An 8-Week Yoga Program
for People with
Moderate Disability Related to Multiple Sclerosis©

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Background

This eight week integrative yoga program for people with moderate disability due to multiple sclerosis (MS) was developed via a modified Delphi process that included researchers, health care providers, yoga instructors, and persons with MS. A paper describing the development process in detail is currently in progress.

The yoga program referenced in “A Pilot Study of Feasibility and Impact of an 8-Week Integrative Yoga Program in People with Moderate Multiple Sclerosis–Related Disability” (Cohen et al., submitted) is described in this manual.

It is recommended that any researchers or yoga instructors who use this protocol have adequate experience in working with individuals with MS and/or individuals who may require physical assistance during a yoga class. In our study (Cohen et al., submitted), we found individual attention and modifications of certain postures were occasionally needed to ensure participant comfort and safety. We recommend a participant to instructor ratio of 5:1 or at least 7:1 for implementation of this program for persons with moderate disability due to MS. Blocks and blankets may be utilized as needed for asana. This protocol is copy righted and all rights are expressly reserved. Please contact Dr. Gould Fogerite for information on use or duplication.

Orientation to this Manual

The program consisted of two 90-minute classes per week, and recommendations for home practice. This manual is organized by week in chronological order. Each week has notes for 2 sessions (Session A and Session B). An appendix with photographs of the asanas and activities from the joints and glands (Kanpur edition, HYT-TTP, and Rama, 2007) and appears at the end of the document.

References


Swami Rama, Joints and Glands, Kanpur Edition, used with permission of Himalayan Yoga Tradition-Teacher Training Program

An 8-Week Yoga Program for People with Moderate Disability Related to Multiple Sclerosis
Gould-Fogerite et al. v.0.01

Week 1 Summary

Session A
- Philosophy: Intro to Yoga, Yoga Sutra I.1, and Ahimsa
- Breathing (Pranayama): Diaphragmatic Breathing (DB)
- Postures (Asana): Standing overhead stretch, Joints and Glands (seated), with Forehead/ Sinus massages and mouth stretches, and Crocodile (Makarasana)
- Relaxation: Body Awareness and Tense and Release Relaxation

Session B
- Philosophy: Intro to Raja yoga
- Breathing (Pranayama): Alternate Nostril Breathing (Nadi Shodhana), Diaphragmatic Breathing (DB)
- Postures (Asana): Standing overhead stretch, Joints and Glands seated, with Eye Exercises, and Crocodile (Makarasana)
- Relaxation: 31 Points Relaxation
- Meditation: Beginning Meditation with Mantra

Home Practice
Read the Philosophy write ups.
- Read the Breathing (Pranayama) write ups.
- Practice Diaphragmatic Breathing (DB) in Crocodile pose (Makarasana) for at least 5 and up to 10 minutes each day.
- Check your breathing while sitting at least once per day to see if it’s DB. If not, see if you can switch to DB, using your hands to help you check. Count the inhale and exhale and notice the length and relationship.
- Practice Alternate Nostril Breathing (Nadi Shodhana) 3 days for 5 min. each.
- Practice the standing overhead stretch using chair and wall, and the joints and glands exercises each non-class day for at least 10 minutes.
- Practice the eye exercises 2 non-class days.
- Practice one of the relaxation or meditation practices each day.
Week 1 Session A

PHILOSOPHY
INTRODUCTION TO YOGA

What is yoga?
- An Ancient Science: Originated in India thousands of years ago. The goal is personal evolution through practice, discipline, and self-awareness.
- A Modern Science: Considered a “mind body” practice or therapy. Practiced widely and being studied using modern scientific methods.
- Yoga practice seeks to integrate body, spirit, and mind, in support of balance and health.

What does yoga consist of?
- Yoga includes Philosophy and Practices, such as: breathing, postures, relaxation, and meditation.

What is Sanskrit and why do we use it?
- Sanskrit is an ancient living language. It is the original language of yoga.
- We’ll use English to describe all the practices and concepts, but we will also teach and use some Sanskrit words as well.
- Learning new language is very good for the brain, creates new brain cell connections, and improves memory.

How was yoga philosophy and practice organized and handed down?
- Several thousand years ago yoga was “codified” by the sage Patanjali.
- He organized it into 196 short statements called “sutras” (meaning stitches or threads in Sanskrit).
- The yoga sutras have been passed down through the centuries from teacher to student orally and then later through writing.
- Many commentaries on the Yoga Sutras of Patanjali have been written, and they have been translated into many languages, including English.

To start our yoga program we introduce the first sutra:
- I.1 Atha yoganushasanam: “Now, at this auspicious moment of transition begins the instruction in the discipline of yoga following the past tradition”.
- The understanding is that the teacher and student are qualified and that the student can achieve the goal of yoga through discipline and practice.

