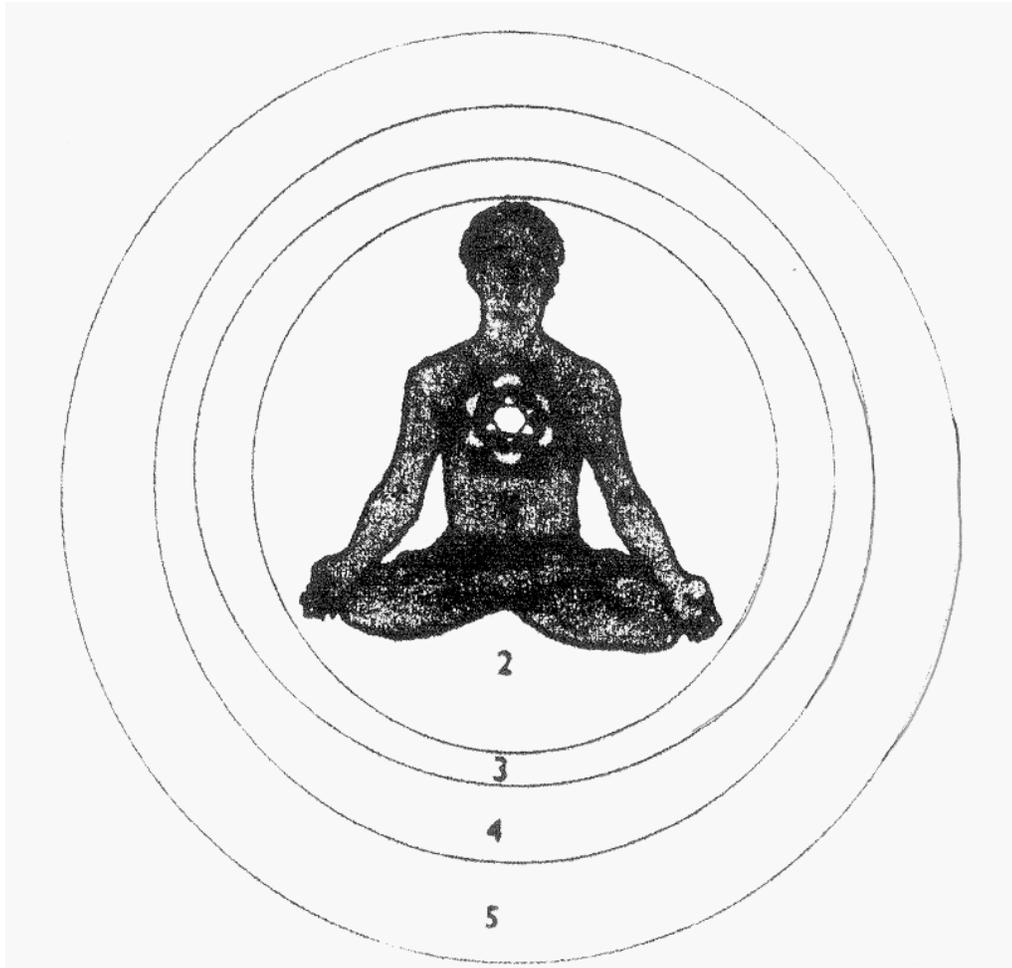


Releasing Stress In The



Five Koshas

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1 . A Case Study

Mariann is a 47 year old single woman that has never been married. Mariann is unusually thin, at 5' 8" her weight fluctuates between 125 - 135 lbs. When she smiles her face lights up, unfortunately Mariann appears gaunt and grief stricken most of the time. Mariann has a lengthy medical history that is listed below. Raised in an alcoholic family, Mariann has also struggled with addiction to amphetamines. Although she has been drug free for 15 years, she has not done a 12 step program. She has been engaged 5 times (each engagement was called off when Mariann realized the men were drinking too much and had a tendency to lie.)

Currently, she is a cashier at OTB (Off Track Betting) is not familiar with yoga , but has in the past spent an hour a day doing stretches. Prior to working for OTB, Mariann owned and operated an ice cream truck for 20 years. In the past, Mariann has enjoyed painting landscapes, playing the piano, walks on the beach, bike riding and snorkeling. Desperate to relieve her bi lateral sciatica pain and reduce stress in her life, Mariann made an appointment with me.

At the time of our first session, Mariann was extremely agitated and restless. She was also late. Her response to being late was, *“ I am always in a hurry, I never have time to do the things I like to do anymore, I run from doctor to doctor and then to work and still I'm always late. Sleep is the only thing I can still do with out a problem, as long as I eat two hours before I go to bed. Which by the way, I eat standing up to help the food go down my throat.”*

“My bed is higher at the top , so my stomach acid does not come up into my throat. I can't stretch the way I have in the past, ride a bike or run any more, because of the pain in my sciatica. The doctor told me not to ride a bicycle anymore because of my back. I can't take hormones because of the cancer, I am very emotional, I cry every day and I always get hot flashes. I want my life to be normal again.”

Mariann takes pain medication and muscle relaxers for ¹Achalasia, sphinster muscle ²dilation has been performed twice, and muscle fibers in the lower esophageal sphinster were cut to allow liquids and food to pass to the stomach. Acid reflux resulted after the surgery, hydrochloric acid is taken to decrease stomach bile. Prylosec is taken for digestive problems due to decrease in stomach bile. Client had an over active thyroid, the thyroid was burned out by an oral pill with radio-active iodine. Mariann suffers from neck discomfort, has basal joint arthritis in her hands. (genetic) In 2001 Mariann had a complete hysterectomy, she suffers from irritable bowel syndrome, has been diagnosed with a herniated L-4 disc, ³bi lateral sciatica, and most recent in 2005 had a double mastectomy.

