

Health Repair Yoga
Program Course Option:

Counter Stress

Understand how to use
your breath to release
stress from your body.



Why

Exercise is a great way to relieve stress and yoga can offer more than a run or gym session because it combines physical movement with the mental benefits of the breath. Yoga's underlying philosophy of awareness and non-judgement provide another two power tools used to counter stress.

In yoga the body and mind are intrinsically connected: stress in one domain will affect the other and vice versa. At work most of us live primarily in our minds, thinking, and this can create imbalance and a lack of physical awareness or 'feeling' of how we store tension in our bodies. Yoga helps balance and strengthen this connection between 'thinking' and 'feeling' to better counter stress.

How

It's all about the vagal nerve: our largest cranial nerve that helps regulate all our major bodily functions.

- Yoga trains our counter-stress response system and regulates the nervous system by increasing 'vagal tone' - the body's ability to successfully respond to stress.

- Yoga poses and long, deep breathing encourage the actions of the parasympathetic nervous system, which lowers blood pressure and slows the pace of the breath.

Improvements in vagal tone have been shown to correlate with reductions in allostatic load (the amount of stress we accumulate over time). Researchers believe that the reason yoga helps increase resilience and well-being is because of its positive impact on vagal tone.

What you will learn

- What our nervous system does and how to engage the parasympathetic nervous system using breathing techniques that can be practised and adopted at any time.
- Simple, restorative poses designed to reduce stress and promote relaxation, provide tension relief and build awareness of the mind-body connection.

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