

# *Basking in the vibes of the RAINBOW*

An Experiential Yoga & Sound Bath Workshop for  
nurturing the queer male mind/body/spirit



Saturday, January 27, 2018 1:30-2:45pm  
with Ken Breniman, LCSW, C-IAYT

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**“Please remember to put on your own oxygen mask  
before assisting others....”**





# Welcome to YOUR path..

Settle in, get comfortable and enjoy the ride..



# Personal Yoga Practice

"Start where you are. Use what you have. Do what you can." -Arthur Ashe

## Sankalpa

The yoga tradition offers a refreshing alternative to the New Year's resolution: the practice of *sankalpa*, or resolve. A sankalpa practice starts from the radical premise that you already are who you need to be to fulfill your life's *dharma*. All you need to do is focus your mind, connect to your most heartfelt desires, and channel the divine energy within. (From [www.himalayaninstitute.org](http://www.himalayaninstitute.org))

## Start with where you are...

Is this your first time in a yoga studio? HOORAY! Do you already have a daily or weekly yoga practice in place? HOORAY! Yoga offers a supportive and noncompetitive way to honor your body/mind/spirit while building strength, endurance, flexibility and balance.

## Develop a daily routine and stick to it...

Today's breathing exercises, poses, movements and relaxation techniques are all part of a vast set of tools that you can pick and choose from. As you integrate some of what we explore today, please take what works for you and apply it. Give yourself at least 21 days for a new habit to really become part of your life.



# Evidenced-Based Research on Yoga as a Therapy Tool

- \* NIH now recognizes Yoga Therapy as a 'hard science' and has Yoga Therapy Journal available on PubMed
- \* 2010 American Family Physician Journal: recommends that yoga is a therapeutic option for depression and has positive effects on anxiety disorders.
- \* Streeter et al, 2007 : 8 yoga practitioners and 11 control subjects (age 18-45); 60 mins of yoga or reading Findings: Yoga group had brain GABA levels up by 27%. Reading group: no change in this group.
- \* Research Trends show that moving, breathing, meditating create + changes in body/mind that increase resilience and well-being, and relieve depression and anxiety. Also show that yoga may hold a protective effect if DAILY routine is practiced.
- \* Dr. Bessel van der Kolk & Dr. Richard Miller: on-going work and research exploring Yoga as treatment modality for Trauma



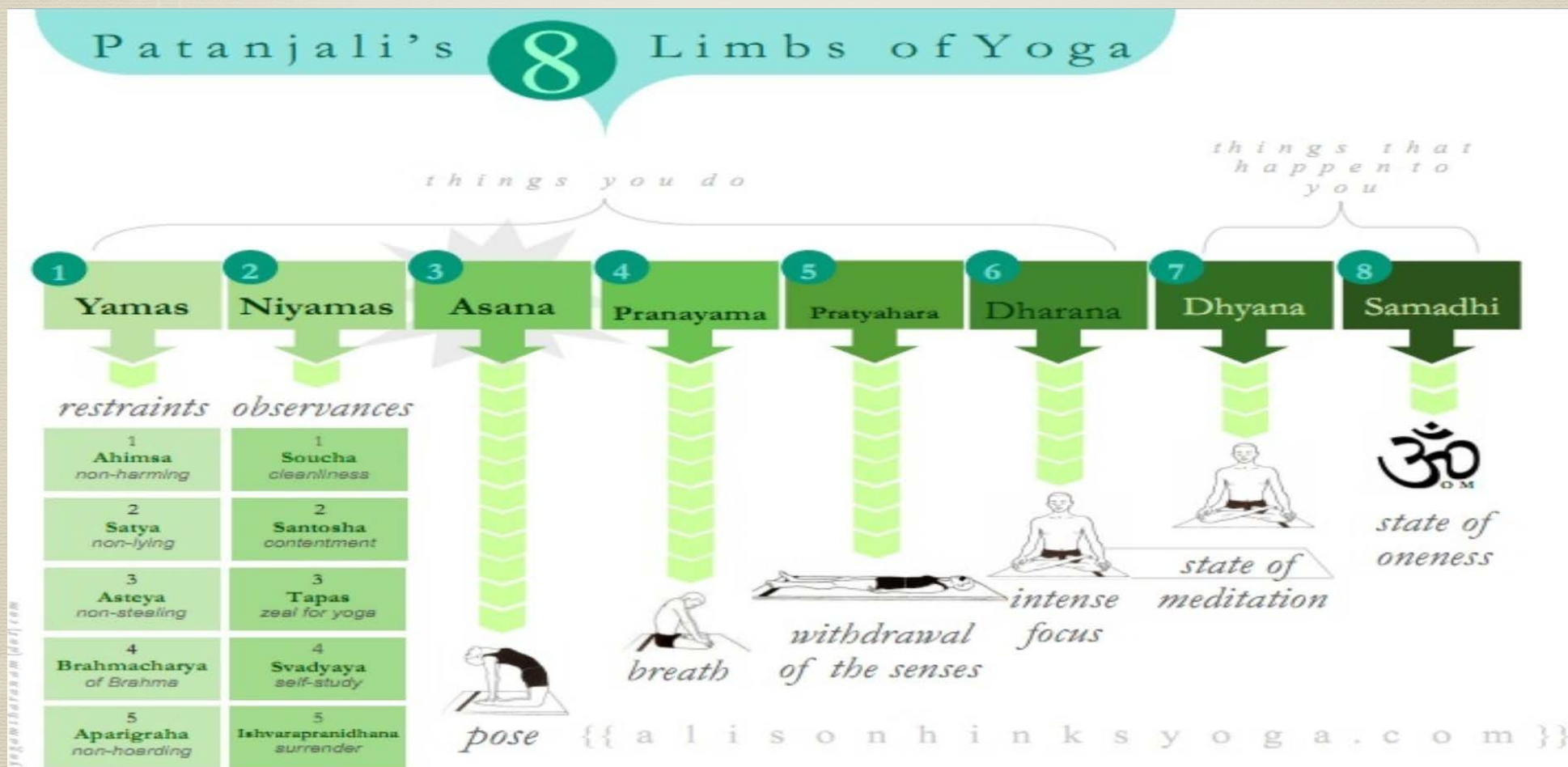
# Applications of Yoga in Therapy and other settings