Our first yoga philosophy practice is “Ahimsa”. This means non-harming or non-violence. We practice this toward ourselves, the world, and our yoga practice

PRANAYAMA
DIAPHRAGMATIC BREATHING - THE BREATH LINKS THE MIND AND BODY

- Have you noticed that when you are calm and peaceful, your breathing is different than when you are nervous or afraid?
- The breath responds to the mind. The really amazing thing you may not know is that the mind responds to the breath!
- You can change the state of your mind and the rest of your body by changing how you are breathing.
- Your autonomic nervous system takes care of various functions automatically. It consists of two parts; Sympathetic and Parasympathetic.
- The Sympathetic system reacts to stress with the “Flight or Fight” response.
- The Parasympathetic is responsible for Relaxation or “Rest and Digest”.
- Your inhale is connected to the Sympathetic nervous system (stimulating).
- Your exhale is connected to the Parasympathetic nervous system (calming).
Week 1 Session A (con’t)

DIAPHRAGMATIC BREATHING
- One of the simplest and most powerful stress reducing practices.
- Can help balance the Sympathetic and Parasympathetic nervous systems, calm the mind, and promote efficient oxygenation of the blood.
- Is the basis for all other yogic breathing practices.
- The diaphragm is a dome-shaped muscle that sits between your chest and your abdomen, and is potentially one of the strongest muscles in the body.
- As you inhale, it contracts and flattens out somewhat, creating a vacuum that draws air deep into the lower lobes of the lungs. It also expands the lower ribs outward and causes your upper abdomen (belly) to expand forward & outward.
- On the exhale, the diaphragm relaxes back into more of a dome shape, and the lower ribs and abdomen fall inward. The upper chest remains fairly still throughout the process.

Practice Diaphragmatic Breathing while sitting:
- Breathe through the nose.
- Place left hand on upper belly (thumb at breast bone) and right hand on the upper chest. Belly comes out on inhale, in on exhale, upper hand stays still.
- Then check with hands on outside of lower ribs. Lower ribs expand on inhale, fall inward on exhale.
- Let hands rest with palms down on thighs and continue to breathe like this
- Lengthen your exhale: Let your exhale out more slowly and more deeply, as is comfortable. When the time and volume of the inhale and exhale are equal, this is called 1 to 1 breathing. If they are already equal, you can practice lengthening the exhale more, up to twice as long as the inhale. This is referred to as 2:1 breath. Make sure you master 1:1 before proceeding to a longer inhale. You can count as you breathe in and out to check out the relationship. The counting also occupies your mind. This combination practice of counting and focusing on the exhale being longer is very powerful for calming the mind and body.
- Smooth the breath: When the mind is agitated, the breath is jerky or ragged or bumpy. When you focus on smoothing the breath out, the mind follows and calms down. You can picture it as an even flowing stream with no rocks or obstacles in its way.
- Quiet the breath: Have the intention of making the breath as close to silent as you can. Just gradually allow it to refine and quiet.
- Breathe without a break or pause: Reduce and gradually let go of any pause at the end of the inhale or the exhale. Let every inhale flow directly into the exhale. Let every exhale flow directly into the inhale with no pause or break. You can picture a wheel. Breathe in up one side of the wheel and go around the top with no break or pause, breathing down the other side and around the bottom without stopping. Let the breath flow.
Week 1 Session A (con’t)

You can also practice in crocodile pose (Makarasana)-Lie on your belly, arms crossed right over left in front of you, pulled in enough that the shoulders are up some and the upper chest is off the ground, forehead resting behind the right wrist bones. The pose should be comfortable, with not too much pressure on the shoulders/upper back.)

Diaphragmatic breathing can be practiced in Shavasana: lying on the back, arms a comfortable distance from your sides, palms up, legs just slightly spread, with feet relaxing outward. Watch or feel the belly rising on the inhale and falling on the exhale. A very light weight (small book or rice bag) can be placed on the belly as an aid in focusing and for strengthening the diaphragm muscle. Weight should not be used if a person is feeling angry, depressed or fearful.

Phil Nuernberger Ph.D, Yoga International magazine.
The Meditation Center Library, Mpls, MN, 612-379-2386, info@themeditationcenter.org
Susan Gould-Fogerite, PhD, The Institute for Complementary & Alternative Medicine, (ICAM), SHRP, UMDNJ, with deference and gratitude to my teachers and the Himalayan Tradition

ASANA

- Overhead stretch-left arm, right arm, both if comfortable (standing behind chair, hands on back of chair)
- Stretch up wall (standing with hands on wall)

From a seated position:

- Face massage
- Forehead and Sinus massage
- Stretching Forehead
- Mouth stretches
- Lion Pose
- Face massage
- Turtle stretch
- Neck up and down
- Head sideways
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open & close
- Torso stretch-front, back, sides, rotation
- Abdominal squeeze
- Leg kicks
- Knee swirls
- Ankle exercises
- Foot circles

- Lying on floor: Makarasana
Week 1 Session A (con’t)

RELAXATION

TENSE AND RELEASE
Place a blanket under your knees, and lay on your back, with your arms comfortably out by your sides and palms up. You may want to have a blanket covering the mat, cover yourself with a light blanket, and have a small pillow or hand towel beneath your neck and/or over your eyes.

BODY AWARENESS
• Close your eyes, and breathing through your nose, allow your breath to become soft and smooth and quiet, without a pause or a break.
• Each inhale flows into the exhale and exhale into the inhale. Notice how your belly rises on the inhale and falls on the exhale.
• Draw your focus and awareness to your body. Notice the support of your body by the floor. Notice the feeling of your clothes and the air on your skin.
• Observe the inside of your body from your toes up to your head as you breathe in, and back down to your toes as you breathe out.
• Gently move your awareness with curiosity through your body, head to toe. Connect your attention to each body part with a feeling of love and gratitude.

