

HEART DISEASE

TOPICS FOR EIGHT-WEEK CLASS:

1. Benefits of yoga
2. Posture/alignment
3. Breathing
4. Mind/body
5. Stress and lifestyle
6. Laughter and play
7. Ahimsa: compassion and acceptance
8. ADL: yoga off the mat

EIGHT-WEEK CLASS:

1. Personal history of student
2. Centering and body awareness
3. Sharing: areas of tightness from body awareness
4. Benefits of yoga
5. Three part breath
6. Warm-ups: lying down-- lengthening back side of body, then diagonal stretch, bent leg twist, seated cat stretch, shoulder rolls, neck rolls, seated half moon, seated back arch.
7. Asanas: mountain with arms held up briefly, half moon—lower hand on hip, warrior II—hands on hips, dog on chair, triangle on chair, twist on chair, stork—hand on chair back, supported fish, bent leg to chest then circle together.
8. Progressive relaxation with affirmation: “my heart is kind”
9. Guided imagery to heal the heart
10. Moment of silence and sharing

PHYSICAL BODY

- Narrowing of arteries, reduction of blood supply to heart, increase of blood pressure and heart rate, fight or flight, lack of body awareness.
- Vata: fear, anxiety, racing heart. Pitta: competitiveness, aggressive. Kapha: diet, sedentary lifestyle.
- Positive affect of yoga on the body: improves strength of heart, reduces work by heart, blood pressure and fight or flight response, assists in making lifestyle changes to reduce risk factors (smoking, diet, stress response)
- Yoga therapy: gentle and cooling asanas, somatics for body awareness, restoratives.

BREATH/ENERGY BODY

- Restriction of breath especially in diaphragm and lower lungs.
- Low energy flow
- Blocked heart chakra
- Vata: more warming breath, Pitta: cooling breath, Kapha: 3 part breath between warming and cooling
- Sound and vibration directed to heart chakra

EMOTIONAL BODY

- Type A personality: competitive, workaholic, lack of ability to relax. See physical body as machine to acquire wealth. Anger, grief, and fear.
- To heal: open heart and begin to release what is held there. Balance between expressing emotions and witnessing them. As you think, so you become.

- Healing Tools: mandalas—see Judith Cornell’s Mandala Book. Guided imagery: inner smile. Mudras: Apana Vayu. Yoga nidra.

WITNESS AND BLISS BODY

- Nature is wisdom, intuition.
- 3rd eye center

Separation:

Loneliness, isolation, fear “stuck”, striving for the material, not paying attention to the body, attitude/approach to life and judgements,.

Yoga therapy:

Develop witness, watch your thoughts, observe sensations in the body, grounding Postures (mountain—to get out of mind), yoga nidra, visualization (open heart, Affirmations, place of openness, connection to source, integration of all koshas.