- \* Self- Assessment for Dosha Types
- \* Pranayama (Breathwork) or Sankalpa (Intention Setting) at the start and/or end of a therapy session or group setting (i.e. staff meeting)
- \* Grounding exercises for Anxiety or Elevated Emotional States
- \* Increase movement of physical/energy bodies for Depression

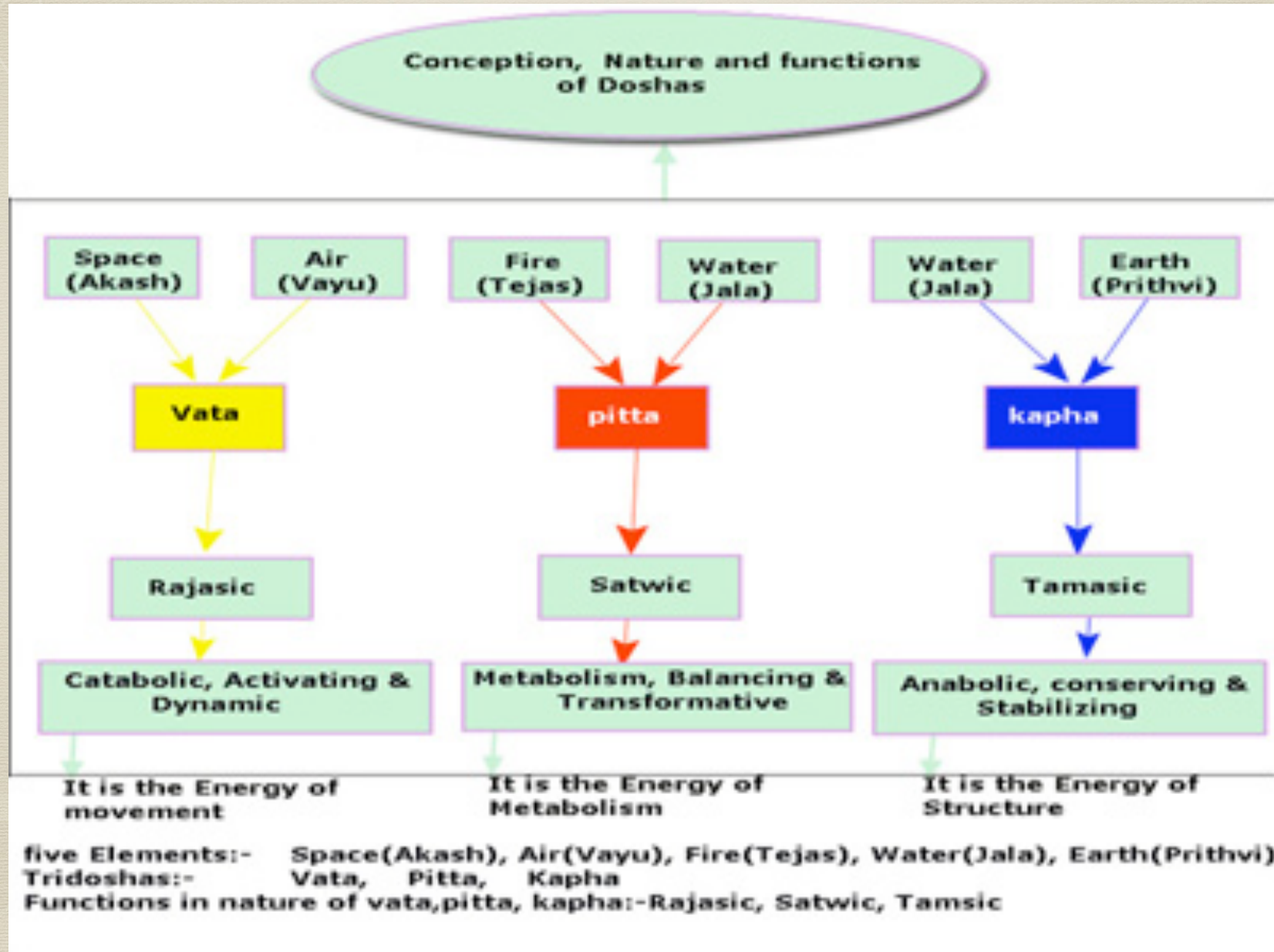


# Yoga Philosophy 101

"Before you practice the Theory is useless. After you practice the Theory is obvious." -David Williams






# DOSHA: What's YOUR type?





# DOSHA: What's YOUR type?

Dosha & Qualities	Found in Nature	Balanced	Imbalances
<b>Kapha</b>  <b>Energy of lubrication and structure</b> cold, heavy, wet, static, dull, dense	<b>moon/rain</b>   Late winter Early spring	<b>mind</b> love, nurturing, compassion, patience  <b>body</b> builds, strengthens, nourishes, lubricates, protects, fat, fluids, reproduction,	<b>mind</b> greed, envy, holds grudges, attachment,  <b>body</b> congestion, obesity, allergies, lethargy, sinus problems
<b>Pitta</b>  <b>Energy of transformation</b> hot, sharp, oily, light, mobile, smooth	<b>sun/heat</b>   Late spring Summer	<b>mind</b> intelligence, memory, discrimination  <b>body</b> metabolism, digestion, eyes, blood, skin, brain & heart	<b>mind</b> anger, hate, controlling, hot temper  <b>body</b> acid reflux, heart burn, acne, hypertension, nausea, migraines, endometriosis
<b>Vata</b>  <b>Energy of movement</b> dry, cold, light, rough, mobile, subtle	<b>wind</b>   Autumn Early winter	<b>mind</b> creative, spiritual, tranquility,  <b>body</b> all movements, blood flow, nerve impulses, fast in actions, emotions	<b>mind</b> fear, anxiety, stress, worry, poor memory  <b>body</b> hyperactivity, dry skin, constipation, gas, arthritis, osteoporosis, PMS