¹ achalasia a nerve related disorder of unknown cause that can interfere with two processes; the rhythmic waves of contraction that propel food down the esophagus, called peristalsis, and the opening of the lower esophageal sphincter

² dilation widens the sphinster muscle into the stomach

³ bl -bi lateral both sides

Muscle Strength Scale 1-5 5 is the strongest

Muscle Testing 3/1/05 5/19/05 7/22/05

Psoas bi lateral	L 1 R 1.5	L 1.5 R 2.5	L 3 R 5
Sartorius	L 1.5 R 1	L 2 R 2	L 5 R 5
Knee Flexion	L 2 R .5	L 3 R 2.5	L 4 R 4
Gluteus Maximus	L 1 R .5	L 3 R 1	L 5 R 1.5
Hip Extension	L 2 R 1.5	L 2.5 R 3	L 5 R 3

C Summary of Findings

Stress and Pain Assessment

Stress level scale 1-10 5 = daily stress 10 = hourly stress

Pain level Scale 1-10 5 = chronic pain 10 = acute pain

	3/1/05	5/19/05	7/22/05
Stress	8.5	5	4
Pain	8	4.5	4.5

Muscle Strength Summary

Range of Motion

3/1/05

7/22/05

External Range of Motion

Tight Muscles	Both psoas	Both psoas(less tight)
Weak muscles	Both psoas	Left psoas
To Release	Both psoas	Both psoas

5/19/05 Released L, R psoas with deep tissue body work.

Muscle Testing

3/1/05

Tight muscles	both hamstrings	
Weak muscles	both sartorius	both gluteus maximus
To Release	both hamstrings	

5/19/05

Tight muscles	both hamstrings
Weak muscles	All muscles stronger
To Release	Both hamstrings (less tight)

7/22/05

Tight muscles	
<u>Weak muscles</u>	<u>R gluteus maximus, R extensors (stronger)</u>
To Release	

D. Recommendations:

Managing Stress

As a therapist, be in a sattvic place, do not have any preconceived⁴ notions about the exam session. Watch your client's body language, their eye contact, listen to what they are telling you. They will tell you what they need.

How can you best guide your client to lower their stress? Do they need to vent? Allow them some time, but do not use the entire visit as a therapy session.

Does your client have a personal yoga practice? Are they familiar with pranayama and meditation? If so, suggest opening your session with some cooling types of pranayama such as the⁵ wave breath, nadi shodhana, (alternate nostril breath) sitali and or sitkari.

The intention is to balance the displaced vata. If they are not currently practicing yoga. Have them sit or lay comfortably, teach them the wave breath. Follow the pranayama with a guided body scan. This practice can be continued on their own once or twice a day to reduce immediate stress and introduce the importance of pranayama and meditation into their lives.

⁶"Breathing fully enables a person to be aware of their thoughts and feelings with a greater calmness and a more discerning eye."

⁷If their stress is due to pain, have them lay, on the floor or table, or sit comfortably in a chair. Ask them to point to the severest pain they are experiencing, then ask them to locate and point to the least painful area in their body.

Once the areas have been identified, use the breath and the sense of touch. Ask them to take some slow deep breaths into the most painful area while touching it, then breathe and touch the area with the least amount of pain. Continue moving slowly from most to least painful place. Pointing and breathing is important. This assists the area to relax by directing both energy and prana. This technique teaches someone a way to reduce pain and increase prana in their life, while also helping them to relax. This practice can be taken home and used to continue reducing pain and stress.

Structural Yoga Therapy

To Assist in Decreasing Pain:

Mariann's asana practice will also be following the guidelines for sciatica. Mariann was cautioned about sitting for extended periods of time, stretching muscles over the area of pain, and forward bending at a right angle. She sits most of the day at work Taking time to stand up was suggested, as

⁴ Stiles: class notes Boulder 2004

⁵ Stiles-Structural Yoga Therapy p 53-54

⁶ Kabat-Zinn Full Catastrophe Living p56

⁷ Stiles: class notes Boulder 2004

was keeping the knees lower than the hips.

The JFS postures for arm and neck were taught to Mariann while she sat at a 40 degree angle. .Avoid too much exercise while in acute pain and drinking a lot of water were encouraged.

For the Arms and Wrists:

6 static breaths with arms extended in front of body, palms face up: focus on relaxing shoulders, arms and wrists while breathing in through the shoulders and out through the fingers. Goal: will increase strength in triceps, while learning to relax.

To Release Tension in Neck, increase range of motion and to relax

Neck flexion, extension, lateral flexion and lateral rotation are to be done slowly, each to be held statically for 3 breaths.

To Strengthen (and decrease sciatica pain)

Psoas: sitting in dandasana arms adjusted to 40 degree angle. One leg is lifted at a time 3-6 inches off the ground, inhaling externally rotating leg as far as it will open, internally rotate coming back to center. Begin 6x with right leg working up to 12x, 9x with the left leg working up to 15x.

Hamstrings, Gluteus Maximus, deep six External Rotators

a: Sunbird: hip extension, straight leg held statically with hip in external rotation

:bent knee sunbird lifting Focus: slow movement up, held statically for 6 breaths work up to 12, the intention is to relax the mind and strengthen deep six muscles

b: Locust: inhaling 1 leg up, held statically for 6 breaths

bend knee for additional 6 breaths.

Legs held up together statically for 6 breaths Goal: increase strength and distraction from pain.

Erector Spinae, Triceps, lower & middle Trapezius, Latissimus

Locust, modified with cobra arm position off ground. Inhaling and lifting upper thoracic, held statically for six breaths, or match rhythm of leg movement.

Middle Trapezius: Warrior I with arms in a W or external range of motion.

Focus: on breath and begin groundwork on strengthening neck. Held statically for 12 breaths.