TENSE AND RELEASE RELAXATION EXERCISE
This practice guides you to simply tense different parts muscle groups at about 50% capacity, then release the tension. When tensing, tense each muscle group from the fingers or toes upward. Relax the parts of your body you are not using as much as possible. Tense as you breathe in and relax as you breathe out. Between segments, pause and relax for two breaths. Do the tension and relaxing with all of your awareness and curiosity. Maintain breath awareness during the practice.
• Gently, tense and relax your right leg—left leg—right leg—left leg
• Gently, tense and relax both legs together. Repeat. Rest for 2 breaths.
• Gently, tense and relax your right arm—left arm—right arm—left arm
• Gently, tense and relax both your arms together. Repeat. Rest for 2 breaths.
• Gently, tense and relax your right leg, arm, and the right side of the body—your left leg, arm, and the left side of your body. Repeat. Rest for 2 breaths.
• Gently, tense and relax your whole body. Repeat. Rest for 2 breaths.

After completing the entire exercise, continue breath awareness with observation of the body. Roll over onto your left side; bending your knees and supporting your head. Rest in this fashion for a few minutes then gently sit up.

[end of Week 1 Session A]
PHILOSOPHY OF PRANAYAMA

- Prana: breath, life force or vital energy
- Yama: regulation, expansion or force
- Breath is the only function of the autonomic nervous system (ANS) that we can easily bring under conscious control by training our breathing pattern. If the ANS is in balance, the body and mind will enjoy a calm and alert state.
- There are many pranayama practices — with specific functions
- Pranayama can affect the psycho-neuro-adrenal-immune systems (they are all connected).

THE ENERGY BODY (PRANAYAMA KOSHA)

- It is composed of Nadi s — Channels or rivers of energy that flow throughout the whole body — 72,000 have been described.
- There are three major nadi s or channels that govern the function of the pranayama kosha:
  - Ida (ends in left nostril — lunar breath)
  - Pingala (ends in right nostril — solar breath)
  - Shushumna (central-spine)

PRANAYAMA

ALTERNATE NOSTRIL BREATHING (Nadi Shodhana)

Alternate nostril breathing, also known as nadi shodhana (Sanskrit) or “channel purification,” is a preparatory breathing practice to other breathing practices (pranayama) and is one of the most powerful initial yoga exercises for centering your attention and deepening relaxation. Because the exercise alternately stimulates the right and left hemispheres of the brain, it balances the influences of both hemispheres, enhances the communication between them, and over a long period of practice, it decreases emotional reactivity. According to yoga philosophy and practice, it purifies the nadi s or energy channels of the pranamaya-kosha in the subtle body. It is best done before, or at least 2 hours after, a meal.

- Sit with head, neck and trunk aligned, in a stable sitting posture.
- Let the breath become smooth, deep, even and as pauseless as possible.
- With your right hand, form your fingers into Vishnu-mudra by placing the tips of your index and second fingers on the muscle below your thumb. You can then alternately open and close your nostrils with a slight movement.
- An alternate hand position is to place those same fingers against the center between the eyebrows, which leaves your thumb and ring fingers free to operate your nostrils. When opening and closing the nostrils, let the tips of your fingers rest just below the end of the nasal bone about half-way up your nose. This makes it easy to change the nostrils with minimum distortion to the shape of your nasal passages.
- As you do the exercise, keeps the breath flowing, diaphragmatically, smoothly and quietly, with equal length inhale and exhale.
- Avoid creating any suspension or holding of the breath.
- Below is the suggested pattern for beginning practice:
  - During the day, always begin by exhaling through the left nostril. At the end of the exhalation, close the left nostril, open the right nostril and inhale smoothly.
  - Repeat two times, exhaling left nostril, then inhaling right nostril.
  - At the end of the third inhalation through the right nostril, stay on this side and exhale through the right, keeping the left nostril closed.
  - Close the right, open the left and inhale through the left nostril.
  - Repeat two times: inhaling left, exhaling right.
Week 1 Session B (con’t)

- Let hand rest on your thigh and breathe through both nostrils in and out 3 times.
- You can practice 5-10 minutes of pranayama repeating this sequence, alternating the starting nostril. At night, exhale through the right nostril to start.

Adapted from: Stephen Parker Psy.D. L.P Himalayan Yoga Teacher Training

ASANA

- Overhead stretch- alternate arms, both (standing behind chair, hands on back of chair)
- Stretch up wall (standing with hands on wall)

From a seated position:

- Eyes, up & down, side to side
- Eyes, diagonals
- Eye rotations
- Eye focus
- Mouth stretches
- Lion Pose
- Face massage
- Turtle stretch
- Neck up and down
- Head sideways
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing elbows
- Wrist bends
- Hands rotations
- Fingers-open & close
- Torso stretch-front, back, sides, rotation
- Abdominal squeeze
- Leg kicks
- Knee swirls
- Ankle exercises
- Foot circles
- Come off chair to floor, move chair off mat to right side, seat facing mat

- Lying on floor: Makarasana
Week 1 Session B (con’t)

RELAXATION

31 POINT RELAXATION

- Practice while lying on your back, with arms a comfortable distance away from sides, with palms up, legs a bit separated and relaxed (shavasana).
- You can put blanket under knees, support under neck, eye covering, and/or light covering (just enough so that you’re not cold) over your body, if desired.
- Bring your awareness to each point, visualizing a blue star twinkling and shining there. If aren’t picturing a star right now, you can just imagine being in that spot, and see if you can imagine the star at a later time in this or another practice.
- Breathe in and out at each point, with diaphragmatic breathing; through the nose, slow, smooth, quiet, no pause or break, even inhale and exhale.
- Try to remain awake during the practice. If you fall asleep, don’t worry or judge. It just means you needed the rest. As you practice more, your ability to stay focused and awake will increase. Please don’t use this as a practice to go to sleep. You’ll learn other practices (like 21 breaths) for that.