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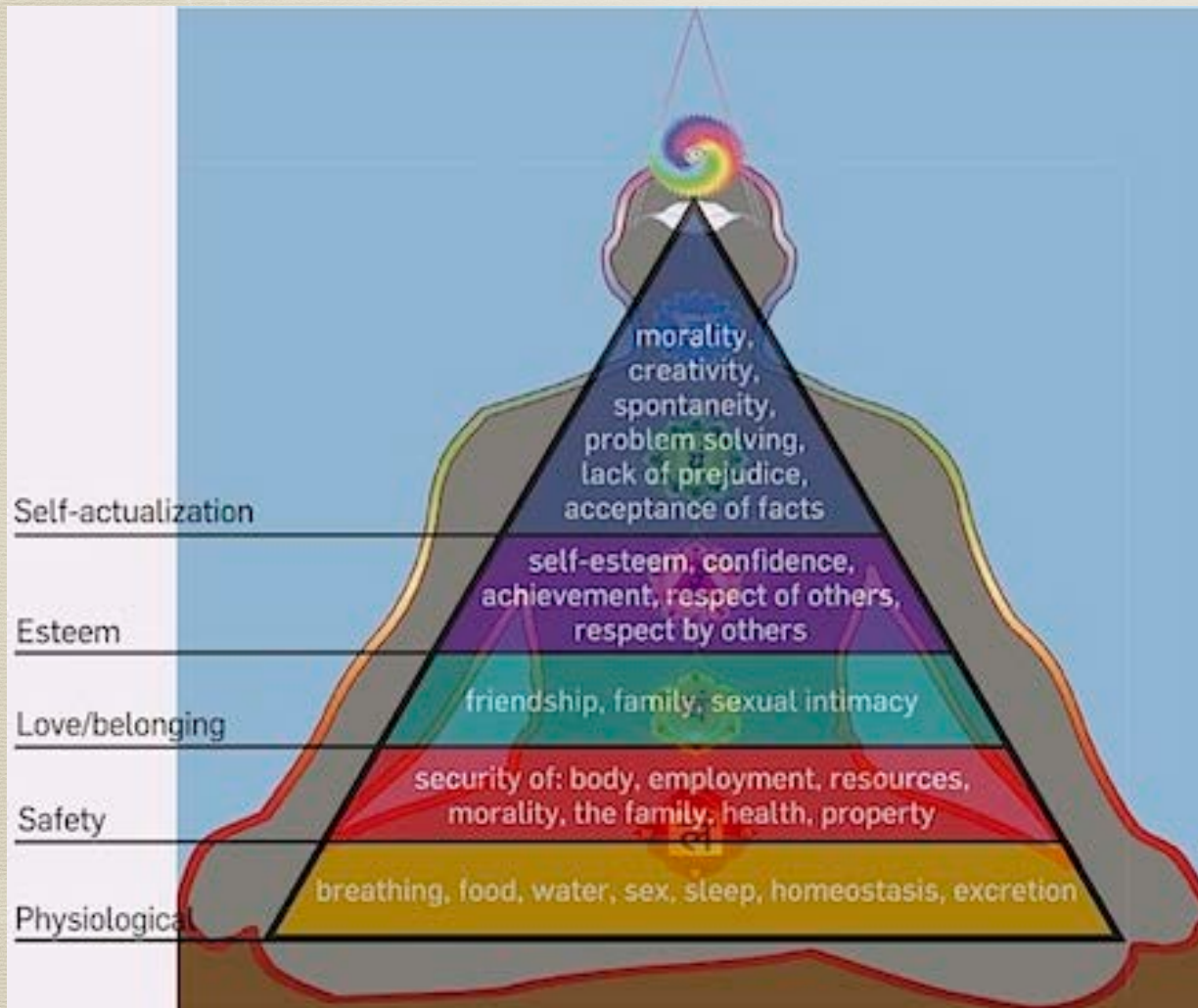
## Online self-assessments

