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*When I look inside and see that I am nothing, that is wisdom.*

*When I look outside and see that I am everything, that is love.*

*Between those two, my life turns.*

~Sri Nisargadatta Maharaj

### Workshop Goals

- To create a “safe container”
- To bring balance to the emotional body
- To learn practices that energize, reducing feelings of depression
- To learn practices that calm feelings of anxiety
- To bring more prana (life force energy) into the body
- To encourage feelings of connection and wholeness
- To understand the application of energizing practices, calming practices, and practices that influence hemispheric function

### LifeForce Yoga® as differentiated from exercise:

- Attention to the breath
- Safe attention to body sensations
- Cultivation of both compassionate equanimity and self-awareness (2 pillar of yogic practice and goals of psychotherapy)
- Cultivation of witnessing consciousness (in neuropsychological terms, engaging the cerebral cortex in self-regulating the emotional limbic brain)
- Meeting the Mood

### Yogic Breathing Practices (pranayamas and kriyas):

#### *Seated*

- Bhastrika - bellows breath. Energizing
- Dirga pranayama – 3 part diaphragmatic breath. Calms
- Kapalabhati – skull shining breath. Energizing
- Kumbhaka – internal breath retention (4-6 counts energize, >6 calm); external breath retention is calming.
- Nadi Shodhana – alternate nostril breathing. Brings balance. Right nostril breathing energizes, and left nostril breathing calms.
- Anuloma Viloma – alternate nostril with retention. Calms and energizes.
- Ujjayi pranayama – ocean sounding breath. Calms and energizes

#### *Standing*

- Breath of Joy – Energizing
- Victory Goddess – Energizes.
- Pulling Prana – Energizes.
- Breath to Stimulate the Nerves – Energizes
- Uddiyana Bandha & Agni Sura (Nauli) – Energizes
- Mountain Breath – Calms
- Hara Kumbhaka – energizes

## LifeForce Yoga® to Manage Your Mood

### Asanas:

#### *Warm up practice*

- Cat/cow
- Table side stretch
- Thread the Needle
- Flying cow
- Sphinx with mantra (vam)
- Downward-facing Dog

#### *Integrative practices*

- Sun Salutation (with mantra, bhavana (visualization), and kapalabhati)
- Padahasthasana - Separate Leg hands to Feet Pose (with maha mudra and mantra)
- Virabhadrasana variation - Warrior (with mantra)
- Danurasana – Bow (with mantra)
- Seated Yoga Mudra (with mantra) or Headstand
- Pachimottanasana – Seated Posterior Stretch (with maha mudra and mantras)
- Pachimottanasana/Halasanana – Forward Bend/Plough
- Satu Bandhasana – Dynamic Bridge (with mantras)
- Reverse Plank (with Kapalabhati)
- Ardha Matsyendrasana – Supine Twist
- Double Wind-relieving (with Kapalabhati on release)
- Savasana (with mantra)

### Meditation/Yoga Nidra Enhancements:

- Aum Kar – “ahhh” at solar plexus; “ohhh” at heart; “mmm” at brow point, then roll sounds together
- Karuna – Compassion meditation. “May you be free from suffering. May you find peace.”
- Kirtan Kriya – Sa-ta-na-ma – mantra chant, mudra and visualization; chant –2, whisper – 2, silently – 3, whisper – 2, chant – 2.
- Thou art with me.
- I am That or Thou Art That (Tat tvam asi) (Ham So/So ham)
- Vyahriti (sacred utterance)
  - 7 mantras represent the seven spheres of existence
  - Oldest tradition of Shabda Yoga – Vedic Period 2,500 – 500 b.c.e.
  - Call and response: Om bhu-hu, Om bhuvaha, Om suva-ha, Om ma-ha-ha, Om jana-ha, Om Tapa-ha, Om Satyam.
- Energizing Bija Mantras for Chakras: Lam, Vam, Ram, Yam, Ham, Om, Ng
- Calming Mantras for Chakras: Oh, OOO (as in You), ah, ā, ē, mm, hing
- LifeForce Chakra Clearing – see pg. 5 of Handout.