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<td>2</td>
<td>pit of throat</td>
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<td>3</td>
<td>right side: outer shoulder</td>
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<td>outer elbow</td>
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<td>pinky finger</td>
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<td>30</td>
<td>pit of throat</td>
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<tr>
<td>31</td>
<td>center of forehead</td>
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Week 1 Session B (con’t)

After you go through the 31 points, if you can, imagine the blue stars at all the points. Or just imagine your awareness being in all the points.
Imagine breathing in and out of all the points at the same time for a few breaths.
Gently roll over onto your left side, and curl up and rest with knees bent and head supported.
When you are ready, and using your arms to support, you can sit up.
This would be a great time to meditate, as you are very relaxed and focused.
Allow yourself some transition time to gently enter activity. Try to bring your relaxed feelings and focus with you.

MEDITATION
BEGINNING MANTRA MEDITATION

- Gently come to a sitting posture: erect, with spine, neck and head aligned.
- Eyes: gently closed
- Breath: diaphragmatic, deep, smooth, through the nose, even exhale and inhale, no sound, no pause
- Hands resting on thighs or knees, with forefinger and thumb touching, or crossed in lap, right hand over left, ends of thumbs touching
- Bring your awareness to the feel and the touch of the breath in the nostrils
- Focus on the breath flowing.
- Introduce a Mantra of your choosing:
  - You can use the universal mantra of “Soham” (pronounced: SoHum- “I am That” in Sanskrit). Think “hum” as you exhale, and “so” as you inhale.
  - Or you can use your favorite name of the Divinity, or a short sacred phrase or prayer from your spiritual tradition
  - Or, you could use or simply count “1” on your inhale and “2” on the exhale.
- Let every breath be that name or phrase you’ve chosen
- As other thoughts arise, observe them without judgment (non-attachment), and gently return your awareness to the mantra and the breath
- Allow the mantra and the breath to become more subtle and quiet. Following it into progressively more quiet inner space. Until you let go of it all together and sit in the awareness of the silence within yourself.
- Breathing deeply, and filling out the space that your body takes up, become aware of sensations in the body, the touch of the clothes and air on your skin, grounding through the base of the spine into this time and space.
- Open and close your hands, rub the hands together and cup the hands one over each eye, opening your eyes to the darkness of palms, slowly bring the hands down to Namaste (prayer position), with thumbs touching heart, with a feeling of gratitude for all the gifts in your life.

When you practice on your own on a day to day basis:

- Transition gently to your regular activities. Perhaps taking time to journal, walk, or spend time in Nature.
- You can practice breath awareness and meditation in two to five minute breaks throughout the day, and for longer periods (e.g. 20 minutes, up to an hour) in the morning and evening.

[end of Week 1 Session B]
Week 2 Summary

Session A
- Philosophy: Overview of Raja yoga, Yoga Sutra I.2
- Breathing (Pranayama): Diaphragmatic Breathing (DB), Alternate Nostril Breathing (Nadi Shodhana), Dirga pranayama
- Postures (Asana): Standing overhead stretch, Joints and Glands seated, with Forehead/ Sinus massages and mouth stretches, and Crocodile (Makarasana)
- Relaxation: Body Awareness and Tense and Release Relaxation
- Meditation: Breath Awareness and Guided Meditation

Session B
- Philosophy: Chitta prasadanam, Yoga Sutra I.3
- Breathing (Pranayama): Diaphragmatic Breathing (DB), Alternate Nostril Breathing (Nadi Shodhana), Dirga pranayama
- Postures (Asana): Standing overhead stretch, Joints and Glands seated, with Eye Exercises, and Crocodile (Makarasana)
- Relaxation: 31 Points Relaxation
- Meditation: Beginning Meditation with Mantra

Home Practice
- Read the Philosophy write ups.
- Read the Breathing (Pranayama) write ups.
- Practice Diaphragmatic Breathing (DB) in Crocodile pose (Makarasana) for at least 5 and up to 10 minutes each day.
- Check your breathing while sitting at least once per day to see if it’s DB. If not, see if you can switch to DB, using your hands to help you check. Count the inhale and exhale and notice the length and relationship.
- Practice Alternate Nostril Breathing (Nadi Shodhana) 3 days for 5 min. each.
- Practice the standing overhead stretch using chair and wall, and the joints and glands exercises each non-class day for at least 10 minutes.
- Practice the eye exercises 2 non-class days.
- Practice one of the relaxation or meditation practices each day.
Week 2 Session A

PHILOSOPHY
Overview of Raja Yoga (THE ROYAL PATH), Sutra I.2

- This yoga program is based on Raja yoga, the royal path
- Raja yoga was systemized thousands of years ago by the sage Patanjali.
- Raja yoga is the most complete and comprehensive of all the yogic paths.
- It is well suited to modern people, because it is very systematic and scientific.
- It can be tested and verified by the direct experience of the student.
- It is also called ashtanga yoga, which means “the yoga of eight limbs or rungs”.
- The 8 rungs or ‘limbs’ of raja yoga as defined in Patanjali’s Yoga Sutras are:

  1. Yamas: Restraints (regulate our relations with others).
  2. Niyamas: Observances (regulate our habits)
  3. ASANA: Postures and cleansings
  4. Pranayama: Control/expansion of vital energy (breathing practices)
  5. Pratyahara: Withdrawal of the senses
  6. Dharana: Concentration
  7. Dhyana: Meditation
  8. Samadhi: Self Realization

We’ve already learned about Pranayama. The other rungs will be explained in more detail in later classes.