Sartorius:

Balancing Tree: Standing on one leg, lift the sole of the opposite foot to the inner ankle, slowly inhale the foot up the inner calf to the inner knee and exhale back down to the ankle. . 6 repetitions held dynamically on the left leg, 9-12 repetitions on the right leg.

This should strengthen both sartorius muscles equally.

Prone: Laying on stomach, repeat motion, and push pelvis down with gluteal strength.

Adductors: Warrior I held statically for 12 breaths, each side. Pelvic tilt added to free sacro-iliac joint, strengthen muscles in spine and pelvis. Will also assist with good posture and prolonged periods of sitting or standing.

Prana & Grounding:

Warrior I: The emotional goal is to help Mariann feel grounded and strong and loved. Hands in external range of motion, palms open, heart open breathing in the sense of stability and allowing love to be received. Held statically for 12 breaths. Focus on the sensation of the breath. Goal: Prana into colon area to bring vata home.

The Standing Tree Pose: To feel connected to the earth while breathing and strengthening the sartorius muscles. Once dynamic work is complete, 3 static breaths to connect “roots” to the earth.

E. Results of Recommendations

Notes on Mariann

March 1, 2005

Mariann enjoyed learning about the strength and weakness of her muscles, and felt hopeful that this work may help her reduce some of her pain.

April 2005

Mariann complains about being late, her inability to do what she wants, and her pain is uncomfortable. She is still creating stress trying to get to work on time. She is pleased with the asanas and excited about regaining strength. The sciatica is not as painful. Mariann began to plant a garden.

I reminded Mariann about setting an intention during her breathwork. I asked Mariann if she is remembering to breathe, she said she does the breath work before she gets up and at the end of the day, but is not doing it during the day. I reminded Mariann to put notes in her car about breathing, that remembering to breathe especially when she is late and getting excited is very important. If she continue to practice this, she will relax.

May 19, 2005

Mariann has begun to see a counselor once a month in addition to communicating with me 3 times a week. A lot of anger has been surfacing for her. Sciatica pain is gone, the asanas are helping. Diverticulitis has appeared in place of sciatica. Mariann had a massage session with me. I combined deep tissue, cranial sacral and energy chakra work. I taught Mariann the Yoni mudra and

the Bija mantra to add to her practice

I continue to support Mariann with her practice over the phone. We talk about breath work, poses, positive affirmations. Client is enjoying the Bija mantra.. Mariann seems to enjoy how she feels when she practices. No pain in sciatica. Client has spent some time painting.

July 22,2005

I have begun to see a shift in how Mariann views her pain and physical challenges. Although she still complains about being late, I have not heard any talk about her pain. She has begun riding her bicycle, and is taking time to sit in her garden. Mariann's goal is to enjoy the summer. She has been taking walks on the beach. Recently, Mariann acquired three commissions to paint.

I asked Mariann about her pain, she responded "It's still there, that breathing you taught me helps me breathe into the pain and relax, it really helps a lot." I asked Mariann to sum up our work together which ended today, July 22,2005. "Yoga Therapy taught me how to breathe, I have an awareness about my life I haven't had before, I'm still late, but I am learning where it is coming from. For me, that's a good start. I am remembering all the positive things in life that are important

What came up in the breathwork:

Mariann grew up with abusive, alcoholic parents. Mariann was the main care taker of her alcoholic Mom until her death five years ago. Mariann believes she has never been stress free. Her goal is to live a positive life as stress free as possible.

Note: The exercises became a part of Mariann's daily routine. They were done and still continue to be done to keep the sciatica pain away. Bicycling and other forms of exercise have also been reintroduced. The breath work, yoni mudra, and positive affirmations became my focus with Mariann. Although she was not completely pain free, Mariann learned how to focus on other things, rather than the pain, which has helped reduce the daily stress in her

2.A Name and Description

From a Western Point of View:

⁸Stress can cause physical, emotional and behavioral disorders which can affect your health, vitality, peace of mind, as well as personal and professional relationships. Too much stress can cause relatively minor illness like insomnia, backaches or headaches and can contribute to potentially life threatening diseases, like high blood pressure and heart disease.

From an Ayurvedic Point of View:

⁹Stress occurs every time you have to adapt to a new situation. Every time your surroundings, your physical, mental, emotional, social and spiritual circumstance change, you must change along with them, and develop a new equilibrium. Structure in life helps reduce effects of stress. Stress or rather improper reaction to stress creates new diseases and worsens preexisting ones.

2b Gross and Subtle Body Common Symptoms

¹⁰Stress therefore can cause physical symptoms even though no physical disease may be present. The body responds physiologically to emotional stress. For example, stress can cause anxiety, which triggers the autonomic nervous system and hormones, such as adrenaline to speed up the heart rate and increase the blood pressure and amount of sweating. Stress can also cause muscle tension, leading to pain in the neck, back, head or elsewhere. The emotional disturbance that triggered the symptoms may be overlooked when the patient and doctor assume that they were caused by a physical disease. Many fruitless diagnostic tests may be done to uncover the cause of a fast heart rate, headache, backache and so on.

2c Related Challenges

To many people, the word hypertension suggests excessive nervousness, tension or stress, however, hypertension is a medical term that refers to a condition of elevated blood pressure. Stress tends to cause the blood pressure to increase temporarily, continuous stress and high blood pressure, especially untreated increases a person's risk of developing heart disease. An abnormal heart sound, called the fourth heart sound, which can be heard with a stethoscope, is one of the earliest heart changes caused by high blood pressure.