<http://doshaquiz.chopra.com/>

<http://www.whatsyourdosha.com/quizzes/dosha-newsletter-signup.php>



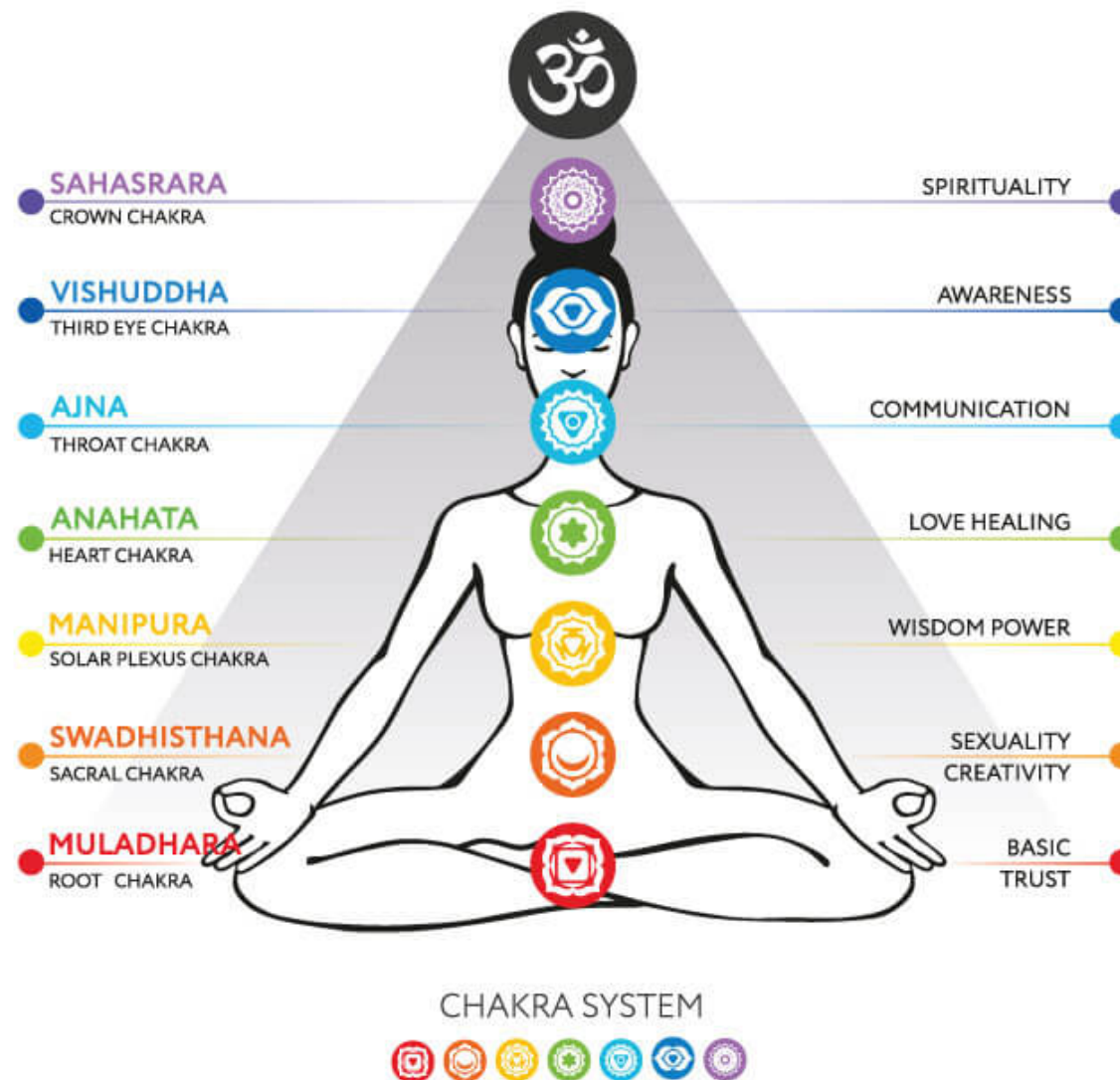
# Yoga Philosophy 101



"Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one's being, from bodily health to self realization. Yoga means union - the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day to day life and endows skill in the performance of one's actions. "

-B.K.S. Iyengar





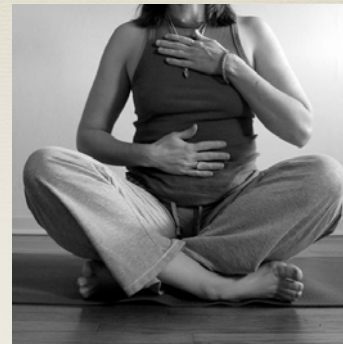
# Chakras:

An overview on optimizing holistic health



# Pranayama techniques

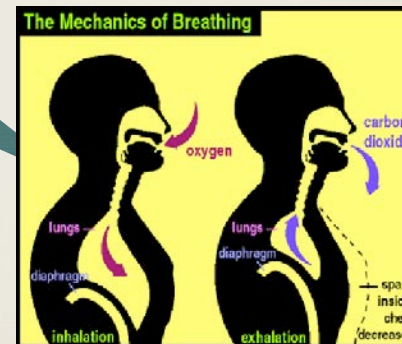
- \* 3 part belly breath ...  
calming, relaxing



On the inhale take in as much air as possible. On the exhale, let the air touch the back of the throat to make a "Darth Vader" like sound. Repeat for 1-5 minutes.

One hand on stomach, one hand on upper chest. Inhale into the belly and extend same inhalation up into the chest and then into the collarbone. Exhale from the lower belly and release breath up through the chest and collarbone. Repeat for 1-5 minutes.