THE SECOND YOGA SUTRA OF PATANJALI

- YS I.2 Yogash chitta vritti nirodhah “Yoga is the control of the modifications of the mind field”
- Yoga practice helps us control our thoughts and emotions, which supports a happier, healthier, life and greater self-awareness.

PRANAYAMA
DB, NADI SHODHANA, DIRGA PRANAYAMA

These three practices are all done breathing in and out through the nose.
Complete yxic breath (Dirga pranayama), can be done comfortably standing, sitting, or lying on your back. It is a stimulating breath.

- Sitting, establish diaphragmatic breathing
- Slowly, breathe in diaphragmatically and expand your diaphragm to its full capacity, while you raise your arms out to the sides at shoulder level.
- Turn your palms up and continue to raise your arms over your head while you draw in more air until your chest is fully expanded.
- Continue to experience the in breath up toward the area of the clavicle and neck area without contracting the muscles of the neck. Let the area around the heart expand and rise.
- Exhale and slowly bring your arms down. Relax the area of the neck and clavicle, chest and then the diaphragm.
- The in breath and out breath should be done at the same pace.
- This can also be done without raising the arms. Place one hand on your belly and one on your upper chest. Feel the breath filling the lower, middle and upper lungs.
Then empty in the reverse order.
Week 2 Session A (con’t)

ASANA
Standing behind chair, standing side facing chair, one hand on chair back

- Half Moon-side stretch-left arm, right arm
- Forward bend to waist height

Sitting in a chair:

- Face massage
- Forehead and Sinus massage
- Stretching Forehead
- Mouth stretches
- Lion Pose
- Face massage
- Turtle stretch
- Neck up and down
- Head sideways
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open & close
- Torso stretch-front, back, sides, rotation
- Abdominal squeeze

Sitting in chair, or standing with hand on wall or back of chair

- Leg kicks
- Knee swirls

Sitting in Chair

- Ankle exercises
- Foot circles

Sit on center of chair, hold one side of chair, slide to opposite side, move opposite leg back

- Lunge (each side)

Lying on back

- Reclining twist
- Shavasana
Week 2 Session A (con’t)

RELAXATION
TENSE AND RELEASE (See Week 1 Session A)
BODY AWARENESS (See Week 1 Session A)

MEDITATION
GUIDED IMAGERY 1
BREATH AWARENESS
With your eyes gently closed, focus your attention on the breath. Feel the flow and the touch of the breath in the nostrils. Notice that the air is cooler on the in-breath and warmer on the out-breath. Let the breath flow smoothly, without a pause or a jerk.

GUIDED VISUALIZATION 1
1. Become aware of your breath. Visualize, draw or imagine in your mind’s eye a beautiful place where you feel comfortable. If you are not able to visualize it, just feel as though you are there. The scenery could be a park, the beach or other natural setting that gives you a sense of peace and harmony. A place that automatically relaxes you just by thinking about it. Become aware of your environment and notice everything that is in it, notice the ground on which you are stepping, notice whether there is sand, or grass. Become aware of as much detail as you are able, and as you walk through your special place feel a sense of deep relaxation and peace.
2. Notice the air in your environment, became aware of its subtle and healing qualities. Allow this cool breeze to envelope your whole body, penetrating through your skin, moving deeper into your tissues, bones and cells. Notice this cool breeze focusing on your brain, spinal chord and optic nerves rejuvenating all your cells in your whole body.
3. This cool breeze now focuses on the myelin sheath of your nerves restoring its proper function and allowing for signaling to travel smoothly throughout your whole body.
4. This cool breeze is also allowing you to communicate with your immune cells to let them know how thankful you are for having an immune system that fights off foreign invaders. You are also given the opportunity to introduce your immune cells to other cells that are also members of the same team. These new members are now being recognized as part of you by the immune cells. You feel a sense of harmony and a surge of love throughout your body.
5. Notice how your body feels harmonized, peaceful and loved. Expand that cool breeze to your surroundings, the place where you are in right now. Invite your family or friends to join you in your peaceful celebration.
6. As you see the people who love, and care for you, you are also seeing other beings of light who want to help you in your journey back to health.
7. These beings are pure light of peace and love that support you, and invite you to let go of any emotional or physical pain, or burden that you have been carrying until now.
8. They help you to let go of all accumulated burden and just let it go as if you are letting go of a balloon. Watch this bag of burden leave your body and float into nonexistence.
9. You feel a sense of lightness and peace ready to start anew in your new life. With a feeling of gratitude you are ready to come back to your body, and the present moment.

Guided imagery by Mariella Silva.

