YOGA & MEDITATION FOR HEALTH AND WELL-BEING

CHRISTINE PARADIS ’84
MY STORY...

W&M circa 1983

US Lacrosse circa 1993

Amherst College Lacrosse circa 2003
WHAT IS YOGA?

yo·ga
ˈyōɡə/ noun

Yoga is a hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. (dictionary.com)

In sankrit (ancient language of the world) it means to ”yoke” or union.
The body on yoga & meditation...

It’s not just about touching your toes!
Proven Benefits of Yoga & Meditation

- Increases Quality of Life, Strength, Flexibility and Balance
- Reduces Stress & Anxiety by Decreasing Grey Matter in Amygdala
- Improves Mental Resilience by Maintaining Size of the Hippocampus
- Decreases Physical Pain & Helps Physiological Response to Pain
- Functions as Complimentary Therapy for Anxiety, Depression, PTSD, and ADHD
- Reduces Inflammatory Markers and Strengthens Immunity
5 Ways to add Yoga & Meditation to Your Day…

• Do basic stretches at work or home

• Take a break to breathe!

• Look for a Yoga Class or MBSR (Mindfulness Based Stress Reduction) 8-week course near you

• Download on the APP Store: Headspace, Breathe

• Subscribe to online classes: Yoga Anytime, YogaGlo
The many benefits of a Yoga practice....
YOGA WORKS...
Research Sources

• Exploring the Therapeutic Effects of Yoga and its Ability to Increase Quality of Life (Katherine Woodyard, IJOY, 2011)


• Yoga for Lower Back Pain (Holger Cramer, Clinical Pain Journal, 2013)

• Yoga as an Alternative & Complimentary Approach to Stress Management (Manoj Sharma, Journal of Evidence Based Alternative & Complimentary Medicine, 2014)

• Medical Yoga Therapy (Ina Stephens, UVA, MDPI, 2017)

• Improve Mental Resilience & Immune Function, Possible Links to Reduced Inflammatory Markers (B. Rael Kahn, Frontiers in Human Neuroscience, 2017)
NAMASTE....

The light in me bows to the light in you.