- \* Ujai breath...  
energizing, warming



- \* Alternate nostril breath...  
balancing, centering



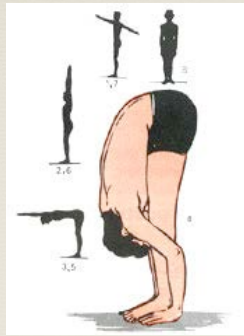
Take one regular inhale/exhale. Then use the thumb and pointer finger to close off LEFT nostril and take a deep breath in with RIGHT nostril. Close off RIGHT nostril and exhale through LEFT nostril. Inhale through LEFT nostril and reverse sides. Repeat 3-5 minutes.



# ASANAS for before/after long periods of sitting/standing...

"if you don't stand for *SOMETHING*, you will fall for anything"- Malcom X

forward fold



standing side stretches



standing camel (back bend)



desk-assisted standing downdog

spinal twists



shoulder openings





# ASANAS for before/after desk/computer work...

*"The real danger is not that computers will begin to think like humans, but that humans will begin to think like computers." - Sydney J. Harris*

Tadasana \*Mountain pose



Tratak \*Candle Gazing



Structural Yoga Therapy's  
Wrist, Neck and Shoulder Joint Freeing

Cat/Cow and Twists

Shoulder Openings



# ASANAS to energize, work through anger or frustration

*"If you are going through hell, keep going." -Winston Churchill*

## Chair



## Moving chair

## Sa Ta Na Ma

- 1) Sitting in HERO pose (use a block or blanket). Eyes closed. 5 or more deep breaths, chanting SA TA NA MA silently.
  - 2) With hands over heart, say out loud SA. 3) Kneeling and raising hands over head, chant TA. 4) Sitting back down on heels or blanket, chant NA. 5) Tapping or pounding palms on floor, chant MA.
- Repeat up to 5 minutes.