[end of Week 2 Session A]
Week 2  Session B

PHILOSOPHY
CHITTA PRASADANAM, YOGA SUTRA I.3

CHITTA PRASADANAM:
Making the mind a pleasant place to dwell
- Joy is a subtle energy that has no trigger in the outside world, but rises in its purest sense from realizing our true nature.
- According to yoga philosophy, our true nature is ever pure, ever wise, and ever free.
- This joy arises and is expressed outward when we have made our mind a pleasant place to dwell.
- The highest form of all joys is available within us, when the individual self finds delight and joy in his true Self.

These five elements help one’s mind become a pleasant place to dwell:
1. Giving of oneself (helping others)
2. Merging into the ocean of the all pervading (e.g. through meditation, feelings of love, union with nature)
3. Fulfillment of one’s destiny
4. Gladness of heart and mind
5. Through living a good or even divine life


YOGA SUTRA I.3

- I.3 Tada drashtuh sva rupe vasthaa: “Then (upon the dissolution of the modifications of the mind-field) the seer rests in his own true nature.”
- “Dissolution of the modifications of the mind-field” means when the mind is quiet.
- “True nature” means “that which is everlasting and is not subject to death, decay or change in any condition”.
- Your essential nature is beyond your body, breath, senses, and mind.
- When you know that your body is something different from you, you will be a seer.

A seer is someone who has learned not to identify with the body, breath, senses, and mind, and is established in his essential nature, which is peace, happiness and bliss

PRANAYAMA
DB
NADI SHODHANA
DIRGA PRANAYAMA
An 8-Week Yoga Program for People with Moderate Disability Related to Multiple Sclerosis
Gould-Fogerite et al. v.0.01

Week 2  Session B (con’t)

ASANA

Standing behind chair, standing side facing chair, one hand on chair back

- Half Moon-side stretch-left arm, right arm
- Forward bend to waist height

Sitting in a chair:

- Eyes: up and down, side to side
- Eyes: diagonals, rotations
- Eye focus
- Mouth stretches
- Lion Pose
- Face massage
- Turtle stretch
- Neck up and down
- Head sideways
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open & close
- Torso stretch-front, back, sides, rotation
- Abdominal squeeze

Sitting in chair, or standing with hand on wall or back of chair

- Leg kicks
- Knee swirls

Sitting in Chair

- Ankle exercises
- Foot circles

Sit on center of chair, hold one side of chair, slide to opposite side, move opposite leg back

- Lunge (each side)

Lying on back

- Reclining twist
- Shavasana
Week 2 Session B (con’t)

RELAXATION
31 POINT RELAXATION (see Week 1 Session B)

MEDITATION
BEGINNING MANTRA MEDITATION (See Week 1 Session B)

[end of Week 2 Session B]
An 8-Week Yoga Program for People with Moderate Disability Related to Multiple Sclerosis
Gould-Fogerite et al. v.0.01

Week 3 Summary

Session A
- Philosophy: Yoga Sutra I.4, Intro to Sankhya: Purusha and Prakriti
- Breathing (Pranayama): Diaphragmatic (DB), Alternate Nostril (NS), Complete yogic (Dirgha pranayama), Shitali and Sitkari
- Postures (Asana): Standing overhead stretch, forward bend, warrior 1 legs, Joints and Glands seated, then floor, with Forehead/ Sinus massages and forehead stretch, cobra, child’s pose, and reclining twist.
- Relaxation: Body Awareness and Tense and Release Relaxation
- Meditation: Mindfulness Meditation

Session B
- Philosophy: Energy Centers: Chakra system
- Breathing (Pranayama): Diaphragmatic (DB), Alternate Nostril (NS), Complete yogic (Dirgha pranayama), Shitali and Sitkari
- Postures (Asana): Standing overhead stretch, forward bend, warrior 1 legs, Joints and Glands seated, then floor, Joints and Glands seated, then floor, with Eye Exercises, cobra, child’s pose, and reclining twist.
- Relaxation: 31 Points Relaxation
- Meditation: Chakra visualization

Home Practice
- Read the Philosophy write ups.
- Read the Breathing (Pranayama) write up.
- Practice DB in Crocodile pose non-class days.
- Check your breathing at least once per day to see if it’s DB. If not, see if you can switch to DB. If you have equal length inhale and exhale, you can lengthen exhale.
- Practice Alternate Nostril (NS), Complete yogic (DP), and Shitali or Sitkari breathing non-class days for 5 min. each.
- Practice the standing overhead stretch, forward bend, and warrior 1 legs using a chair, cobra, child’s pose, reclining twist, and a different section of the joints and glands exercises on the floor each non-class day for at least 15 minutes.
- Practice the eye exercises 2 non-class days.
- Practice each relaxation and meditation practice this week at least once.
Week 3 Session A

PHILOSOPHY

**yoga sutra I.4, Sankhya philosophy**

**THE FOURTH YOGA SUTRA OF PATANJALI**

*Sutra I.4 Vrtti sarupyam itaratr: Identification with the form and nature of the modifications of the mind makes you forget about your true nature*

When you forget your true nature, (ever wise, ever pure, and ever free) and identify with the objects of the world, then you feel confused. In this state of confusion, you feel sad, bewildered and lost.

