



Yoga and Brain Health

Ruth M. Romo, 500 HR RYT, QBIS, Yoga Instructor, NeuroRestorative

Ruth Romo

- 20+ years experience
- 500 HR-RYT certified
- Yoga therapeutics, basics, restorative, iron yoga
- O&M Specialist

Ruth is committed to ensuring that individuals who attend her classes have fun, are safe and successful in their practice, and feel loved. Her client goals include gaining the ability to breathe correctly, learning about themselves and how amazing their bodies are, and being mindful of and developing a relationship with their bodies.





The Eight Limbs of Yoga



Yamas (ethical considerations)

Niyamas (self-observation/
discipline)

Asana (physical poses)

Pranayama (breath control)

Pratyahara (sense withdrawal)

Dharana (concentration)

Dhanya (meditation)

Samadhi (enlightenment/peace)

So What's the Point?



| Learning Objectives

1. Understand the scientifically proven benefits of yoga for the mind and body
2. Learn about the components of yoga that are emphasized with NeuroRestorative patients
3. Engage in a specific practice of yoga that leverages posture, breath and meditation

I began to realize how important it was to be an enthusiast in life...If you are interested in something, no matter what it is, go at it at full speed ahead. Embrace it with both arms, hug it, love it and above all become passionate about it. Lukewarm is no good.

-Roald Dahl



Benefits of Yoga

- Builds strength and endurance
- Improves balance and flexibility
- Increases awareness and connection to your body
- Develops the mind-body connection
- Gives you enhanced “body-responsiveness”
- Helps with better sleep
- Supports your immune system
- Is adaptable and useful in the treatment of various medical conditions

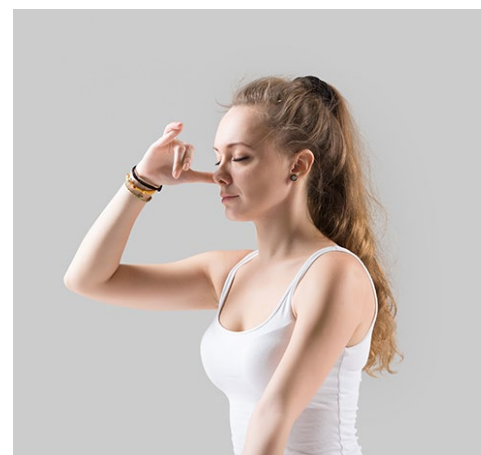
Components of Yoga Emphasized with NeuroRestorative Patients

Asanas (Postures)



Pranayama
(Breath Awareness vs.
Breath Work)

**Meditation/Chanting/
Mudras**



Yoga Practice

References



The Harvard Medical School Guide to Yoga

M. Jay Polsgrove, Brandon M. Eggleston, and Rich J. Lockyer, “Impact of 10-Weeks of Yoga Practice on Flexibility and Balance of College Athletes,” *International Journal of Yoga* 9 (2016): 27-34. Ibid.