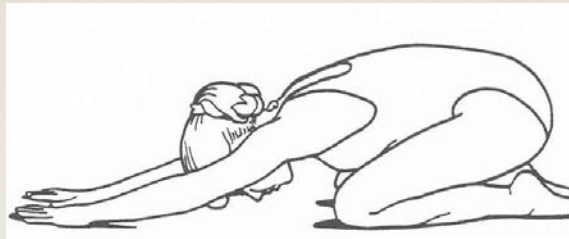
## Whirling Mountain pose



# Asanas to restore and refresh...

*"Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work."-Ralph Marsten*

child's pose



bridge + knee hugs

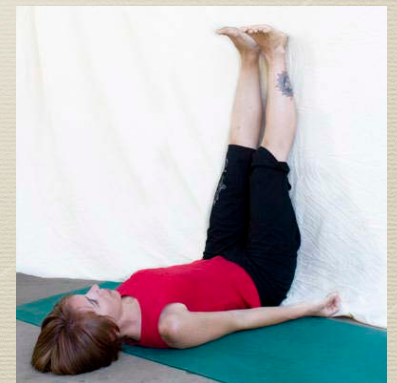


reclined spinal twists



Corpse pose

Legs up the wall



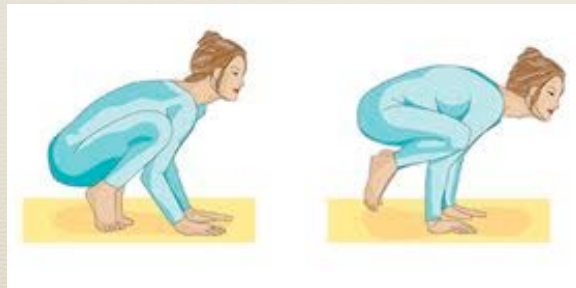


# Asanas for finding balance & increasing concentration

"There's no secret to balance. You just have to feel the waves" -Frank Herbert



dancer's pose



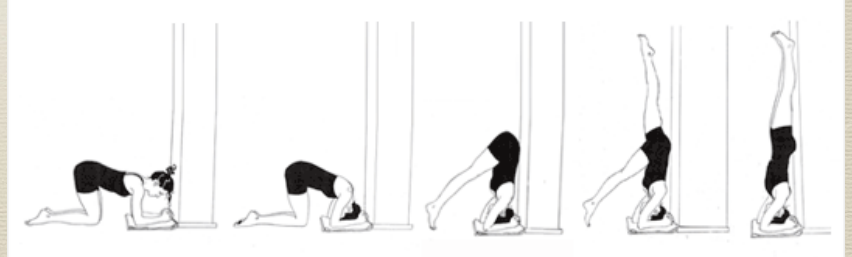
crow



tree



headstand

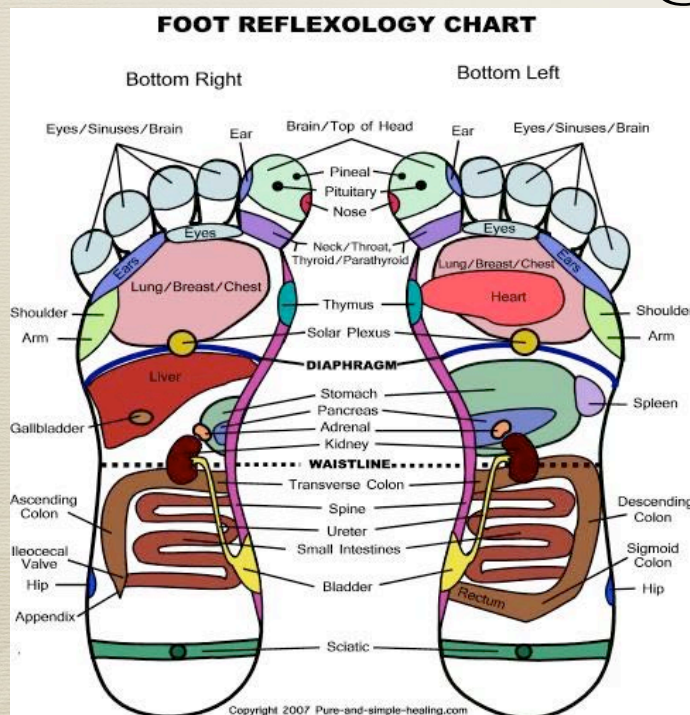




# Self-massage

"Healing is a matter of time, but it is sometimes also a matter of opportunity."  
- Hippocrates

facial shiatsu  
foot reflexology



**SHIATSU SELF MASSAGE**

This ancient Japanese massage technique is based on the same philosophy and medical theory as acupuncture. The energy channels (meridians) are stimulated by finger pressure. Anyone can benefit from Shiatsu immediately. Shiatsu is especially suitable for self-massage and can be practiced anywhere: at home, in the office, in the car or at work.

<b>RELAXATION</b>  1. Hold foot, thumbs pressing into sole. 2. Rub vigorously across sole. <b>EFFECT</b> increases tolerance, helps relaxation	<b>RELAXATION</b>  1. Hold both feet while squatting. 2. Push thumbs into soles. Fingers press up. <b>EFFECT</b> relaxes nerves, increases sensitivity, balance	<b>ENERGY FLOW</b>  1. Separate each toe. 2. Hold between index & thumb. Massage and release. <b>EFFECT</b> helps energy to flow from feet to chest
<b>ENERGY FLOW</b>  1. Apply even pressure against chest. 2. Move slowly up and down. <b>EFFECT</b> helps energy to flow from chest to feet	<b>ENERGY FLOW</b>  1. Use knuckles of both hands. 2. Slide up and down spine. Increase pressure. <b>EFFECT</b> Promotes energy flow from head to feet	<b>STRENGTH</b>  1. Hands on sides. 2. Thumbs on back. 3. Apply pressure. Move up & down. <b>EFFECT</b> strengthens immune system, gives energy