*an introduction to sankhya philosophy: the concept of purusha and prakriti*

- The Sankhya system of philosophy is dualistic and believes that reality consists of Consciousness (Purusha) and Unconscious/Material (Prakrti). And that these are separate, equal, co-existent, interdependent realities.
- In Sankhya Philosophy, the main concern is the problem of suffering and pain in the universe, which arises from Purusha’s temporarily forgetting its true nature and identifying with Prakrti, the material nature of Reality.
- Material Reality (Prakrti) has three attributes, known as the gunas:
  1. Sattva: harmonious and pure
  2. Rajas: energetic and active
  3. Tamas: dark and inert
- Everything in the material universe (including humans) has these three attributes in differing relative amounts at any given time.
- When these three gunas are in total balance, Prakrti is in a state of equilibrium, and the yogi’s mind is completely still, so the individual consciousness may see only its true nature.
- When the individual consciousness wakes to its own nature through yoga, all these processes of false identification with the material aspect of reality cease and the individual attains the highest state of awareness.

Excerpt adapted from “An introduction to the six systems of Indian Philosophy” by Swami Veda Bharati. Himalayan Yoga tradition –Teacher training program

PRANAYAMA

Diaphragmatic Breathing
Alternate Nostril Breathing (Nadi Shodhana)
Complete Yogic Breath (Dirgha Pranayama)

Shitali Pranayama or Cooling breath

- Shitali is said to have a cooling and calming effect on the nervous system.
- To practice Shitali, you need to be able to curl the sides of your tongue inward so that it looks like a straw.
- Sit comfortably, slightly lower the chin, curl the tongue lengthwise, and project it out of the mouth to a comfortable distance.
- Inhale gently through the ”straw” formed by your curled tongue as you slowly lift your chin toward the ceiling, lifting only as far as the neck is comfortable.
- At the end of the inhalation, with your chin comfortably raised, retract the tongue and close the mouth. Exhale slowly through the nostrils as you gently lower your chin back to a neutral position. Repeat for 8 to 12 breaths.
Sitkari Pranayama
- The ability to curl the tongue is a genetic trait. If you can't, try an alternative technique called Sitkari Pranayama.
- Open the mouth slightly with your tongue just behind the teeth.
- Inhale slowly through the space between the upper and lower teeth, letting the air wash over your tongue as you raise your chin toward the ceiling.

At the end of the inhalation, close the mouth and exhale through the nostrils as you slowly lower your chin back to neutral. Repeat for 8 to 12 breaths

ASANA
Standing behind chair, facing chair, both hands on chair back
- Overhead stretch
- Forward bend to waist height
- One leg forward (Warrior I)

Sitting in a chair:
- Face massage
- Forehead and sinus massage
- Stretching forehead
- Mouth stretches
- Lion Pose
- Face massage
- Turtle stretch
- Neck up and down
- Head sideways
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open & close
- Torso stretch-front, back, sides, rotation
- Abdominal squeeze
- Leg kicks
- Knee swirls

Sitting in Chair
- Ankle exercises
- Foot circles

Sit on center of chair, hold one side of chair, slide to opposite side, move opposite leg back
- Lunge (each side)

Lying on stomach
- Cobra
- Child’s Pose

Lying on back
- Reclining twist
- Shavasana
Week 3  Session A (con’t)

RELAXATION
TENSE AND RELEASE (see Week 1 Session A)

MEDITATION
MINDFULNESS
Mindfulness is an awareness of the present moment so that one pays attention to whatever one is doing at the exact moment of the activity. Often times, the mind goes to the past and the future, worries, fantasizes and loses itself in different thoughts, which creates stress. Becoming aware and eventually letting go of these thoughts releases stress from our everyday life.

According to John Kabat-Zinn, there are seven pillars of mindfulness practice:

a) Non-judging
b) Patience
c) Beginner’s mind
d) Trust
e) Non-striving
f) Acceptance
g) Letting go

- Breathe diaphragmatically. Let your in breath and out breath become even, smooth, without a pause or a jerk. Notice your belly expand as you inhale and retract as you exhale.
- Become aware of your breath, feel the flow and touch of your breath in your nostrils. Notice the cool air in your nostrils as it comes in and warmer air as it comes out through your nostrils.
- Become aware of your thoughts. Observe your thoughts, feelings, attitudes, sensations or images that might come up in your mind, don’t ignore them or suppress them, nor analyze or judge their content. Just simply become aware of them and observe them.
- Become aware of the witness observing all your thoughts, feelings and attitudes as they flow in front of you, allowing them to freely pass by you.

- If you mind wanders, slowly guide it back by synchronizing it with your breath.

A description of mindfulness meditation by John Kabat-Zinn

[end of Week 3  Session A]
Week 3 Session B

PHILOSOPHY
THE CHAKRA SYSTEM

- Chakra means “wheel” in Sanskrit.
- Chakras are described as spinning energy centers in the body and are said to lie along the spine where prana or life force flows.
- According to yoga philosophy, there are psychological and physical aspects that correspond with each chakra.