Normal - High Blood Pressure Range

Normal blood pressure	120- 130 systolic and	below 85 diastolic.
Stage 1 (mild)	140 -159 systolic	90 -99 diastolic
Stage 2 (moderate)	160- 169 systolic	100- 109 diastolic
Stage 3 (severe)	180-209 systolic	110-119 diastolic

⁸ National Mental Health Ass.- website April 2005

⁹ Svoboda- Prakriti your Ayurvedic Constitution

¹⁰ Merck manual- mind- body interaction/ stress p 390

Stress creeps silently into our way of life, and doesn't leave. We are not aware of it or its affects, until we become aware of our breath, or lack of breath, our irritability or become diagnosed with something even more serious.

3 Ayurvedic Assessment:

Structural Yoga Therapy can be used to improve posture, increase strength, increase flexibility, joint freedom, digestive health, and managing stress.

Yoga introduces relaxation response, releases muscular and nervous tension, massages musculoskeletal system, improves body awareness, stretches and relaxes circulatory system, lowers blood pressure, reduces heart rate, massages adrenals, helps digestive system and assimilation of nutrients, improves respiratory function, stimulates immune system and flow of lymphatic fluid.

The Doshas

¹¹ Our biological existence is a dance of the three doshas of vata, pitta and kapha. Life is a multicolored tapestry of their movement in various plays of balance and imbalance, coming together and going apart. These three powers color and determine our conditions of growth and aging, health and disease.

The attributes of the Doshas:

Vata:

¹²Which literally means the wind, is the primary dosha or living force.

Dry, cold, light, irregular, mobile, rarefied, rough.

Brain, heart, colon, bones, lungs, bladder, bone marrow, nervous system.

¹³Meditation: teaches V's to let go of worry and anxiety. Helps them sleep, alleviates nervous digestion and strengthens immune system.

Yoga: contemplative, mild and regular to promote mental equanimity.

Pitta:

Means the power of digestion, or cooking, that which causes things to ripen and mature.

Oily, hot, light, intense, fluid, malodorous, liquid.

Skin, eyes, liver, brain, blood, spleen, endocrine, small intestine.

Meditation: releases anger and aggression and lets go of their willful and controlling approach to life.

Yoga: good for pitta if it is used to cool their fire and balance their aggression.

¹¹ Frawley: Yoga & Ayurveda p 39

¹² Svoboda: Prakriti, Your Ayurvedic Constitution pp 97, 98

¹³,, "p300

Kapha:

Which also indicates mucus or phlem, means “what makes things stick together” and refers to the power of cohesion.

Oily, cold, heavy, stable, viscous, dense, smooth.

Brain, joints, mouth, lymph, stomach, pleural cavity, pericardial cavity.

Meditation: assists in letting go of emotional attachment and to counter mental stagnation and lethargy.

Yoga: good for kapha, if it is used to stimulate and energize the organism.

¹⁴The key to managing all doshas is to care for vata. The proper control of vata brings dharma or natural order to all the workings of the body and mind.¹⁵ When vata is displaced it is a force that is trying to change your thoughts, emotions, prana, and all koshas into a life nurturing direction. Until that is clear, there is pain and discomfort

Releasing Stress in The Five Koshas

1 Annamaya Kosha : The body sheath made of food our physical body

We are what we eat. Eating organic, nutritious food helps keep our body healthy.

Yoga for health: Active (brahmana) increases blood flow, reduces tension in stressed areas, improves overall immunity.

Passive (langhana) is calming and balancing.

Yogassage: body work of any kind that will ease tension, promote flexibility in muscles, and will calm and soothe. Guided imagery: body scans to promote awareness of body.

2 Pranamaya Kosha: The body sheath made of prana our energy body

Pranayama is channeling the vital life force.

Prana: fundamental life force. Yama: control,

This sheath is a bridge between conscious and unconscious, integrating body, mind and spirit. It can be used to induce the relaxation response, moving us from stress to relaxation, bringing repressed emotional processes to the surface for integration. The wave breath, nadi Shodhana, sitali and sitkari assist in this process.

¹⁴ “ “ p 42

¹⁵ Stiles: Boulder Notes 8/6/04

3 Manomaya Kosha: The body sheath made of thought our mental body

Yoga brings emotional blocks and unconscious belief patterns to awareness in order to release them. Yamas: moral principles, how are my actions affecting others?

Niyamas: Observances, how are my actions affecting me?

Eating healthy food and breathing fully assist in keeping the mind positive, content and connected to oneself and others.

4 Vijnanamaya Kosha: The body sheath made of wisdom witness body

Our yoga practice changes focus from external to internal and provides tools of wisdom and compassion to bring balance. As we focus internally on the mind and emotions as an observer, the mind becomes steady and less prone to stress.

Meditation, positive reflection, reading uplifting, spiritual books and helping others enables us to see a bigger picture of life, keeping us connected to a higher source.

Yoga nidra; noticing experiences with compassion, finding a place in the body to hold that experience without judging. Journeying to meet the inner guide. Tratak, concentration, inner gazing

5 Anandamaya Kosha the body sheath of bliss bliss body

This body is pure peace, joy and bliss. We understand the meaning of existence.

Yoga nidra: noticing a place on the body that is open with any color associated with it.

Allowing sensations and colors to be amplified and then expand through entire body, realizing a sense of bliss, openness and unity. Meditation.

4. Common Body Reading

Sometimes . Often. Not at all

Do you lose your patience easily?

Do you enjoy hearing yourself talk?

Do you listen to people when they speak,
or are you thinking about something else?

How often do you allow others to speak in a
conversation, do you finish other peoples sentences?

Can you do one thing at a time without
feeling like you are wasting time?

Can you have a conversation with someone
without answering your cell phone?

Do you take time to enjoy the day or worry?

Do you do what you enjoy doing, or are you
waiting for the time?

Do you plan your day while you drive?

Do you take time to be with family/ friends?

Do you take time to eat healthy food?