<b>CONFIDENCE</b>  1. Four fingers on solar plexus. Other hand on top. 2. Massage with gentle pressure. <b>EFFECT</b> confidence, personal power, emotional control	<b>OVERVIEW</b>  1. Four fingers on front, thumbs on back. 2. Massage with gentle pressure. <b>EFFECT</b> balanced thoughts, tolerance, overview, focus	<b>ENDURANCE</b>  1. Use three fingers of both hands. 2. Apply gentle pressure. 3. Change sides. <b>EFFECT</b> concentration, endurance, physical energy
<b>MENTAL CLARITY</b>  1. Index fingers in ears. 2. Move back & forth, applying slight pressure. <b>EFFECT</b> helps to make decisions, brings clarity	<b>METABOLISM</b>  1. Index finger at right angle to nose. 2. Rub left to right & back. Repeat 12 times. <b>EFFECT</b> regulates metabolism, strengthens confidence	<b>EYE EXERCISE</b>  1. Look up. 2. Look left. 3. Look down. 4. Look right. Make 1-5 continuous movements. <b>EFFECT</b> stimulates brain activity, excellent for focus
<b>ANXIETY</b>  1. Use knuckles to drum across top of head. Use light, rhythmic movements. <b>EFFECT</b> brings courage, relaxes, dissolves anxiety	<b>MUSCLE TENSION</b>  1. Hold affected area between thumb & fingers. 2. Gentle pressure. 3. Stroke firmly. <b>EFFECT</b> excellent to ease stiffness due to tension	<b>TENSION</b>  1. Head in both hands. 2. Gentle pressure. 3. Rotate thumbs. 4. Breathe deeply. <b>EFFECT</b> eases tension, lightens mind, relaxes muscles
<b>INSOMNIA</b>  1. Press thumb against bridge of nose. 2. Hold pressure. 3. Let go, repeat. <b>EFFECT</b> eases strained nerves, relaxes the mind	<b>JET LAG</b>  1. Press against temples. 2. Hold ear between index & middle finger. 3. Rotate gently. <b>EFFECT</b> excellent for balancing mind & body clock	<b>EYE FATIGUE</b>  1. Cover face with hands. Press gently and hold. 2. Massage temples clockwise. <b>EFFECT</b> excellent for eye fatigue, freshens mind



