YOGA & MINDFULNESS
as a path towards
EMPOWERED HEALTH

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RYT-500
WHAT DOES HEALTH MEAN TO YOU?
HOW DO YOU DEFINE HEALTH?

Absence of disease

State of the organism when it **functions optimally** without evidence of disease or abnormality

WHO: complete state of physical, mental, and social well-being, and **not merely the absence of disease or infirmity**

A multi-dimensional construct that includes body, mind, spirit, relationships, community, and society
WHO IS THE HEALTHIEST?

Mary, 70, widow, mother of 2 successful sons, loves to travel, has lots of friends, hypertension, high cholesterol, sedentary and 20 lbs overweight, likely to develop cardiovascular disease

Michael, 27 years old, has completed 3 marathons, superb physical shape, binge drinks 3-4 days per week and then drives, feels lonely and empty

Jim, 84 years old man with metastatic liver cancer cancer, has been told he has 6 months to live, some physical pain, says his life is full of love, deeply satisfying relationships, religious, feels at peace

WHY DO WE THINK SO?
HOW DO YOU DEFINE HEALTH?

**PSYCHOLOGICAL**
- Learning
- Emotions
- Thinking
- Attitudes
- Memory
- Perceptions
- Beliefs
- Stress management strategies

**BIOLOGICAL**
- Genetic predisposition
- Neurochemistry
- Effect of medications
- Immune response
- HPA axis
- Fight-flight response
- Psychological responses

**SOCIAL**
- Social Support
- Family Background
- Interpersonal relationships
- Cultural traditions
- Medical care
- Socio-economic status
- Poverty
- Physical exercise
- Biofeedback
THE MIND AND THE BODY

➤ Intricately intertwined, cannot be separated
➤ Both contribute to stress response systems
WHAT DOES HEALTH MEAN TO YOU?
PRACTICE
YOGA & MINDFULNESS
our idea of YOGA
YOGA
in practice
A remedial tradition, founded on a recognition that our physical condition, emotional states, attitudes, dietary and behavioral patterns, lifestyle and personal associations, and the environment in which we live and work are all intimately linked to each other and to the state of our health.

-Gary Kraftsow
THE KOSHAS

The Yogic Approach To Healing

THE PANCHA KOSHAS
5 LAYERS OF CONSCIOUSNESS

ANNAMAYA KOSHA
PHYSICAL BODY

PRANAMAYA KOSHA
VITAL ENERGY

MANOMAYA KOSHA
MIND

VIJNANAMAYA KOSHA
WISDOM

ANANDAMAYA KOSHA
BLISS
WHY DOES IT WORK?

➤ Movement is medicine
➤ Connection, group support
➤ Nervous system regulation, neuroplasticity
➤ Reduces stress responses
➤ Behavior/Belief alterations
➤ Cultivates acceptance, self awareness, wisdom
WHY DOES IT WORK?

- personal practice
- increased self awareness
- break unconscious patterns
- positive change in all aspects of life
WHY DOES IT WORK?

Yoga teaches us that how we use our minds and bodies is important.

Yoga gives us tools to reduce the symptoms of suffering that *can be* reduced and *manage* the symptoms that cannot be reduced.

When do you sit down and spend at least just a few moments giving yourself what you need?
PRACTICE
THANK YOU

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