Do you drink/ eat more than you should?

Do you sleep at night?

Do you do sports or yoga? Are you doing it too much?

Are you critical / jealous of others?

Do you take time to pray/ meditate and breathe?

Your answers are for your awareness only. These questions cover the 5 koshas.

5. Contraindicated Yoga Practice

The tendency of imbalance for each body type is included in this sutra from Patanjali:

¹⁶Negative thoughts and emotions
are violent (pitta imbalance)
In that they cause injury
to yourself and others,
Regardless of whether
they are performed
by you,
done by others,
or you permit them to be done.
They arise from greed (kapha imbalance)
Anger, (pitta imbalance)
or delusion (vata imbalance)
regardless of whether they
arise from mild,
moderate, or excessive
emotional intensity.
They result in
endless misery and ignorance.
Therefore, when you consistently cultivate
the opposite thoughts and emotions,
the unwholesome tendencies
Are gradually destroyed.

This is the key to living a healthy, stress free life.

6. Recommendations:

a. Therapeutic:

Make time to practice breathwork, positive affirmations and yoga daily. Include intentions for the day and devotion to a higher power.

Take time to do positive, meaningful things you enjoy. Remember to breathe deeply through out the day.

b. Stabilize:

Listen to your body. How does stress and tension affect you, your family and your job? Can you identify the stress in your life as short or long term? What do you need to do to reduce stress in your life? If you do not have control of a situation, can you accept it and get on with your life? Is it time to find a new job, new friends, and new hobbies? Do you have the courage to change your life?

c. Maintenance:

¹⁶ Stiles: Yoga Sutras of Pantanjali p,25 II,34

Seek support to stay stress free. Enroll in a yoga, and or meditation class. Find a counselor if you need someone to speak with. Read spiritual, uplifting books.

Create an altar in your home. Put objects of special meaning on it. Create sacred space at work, something that reminds you to be positive and to breathe.

¹⁷From contentment, one gains supreme happiness.

Structural Yoga Therapy Postures to Release Stress:

¹⁸Tadasana: (mountain pose) Vata: grounding, focus, Pitta: focus on witness body
Kapha: energizing movement

Forward Bends: Vata: grounding, surrender, Pitta: cooling, calming

Triangle: Vata: grounding, stabilizing Pitta: grounding, relaxing Kapha: heating

Warrior II : Vata, stability, balance Pitta: stability, opening Kapha: energizing

Downward Dog : Fresh blood to heart, brain and lungs for all types

Rolling Bridge: Vata: grounding, reduces chatter Kapha: grounding, heating, energizing upper chakras

Supported Shoulder Stand: Vata: grounds upper charkas, tranquilizing Pitta: tranquilizing Kapha: beneficial for thyroid

Abdominal Twist: ¹⁹a great stress reliever, this pose promotes deep relaxation

Cobra: Vata: grounding lower charkas Pitta: grounding and relaxing, kapha: heating, energizing

Childs Pose: Vata: relaxing, soothing, grounding Pitta: relaxing, cooling

Savasana: Vata: grounds with props, Pitta: balance, focus on release Kapha: balance visualization of light and space.

¹⁷ Stiles: Sutras of Patanjali p 27: II,42

¹⁸ www.iytogatherapy.com, stress management. pdf

¹⁹ Stiles Structural Yoga Therapy p 217

7 Questions and answers from Mukunda's archives www.yoga forums.com

Q. Stress:

Mukunda,

April,2005

.In the years you have been working with clients, how have you seen stress redefine itself in our society? In addition to the Annamaya, Pranamaya and Manomaya koshas, has stress spread to encompass Vijnanamaya and Anandamaya as well? Or has it always been affecting all 5? If it has been affecting all five, where do you believe stress manifests itself first?

with great respect and love,

Fawn

A. For those unfamiliar with the concept of our multidimensional anatomy, the koshas, refer to Structural Yoga Therapy, chapter 6.

Stress has not changed. The ways in which we respond to it have changed. There are many studies on the changing of epidemics, heart disease, cancer, and more recently environmental toxicity. When one looks at ancient medical texts death came much earlier and often due to traumas from wars and the malnutrition brought on by loss of crops during wartime.

The two subtlest koshas vijnana and ananda are indicators of spiritual stress, not being connected to wisdom and higher power. Much of our wisdom has needed to survive the test of time thus we seek wisdom from those texts that are highly revered for thousands of years. That which is available as contemporary insights would rarely survive such a test. We need the help of a thorough investigation into this human condition and what has been of help in the past. By seeking historical ways of dealing with stress we can see how wise people of our era have adapted these teachings for this modern life.

In looking at Classical Yoga of the Yoga Sutras II, 4 we see that Patanjali viewed all stress as originating from avidya, ignorance which is the fourth kosha. When we disidentify ourself to be merely our physical body we tend to not listen to messages that come from a subtler level. Then there are others who are more "in their heads" who do not listen to messages coming from a grosser kosha. So it depends on where you conceive yourself to live that is the source of your perspective of stress. namaste

Q. Sciatica:

Jan.2002

Dear Mukunda,

I have a student, who suffers from anxiety - it has pretty much taken over her life, although I noticed that her spirits are getting better since I started with her a few months ago. Are there specific poses that I should be incorporating into our classes? (She experiences nausea, dizziness, tingling, etc. - not during class much, but she tells me her experiences) Thank you so much,

Michelle

Just doing a full regular yoga practice makes a huge difference. You just need to be sure you include all the elements of sadhana as per my chanting list handout i give at all workshops. There should be exercise elements for each of the five koshas - physical, pranic, positive thinking, reading wise books, searching out where is my joy? The entire practice is needed as Patanjali says in Yoga Sutras II, 28 "by sustained practice of all the component parts of yoga (all the 8 limbs) the impurities dwindle away and wisdom's radiant light shines forth." namaste Mukunda

Q. Sciatica:

I have a student who has sciatica in her left hip. From closer observation, I notice that her left hip is considerably higher than her right hip and her right hip is twisted forward. Her spine is curved to compensate for hip height difference, and perhaps one disk is starting to think about bulging. (she does feel comfortable in child's pose). What do you recommend I do with her and is there anything/adjustments that I should do while teaching her in a general yoga class to help her condition? Many Thanks C

A.

