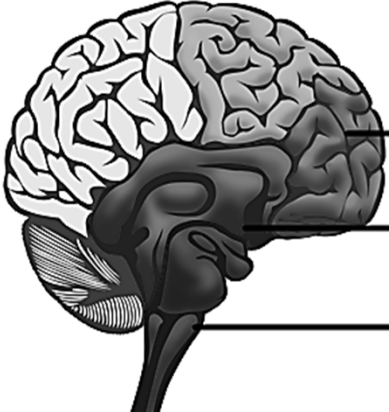


Half the of the 8 Limbs

5. Pratyahara – Withdrawal of the Senses
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5 Dimensions of Being



Inter-relational/Prosocial – Feeling the needs of others
Who can help and how can I make the world better?

Relational/Social – Connection to others
Who are my family and friends?

Executive State
 Prefrontal Lobes
 What can I learn from this?


Emotional State
 Limbic System
 Am I loved?

Survival State
 Brain Stem
 Am I safe?

Thoughts

Emotions

Sensations



Ways to Practice – Yamas across the Dimensions of Being

	Physical	Emotional	Mental	Relational/Social	Inter-relational
Ahimsa – Non-harm (violence)					
Satya – Truthfulness					
Asteya – Non-stealing					
Brahmacharya – Balance of the Sense					
Aparigraha – Non-grasping					



Another Way of Practice

Alignment + Balance +
Flexibility + Strength =
Unity



	Physical	Emotional	Mental	Relational/ Social	Inter- relational
Alignment					
Balance					
Flexibility					
Strength					
Unity					