### Physiological benefits of Yoga practice:

- Decrease in cortisol levels (stress hormone)
- Increase in GABA levels (primary inhibitory neurotransmitter)
- Increase in HRV (heart rate variability)
- Increase in BDNF (neuroplasticity, genetic expression)
- Demonstrated improvement in memory, cognitive functioning, perceptual motor skills, visual perception
- Relaxes chronic muscle tension
- Restores natural diaphragmatic breathing
- Improves oxygen absorption and carbon dioxide elimination
- Increases alpha and theta waves
- Regulates hypothalamus at an optimum level

## LifeForce Yoga® to Manage Your Mood

- Certain techniques stimulate vagal nerve activity
- Bioavailability of oxygen and glucose, building blocks for the production of neurotransmitters
- Calms sympathetic nervous system while activating parasympathetic system

### All of which leads to - Psychological effects of Yoga practice:

- Elevation of mood
- Balances left/right brain function
- Cultivates equanimity in the face of life's challenges
- Develops greater self-awareness
- Symptoms of depression are lessened
- Better management of bipolar disorder
- Greater access to feelings, which is a complement to talk therapy
- Release of repressed emotions stored in the body

## NADA YOGA

Throughout a **LifeForce Yoga** session, students are invited to practice Sanskrit sounds called mantras with postures. These tones vibrate through the 70% of the body that is fluid, calming the central nervous system and energizing specific regions. The Sanskrit language is based on verbs, so each of the sounds has an activating quality, even as chanting the sound focuses and soothes the busy mind.

### Mantra

### Bhavana

#### *Dhi-Ri-Ha*

Evoking strength, sometimes brings up difficult emotions

Image for Strength

#### *Sha-Ma-Ya*

“Sha” – Shanti, shalom, a soothing tone

“Ma” – Word for mother in many languages, feminine sound

“Ya” – Seed sound for the heart

Image for Peace

#### *Ma-ha-ra*

“Ma” – Word for mother in many languages, feminine sound

“Ha” – force, Sun (as in Ha-tha Yoga)

“Maha” – Grand, royal, great

“Ra” – Seed sound for Sun (ram), Manipura Chakra, masculine sound

Image for Calm Strength

#### *Ma-ha-ya*

“Ma” – Word for mother in many languages, feminine sound

“Ha” – force, Sun (as in Ha-tha Yoga)

“Maha” – Grand, royal, great

“Ya” – Seed sound for the heart.

Image for strong love/compassion

## RESOURCES

### Books

- Berceli, David, Trauma Releasing Exercises (TRE): A Revolutionary New Method for Stress/Trauma Recovery. BookSurge, 2005.
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- Shapiro, Shauna; Carlson, Linda, The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions. Washington, DC: American Psychological Association, 2009.
- Siegel, Daniel J., The Mindful Brain. New York: W.W. Norton & Company, 2007.
- Weintraub, Amy, Yoga for Depression. New York: Broadway Books, 2004.

### Trainings and Classes that Specifically address Depression

- LifeForce Yoga** for Depression workshops and **LifeForce Yoga** Practitioner Trainings, 520 324-0840, [www.Yogafordepression.com](http://www.Yogafordepression.com)
- The Healing Breath Technique, (*Sudarshan Kriya*), The Art of Living Foundation, (800) 897-5913. [www.artofliving.org](http://www.artofliving.org).
- Richard Miller's iRest Training, retreats, books and tapes, Richard Miller's workshops, 707-823-5023 [www.non-dual.com](http://www.non-dual.com).
- Phoenix Rising Yoga Therapy, (800)288-YOGA (9642). [www.pryt.com](http://www.pryt.com).