In general you want to do postures that improve her alignment in asana as this may help her sciatica. Also of course avoid contraindicated poses for sciatica – hamstring stretches and emphasize strength of the gluteal region (hip extensors more specifically) in poses such as locust and stretch of its antagonists, the hip flexors in poses such as the runner stretch or lunge. Giving extra relaxation exercises (such as child's pose) is also helpful as sciatica as a vata imbalance inhibits the ability to relax and sleep. Calming pranayama like the wave breath and concentrating on progressive relaxation is a must.

I have two sciatica clients, in Denver, who I have been helping with Yoga Therapy for 2 months. I am writing to ask for your advice. They both have gained benefit from the Joint Freeing Series, hydrotherapy and Ayurvedic advice. However they both have had painful relapses recently and I thought you would know what to tell them as to what to expect for recovery time. Neither of them has patience and this of course is part of the syndrome. The man is Pitta with vata provocations (type A pushing). The woman is Vata with Pitta provocations. She always gets emotional when she is touched by any healer and is confused about why. I feel like her psychotherapist and know she is on a brink. Suggestions?

This condition often takes long term management. In about half the cases there is a cure and no more symptoms but then there does the other half need to be changing their protocols roughly seasonal. As a vata displaced condition, it is quite common for there to be a need for profound relaxation and change in life direction to relieve the deeper pushing of vata. When vata is displaced it is a force that is trying to change your thoughts, emotions, prana (all the koshas) into a life nurturing direction.

Until that is clear there is pain and discomfort. Psychotherapy is often needed to get behind the emotional and mental fog that arises from the imbalance of vata and Pitta which will manifest as vata's memory loss and/or loss of pitta's discernment quality. Spiritual counseling and searching for the inner teacher is the deeper need however. Thus a psychotherapist doing sadhana can bring wonderful relief and support for the need of regular sadhana for these suffering clients.

9 Appendix

For Stress:

Therapeutic Massage, cranial sacral work, combined with energy work that rids the chakras of debris was also used with this client. The chakra work is a combination of advanced cranial sacral work, (somato emotional release) and years of shamanic training, which allows me to see on other levels. A visual picture accompanies each chakra reading which is shared with the client.

Shamanic Form of Meditation:

Sitting or laying quietly, set an intention for your practice. As you breathe in, focus on the love that you feel for your favorite places, and the things you enjoy doing.

Feel the harmony in those places and situations. Allow yourself to feel the union with god, concentrate on that inner peace, focus on radiating light, within your being and to all things. Visualize, your life as you want it to be; stress free, in harmony with all life, your body healthy, living the life you want to live. Your perception creates your reality. Remember, who we become changes the world!

Releasing External Rotators

To assist with Releasing external rotators, a procedure I learned from a Chinese bone crusher (chiropractor). It is similar to the one Mukunda wrote about in his Yoga Bodywork; the client lays prone with the thigh at a 45 degree angle, foot adjacent to opposite knee.

Using the fingers or heel of hand to the femoral greater trochanter, pressure is applied to the muscle belly of the deep six rotators. This action releases those deep, tight external rotator muscles. The client may have the sense that the released side “is longer” than the other side. Both sides are released so the client feels balanced.

10. Bio.

Fawn Russo deTurk is a licensed Massage Therapist, Cranial Sacral Therapist certified Structural Yoga Therapist and Yoga Instructor. Her journey for mind, body and breath oneness is the passion she chooses to help others discover, by assisting people to breathe and reduce stress in their life.

STRESS, DEPRESSION AND ANXIETY

Effective Treatment with Natural Medicine

Traditional Chinese Medicine (TCM) recognizes Stress, Depression and Anxiety as physical manifestations of the energetic function of organs out of balance.

Stress, that wound up feeling, like a spring ready to be sprung, often accompanied with irritability, anger, and sometimes a tight feeling around the chest, is too much energy rising up or stuck in the liver channel.

One organ out of balance can often effect others. The energetic function of the heart has to do with Anxiety. The function of the spleen has to do with over-thinking and over- worrying. Over-studying, or the student syndrome, also falls under this category.

Insomnia can be another manifestation of the liver, heart or spleen being out of balance. Stress, which continues for a prolonged period can result in depression. The excess of energy in the liver channel, like an engine continually over worked, can finally wear down or get stuck. Acupuncture and Chinese herbal formulas facilitate the free flow of energy, halting the downward spiral of depression, stress and anxiety.

One of the first effects of Acupuncture most patients experience is a deep state of relaxation and well being, which continues after the treatment. Traditional Chinese herbal formulas are then taken to help rebalance the body. The prescribed pills are initially taken regularly then just as needed.

Other aspects taken into consideration when treating Stress, Depression and Anxiety are diet, toxins built up in the body, endocrine function, including thyroid health, hormones, adrenal fatigue, and candida, the over growth of negative bacteria in the small intestines which creates an environment for yeast (a major symptom of candida is sweet, carbohydrate or alcohol cravings). As each person is biochemical individual each treatment can be different. One of the main problems with Stress, Depression and Anxiety is the feeling of helplessness. TCM and Natural Medicine provide the tools to give people back control of their health and their lives.

Nancy Burton Lac.