# Anywhere, Anytime Sun Salute

"Sun Salutation has multiple mental and physical benefits. In only ten minutes you can achieve a low impact workout that combines both Resistance Training (e.g. weight lifting) and Cardiovascular Training."  
from [www.better-mind.com](http://www.better-mind.com)





# Suggested Reading

Emerson, D. (2008). *Yoga: For peace of body and mind: A manual for clinicians from the Trauma Center at JRI*. Brookline, MA: Trauma Center at Justice Resource Institute.

Forbes, B., Psy.D., (2011): *Yoga for emotional balance: Simple practices to help relieve anxiety and depression*. Boston & London: Shambala.Hall, M. (2010). *Mindfulness Practices in Mental Health Treatment: A Thematic Bibliography*.  
[http://web.me.com/breathepeacefully/Breathe\\_Peacefully/Mindfulness\\_Practices\\_in\\_Mental\\_Health\\_Treatment.html](http://web.me.com/breathepeacefully/Breathe_Peacefully/Mindfulness_Practices_in_Mental_Health_Treatment.html)

Hall, M. & Washington, T. (2010). *Yoga for Healing from Trauma*.  
[http://web.me.com/breathepeacefully/Breathe\\_Peacefully/Yoga\\_for\\_Healing\\_from\\_Trauma.html](http://web.me.com/breathepeacefully/Breathe_Peacefully/Yoga_for_Healing_from_Trauma.html)

*Harvard Mental Health Letter*. (April, 2009). Yoga for anxiety and depression. Retrieved December 2, 2009 from  
[http://www.health.harvard.edu/newsletters/Harvard\\_Mental\\_Health\\_Letter/2009/April/Yoga-for-anxiety-and-depression](http://www.health.harvard.edu/newsletters/Harvard_Mental_Health_Letter/2009/April/Yoga-for-anxiety-and-depression)

Roark, K (2016). 7 Things to know about sound bathing. <http://www.booksforbetterliving.com/7-things-to-know-before-you-try-sound-bathing/>

Streeter, C.C., Jensen, J.E., Perlmutter, R.M., Cabral, H.J., Tian, H., Ciraulo, D.A., & Renshaw, P.F. (2007). Yoga asana sessions increase brain GABA levels: A pilot study. *Journal of Alternative and Complementary Medicine*, 13, 419-426.



I am grateful to all of the yoga professionals, teachers and researchers who help all of us deepen our understanding of yoga and its many health benefits.

Today's handouts contain photos and content that were borrowed from the following websites:

<http://www.yogajournal.com/poses/478>

<http://www.abc-of-yoga.com/yogapractice/side.asp>

<http://www.yogabasics.com/standing-backbends/standing-backbend.html>

<http://yoga.about.com/od/yogaposes/a/supspinaltwist.htm>

<http://www.yogajournal.com/practice/774>

<http://www.yogajournal.com/poses/493>

<http://en.wikipedia.org/wiki/Balasana>

<http://www.abc-of-yoga.com/yogapractice/thebridge.asp>

<http://www.yogajournal.com/poses/496>

<http://www.yogajournal.com/poses/936>

<http://yoga.about.com/od/yogaposes/a/crow.htm>

<http://yoga108.org/pages/show/65-yoga-headstand-shirshasana>

<http://bert-firebert.blogspot.com/2011/02/shiatsu-pressure-points.html>

<http://www.pure-and-simple-healing.com/foot-reflexology-chart.html>

<http://www.yogasite.com/sunsalute.htm>