### Good practice CDs and DVDs:

- Weintraub, Amy, LifeForce Yoga® Audio Series: Breathe to Beat the Blues, LifeForce Yoga® Nidra, LifeForce Yoga® Bhavana, LifeForce Yoga® Chakra Clearing Meditation; Video series: LifeForce Yoga to Beat the Blues, Level 1 & Level 2, [www.Yogafordepression.com](http://www.Yogafordepression.com)
- Moderate: Journey into Yoga: A Moderate, heart-centered practice. [www.journeyintoyoga.com](http://www.journeyintoyoga.com)
- Gentle: Healing Yoga for Everybody: A gentle practice for injuries. [www.Yogahealsus.com](http://www.Yogahealsus.com)
- Kripalu Yoga Gentle, a beginners practice dvd. [www.kripalu.org](http://www.kripalu.org)




**LIFEFORCE YOGA® CHAKRA CLEARING MEDITATION**

1. Practice 1 – 3 rounds of Bellows Breath (Bhastrika) to clear the space. (Chap. 6 – *Yoga for Depression*)
2. Practice 3 rounds of Bee Breath (Brahmari) on exhale only to calm the sympathetic nervous system, using the *Shanmukhi* mudra to create sensory withdrawal. (Chap. 6 – *Yoga for Depression*)
3. Practice the Bija mantras above from the back of the throat, emphasizing the consonant. One long consonant on one long breath, closing the consonant with “mmm.”
4. Lift arms over head, creating an open channel. Practice 3x, using one long breath to chant through all the tones.
5. Inhale arms over head, interlacing fingers with index extended. Hold the breath. On exhale with “Ng” sound, float your arms down, palms open on your knees.
6. Upon completion, sit observing the effects. You may sit for as long as you wish in meditation, observing the breath or using your own meditation technique.

***LifeForce Yoga® Chakra Clearing Meditation ~ Energizing***

<b>Chakra</b>	<b>Mantra</b>	<b>Mudra</b>	
Chakra One Muladhara (Base of spine)	Lam red	Hasta Mudra 1 Link the two little fingers together close to the base of the spine and pull.	
Chakra Two Svadhithana (Low abdomen)	Vam orange	Hasta Mudra 2 Link the two ring fingers in front of the low abdomen and pull.	
Chakra Three Manipura (Solar plexus)	Ram yellow	Hasta Mudra 3 Link the two middle fingers in front of the solar plexus and pull.	
Chakra Four Anahata (Heart)	Yam green	Dove (Kaputa) Mudra Palms together as in prayer. Keep the base of the palms and the tips of the fingers together but cup the palms.	
Chakra Five Vissudha (Throat)	Ham blue	Lotus (Padma) Mudra Bring the hands together as in prayer, hovering in front of the throat. Keep the base of the palms, the little fingers and the thumbs together. Open all the other fingers wide like petals.	
Chakra Six Ajna (Third Eye)	Om violet	Kali Mudra Clasp your hands together with hands cupped, hovering close to forehead without touching, and with your index finger extended forward horizontally. Elbows out to the sides.	
Chakra Seven Sahasrara (Crown of head)	Nnng white	Kali Mudra Clasp your hands together hovering above your crown with hands cupped, and extend your index finger vertically. Elbows out to the sides.	

**LifeForce Yoga® Chakra Clearing Meditation ~ Calming**

Chakra	Mantra	Mudra	
Chakra One Muladhara (Base of spine)	Ō red	Press the tips of the two little fingers together close to the base of the spine.	
Chakra Two Svadhithana (Low abdomen)	Ū orange	Press the tips of the two ring fingers in front of the low abdomen.	
Chakra Three Manipura (Solar plexus)	Ah yellow	Press the tips of the two middle fingers in front of the solar plexus.	
Chakra Four Anahata (Heart)	Ā green	Dove (Kapota) Mudra Place hands together as in prayer in front of the heart, thumbs at the breast bone. Keep the base of the palms and the tips of the fingers together but cup the palms.	
Chakra Five Vishuddha (Throat)	Ē blue	Lotus (Padma) Mudra Place hands together as in prayer, hovering in front of the throat. Keep the base of the palms, the little fingers and the thumbs together as you spread the other fingers wide like petals.	
Chakra Six Ajna (Third Eye)	Mmm violet	Anjali Mudra Bring the hands together into prayer positions, thumbs touching the bridge of the nose and the brow.	
Chakra Seven Sahasrara (Crown of head)	Hnng white	Dhyana Mudra Place the left hand in the lap, palm facing up. Place the right hand on top of the left with the palm facing up. Bring the tips of the thumbs to lightly touch.	

Bellows Breath:



Exhale



Inhale

Shanmukhi Mudra:  
for Brahmari Breath