STRUCTURAL PAIN:

Neck, Back, Shoulder, Arm, Wrist, Hand, Leg, Knee, Ankle, Foot

Effective Treatment with Natural Medicine

Pain was the first thing the AMA (American Medical Association) acknowledged that Acupuncture excelled at treating.

Acupuncture and Natural Medicine treat pain by addressing its root cause. In most cases of chronic neck, back, limb or joint pain the vertebrae (bones) in the neck and back are out of alignment causing inflammation or spasm of the soft tissues that sometimes radiate into the arms and legs.

When the neck is out of alignment the vertebrae, or inflammation of tissues can press on the spinal cord causing pressure or pain in the upper neck and back of head that sometimes radiate over the top of the head, often a contributing factor in **migraine headaches**. If there is pressure on the blood vessels it can cause numbness down the arms and into the hands, due to lack of blood flow. If there is pressure on the nerves it can cause sharp pains or tingling into the arms, wrists or hands, often resulting in a diagnosis of **carpal tunnel syndrome**.

When the lower back is out of alignment the hips are usually rotated, so that one is forward and higher than the other hip. Along with lower back pain this can effect the nerves that go down the backs or the sides or wrap around to the front of the legs causing sharp pain or tingling, resulting in **sciatica**. Numbness is usually the blood vessels being constricted due to misalignment and/or inflammation. Gentle Tui Na (Chinese medicinal massage) techniques can relax the muscles enabling the vertebrae to shift back into place. Acupuncture and then more Tui Na can relax the muscles, ligaments and tendons, by increasing blood and energy flow, subduing spasms and inflammation and relieving pain.

Acupuncture and Chinese herbal formulas address causes of pain including inflammation, Blood Stasis and Qi Stagnation, which cause stiffness in the morning or after not moving and sharp pains. There are formulas and Acupuncture that nourish and relax the muscles, ligaments and tendons to alleviate knotting and tightness or cramping.

Other contributing factors may include pain made better or worse by hot or cold, or edema (water retention under the skin).

What keeps people in alignment? A good diet, and exercise including regular stretching. Yogi classes can give people daily stretches for preventing reoccurring pain, as well as relaxation and stress management. For more individualized help, a Structural Yogi session with a qualified practitioner can help isolate and strengthen the specific weak muscles that are causing reoccurring structural misalignment.

Traditional Chinese and Natural medicine can give people the tools they need to more quickly and effectively resolve acute and chronic pain. **Nancy Burton, L.Ac.**

NADI SHODHANA

Alternate Nostril Breathing

Nadi Shodhana – the cleanser and equalizer of the nadis (energy channels) – is a calming pranayama that can help us relax, calm down, cool down, quiet the mind, prepare the mind for meditation, help quiet the mind in preparation for sleep, and regulate our energies.

1. *Sit in a chair or in a meditation pose, with your back erect and your head slightly down. Do not allow your head to drop or turn to one side; keep it facing straight ahead.*
2. *Place your left hand on your left knee, with the index finger and thumb joined, palm up, in Jnana Mudra (Wisdom's Seal) or palm down, in Chi Mudra (Energy Seal), with the left arm straight.*
3. *You will use the right hand for this exercise. Curl your right index finger and middle finger into your palm, leaving the thumb, ring and little finger free (if you can't do this, rest the index finger and middle finger at the third eye point, the space between the eyebrows).*
4. *Place your thumb on the right nostril, closing the nostril. Inhale through the left nostril.*
5. *Release the thumb from the right nostril. Using your ring finger, close the left nostril. Exhale through the right nostril.*
6. *Inhale through the right nostril. Release the ring finger from the left nostril. Use the thumb to close the right nostril. Exhale through the left nostril.*

THIS COMPLETES ONE FULL CYCLE OF NADI SHODHANA.

7. *Repeat this for several cycles, up to 1-2 minutes.*
8. *Sit quietly for a while and notice the effects of this calming breathing technique.*

NOTE: To maximize the relaxing effects, allow the length of the exhale to be equal to, or slightly longer than the inhale. Modify the timing to harmonize with your own breath cycle. If comfortable, you may add a pause after each inhalation and exhalation.

SCYH YTT-200 2005 Nadi Shodhana©

THE COOLING BREATHS

Sitali & Sitkari

Cooling breaths can provide an inner “cool-down” after a “hot” yoga practice, on a hot summer day, or in a heated moment. They are believed to remove fever, still hunger, quench thirst, and alleviate diseases of the spleen.¹

Sitali (pronounced “sheet-ah-lee”)

1. Sit upright and relaxed.
2. Curl your tongue lengthwise and let its tip protrude from your mouth, making a straw (or a “U”) with your tongue.
3. Slowly suck in the air through the tube formed by your tongue, then close your mouth, and exhale gently through the nose.
4. Repeat 10-15 times.

NOTE: If you can't curl your tongue - some people can't for genetic reasons - then you can practice the Crow's Beak instead. This technique is technically known as *kaki-mudra* (“crow's gesture,” pronounced “kah-kee-moo-drah”). Here you pucker your mouth, leaving just a small space for the air to pass through. Inhale through the mouth and exhale through the nose as with *Sitali*.¹

Sitkari (pronounced “sheet-kah-ree”)

Sitkari is another technique that calls for inhalation through the mouth. The term means “that which makes a sucking sound.” If your gums or teeth are sensitive to cold, avoid doing this practice, especially when the air is cool.

1. Sit upright and relaxed.
2. Place the tip of the tongue against the palate behind the upper teeth.
3. Open your mouth but keep your teeth closed, as if you were going to brush your front teeth, or as if grinning from ear to ear.
4. Inhale through your teeth (the air will come in along the sides of the tongue), then close your mouth, and exhale gently through the nose.
5. Repeat 10-15 times.

