

## **Basic Yoga and Clinical Applications – Michelle Dowd**

“Before we can find peace among nations, we have to find peace inside that small nation which is our own being.”

B.K.S. Iyengar

### **1. Benefits of yoga:**

Yoga improves strength, balance and flexibility.

Yoga can mean more energy and brighter moods.

Yoga helps you manage stress.

### **2. Let's practice breath**

Yoga breathing (hand on heart and belly)

4-7-8 breathing

Box breathing - 4/4/4/4

### **3. Let's practice simple yoga poses that promote concentrated attention, suspension of judgement and being in the moment**

Neck and shoulder extensions

Side stretches

Seated Twists and seated pigeon

Grip back of chair

Eagle arms in motion

Forward fold

### **Music (in this order)**

Shanti

OM (AUM)

Just Breathe

How (Flow)

Everything's On Fire

Om Mani Padme Hum