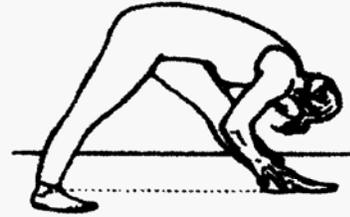
¹*Yoga for Dummies*, Georg Feuerstein, Ph.D. and Larry Payne, Ph.D.



Mountain
Tadasana



Side of Hip Stretch
Parsvottanasana



Extended Triangle
Utthita Trikonasana



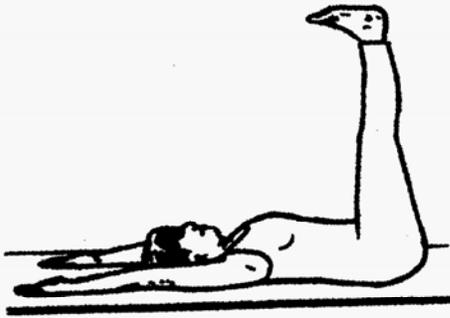
Warrior II
Virabhadrasana



Downward Facing Dog
Adho Mukha Svanasana



Bridge
Setubandhasana



Upward Stretched Legs
Urdhva Prasarita Padasana



Supported Shoulderstand
Salamba Sarvangasana



Abdominal Twist
Jathara Parivartanasana



Westside Back Stretch
Paschimottanasana



Energy Freeing
Apanasana



Relaxation Pose
Savasana

Manifestations and Separations

Annamaya Kosha or body sheath made of food (physical body):

1. Postural misalignment - muscle tension, back pain
2. Digestive disorders- constipation, diarrhea, IBS
3. Immune system compromised
4. Nervous system- drowsiness, exhaustion, memory loss
5. Respiratory system- rapid shallow breathing
6. Separation-lack of body awareness, prakriti
7. Healing Stress on this Kosha

Pranamaya Kosha or body sheath made of prana (energy body)

1. Low energy
2. Obstructed nadis
3. Affects all prana vayus
4. Chakras blocked
5. Separation-lack of breath/ separated from nature
6. Healing Stress on this Kosha

Manomaya Kosha or body sheath made of thought (mental/emotional body)

1. Negativity
2. Anger
3. Depression
4. Intellectualism
5. Fatalism
6. Withdrawal
7. Separation-lack of awareness for self and others
8. Healing Stress on this Kosha

Vijnanamaya Kosha or body sheath made of wisdom (witness body)

1. Inability to see big picture
2. Separation from higher source
3. Healing Stress on this Kosha

Anandamaya Kosha or the body sheath of bliss (bliss body)

1. Alienation
2. Separation from source of life, meaning of existence

The Five Kleshas

Major Stress

Related Illness

Physical

Heart disease, stroke, cancer, respiratory Conditions, G.I. Disorders, autoimmune, arthritis, alzheimers, doshas imbalanced

Energetic

Chakras, and nadis closed and life force Diminished

Psyco-emotional

Depression, anxiety, mental illness

Intuitive

Fatalism, pessimism, despair or life saving intuition

Spiritual

Negation or awakening

Addiction

Addiction and denial

As a coping mechanism

Physical

Drugs, medications, tobacco alcohol

Energetic

Exercising including asana as escape

Psyco-Emotional

Sex, TV, internet, social competition

Intuitive

Metaphysics as a distraction

Spiritual

Obsession with spiritual beliefs

Chronic Stress

Pain serves as a pointer Toward unity and integration

Physical:

Infection, joint, and muscle pain, backache Neck pain, TMJ, gastrointestinal, headache,

Energetic

prana out of balance with nature

Psyco-Emotional

Anxiety, depression, insomnia, isolation, Loneliness, paranoia, alienation

Spiritual

Spiritual numbness

Stress Response

Natural response imbalanced through the Kleshas

Avidya

Lack of awareness of the unity of life

Physical Separation

Physical separation from our body and doshas

Energetic Separation

From the rhythms of nature, breath and prana

Psyco-emotional Separation

From others and ourselves

Intuitive Separation

From our own inherent wisdom

Spiritual Separation

From source

Asmita

Identification with the personality and self

Physical

The body is the vehicle for the personality

Energetic

Nature and life as products for consumption

Psyco- Emotional

I and me as the center of the world

Intuitive

Channel "Me" plays on all stations

Spiritual

The ego is experienced as source

Raga/Dvesha

Attachment/Aversion

Anger/Fear Fight and Flight

The basis of the stress response

Physical:

Imbalance between five elements, doshas physiology, rest/effort, will and surrender

Energetic

Hyperactivity, and exhaustion

Psyco-Emotional

Rajas and Tamas dominate resulting in hostility narcissism, depression, anxiety

Spiritual

life is a battlefield without rest

Abinivesha

Fear of death and loss/ lack of global cosmic vision

Unity

Each of the Kleshas is a pointer toward

remembering unity

Physical Integration

all the systems of the body and dosha

Energetic Integration

with the rhythm of nature, breath & prana

Psyco- Emotional

With others and ourselves

Intuitive Integration

With our own inherent wisdom

Spiritual Integration

With source

Physical

Sympathetic dominance-blood shunted away
From abdominals and Sexual areas, increased heart rate
and output, muscular contraction, hyperventilation ,
increased metabolism , decreased immune response

Energetic

Energy channels (Nadis)
And charkas constricted

Psyco-Emotional

Fear and anger are dominant

Intuitive

Hyper-vigilance overrides intuition
Survival takes precedence over spirit

Physical

My body let me down!

Energetic

Death of the body is the end of life

Psyco-Emotional

Belief that the universe is unsafe

Intuitive

Man is born without reason, lives through fear
And dies by chance

Spiritual

Last chance hope for salvation-spiritual egotism