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Location</th>
<th>Psychological Aspect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Root chakra (Muladhara)</td>
<td>Perineum</td>
<td>Survival, life and death, primitive fountain of self preservation</td>
</tr>
<tr>
<td>Sacrum chakra (Svadhisthana)</td>
<td>Area of organs of generation</td>
<td>Survival of the species, reproduction, primitive fountain of sex, creativity</td>
</tr>
<tr>
<td>Solar plexus chakra (Manipura)</td>
<td>Navel</td>
<td>Control, emotions, primitive fountain of food</td>
</tr>
<tr>
<td>Heart chakra (Anahata)</td>
<td>Space between the breasts</td>
<td>Compassion, love beyond ego, primitive fountain of sleep</td>
</tr>
<tr>
<td>Throat Chakra (Vishuddha)</td>
<td>Pit of throat</td>
<td>Nurturance, mental purification, communication</td>
</tr>
<tr>
<td>Third eye chakra (Ajna)</td>
<td>Area between the eyebrows</td>
<td>Intuition</td>
</tr>
<tr>
<td>Crown chakra (Sahasrara)</td>
<td>Crown of head</td>
<td>Samadhi, state of highest consciousness or awareness</td>
</tr>
</tbody>
</table>

PRANAYAMA
Diaphragmatic Breathing
Alternate Nostril Breathing (Nadi Shodhana)
Complete Yogic Breath (Dirgha Pranayama)
Shitali Pranayama or Cooling breath
Week 3 Session B (con’t)

ASANA
Standing behind chair, facing chair, both hands on chair back
- Overhead stretch
- Forward bend to waist height
- One leg forward (Warrior I)

Sitting in a chair:
- Eyes up and down, side to side
- Eyes diagonals, rotations
- Eye focus
- Mouth stretches
- Lion Pose
- Face massage
- Turtle stretch
- Neck up and down
- Head sideways
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open & close
- Torso stretch-front, back, sides, rotation
- Abdominal squeeze
- Leg kicks
- Knee swirls
- Ankle exercises
- Foot circles

Lying on stomach
- Cobra
- Child’s Pose

Lying on back
- Reclining twist

Shavasana

RELAXATON
31 POINT RELAXATION (see Week 1 Session B)
Week 3 Session B (con’t)

MEDITATION
ENERGY CENTER (CHAKRA) VISUALIZATION

- With your whole body relaxed, visualize your spine inside your body. Breathe with the awareness of your spine from your tail bone to the crown of your head.
- Imagine your energy centers, your chakras, along the axis of your spine at all of your major organ centers. We are now going to energize these centers.
- Move your awareness to the base of your torso just below the spine. This is the first energy center (chakra), Muladhara. Breathe and focus positive healing energy here with the color red, and thoughts and feelings of security and safety.
- Move your awareness slowly from the base of your torso to your low belly deep between your hip bones. This is your second energy center (chakra), Swadisthana. Breathe and focus positive healing energy here with the color orange and thoughts and feelings of emotional harmony and balance.
- Move your awareness up the spine to your solar plexus, just above your navel area. This is your third energy center (chakra), Manipura. Breathe brilliant sun yellow into this center, filling it with healing energy and strength of purpose.
- Move your awareness to your heart center, your fourth energy center/chakra, Anahata. Breathe and focus positive healing energy, loving kindness, forgiveness, and self-compassion with the color green into your heart center.
- Move your awareness into the pit of your throat, your fifth energy center (chakra) Vishuddi. Breathe and focus positive healing energy here with the color sky blue and thoughts of speaking your truth.
- Move your awareness up to your eyebrow center. Sixth energy center/chakra, Ajna, which governs intuition and awareness. Focus positive healing energy here with the color purple/indigo and thoughts of openness, spaciousness, of tuning into your higher consciousness.
- Become aware of the top of your head, the seventh energy center/crown chakra, Sahasrara: governs highest/cosmic consciousness, self-realization, and bliss. Focus your energy here at your crown with crystal white light filling your crown, intensifying luminescent crystal white light showering over your head, showering down, surrounding your body, fountain of crystal white light flows inside your body, fills your body, your spine, your energy centers/chakras, your organs, your bones, every cell filled with crystal white light. Bathe in this crystal white light. Your whole body and energy centers bathed in positive, balancing healing energy. Your whole body bathed in crystal white light.
- Become aware of your physical body. Become aware of the room and the sounds in the room. Slowly move your body, gently stretching. When you feel ready, cup your eyes with your palms. Slowly open your eyes into your palms. Slowly remove palms from your eyes and return to full conscious wakening.

Adapted from Chakra Visualization Meditation by Diane Speer

[end of Week 3 Session B]
Week 4  Summary

Session A
- Philosophy: Yamas 1-3
- Breathing (Pranayama): Diaphragmatic (DB), Alternate Nostril (Nadi Shodhana), Complete yogic (Dirgha), Victorious breath (Ujjayi).
- Postures (Asana): Mountain pose, Standing overhead stretch, standing downward dog, lunge/warrior 1 legs, Joints and Glands seated, with Forehead/ Sinus massages and forehead stretch, floor seated twist with one straight leg, cobra, and reclining twist.
- Relaxation: Body Awareness; Sweeping Breath
- Meditation: Mindfulness Meditation

Session B
- Philosophy: Yamas 4& 5
- Breathing (Pranayama): Diaphragmatic (DB), Alternate Nostril (NS), Complete yogic (Dirgha), Shitali/Sitkari, Victorious breath (Ujjayi).
- Postures (Asana): Mountain pose, Standing overhead stretch, standing downward dog, lunge/warrior 1 legs, Joints and Glands seated, with Forehead/ Sinus massages and forehead stretch, floor seated twist with one straight leg, cobra, and reclining twist.
- Relaxation: Body Awareness; Sweeping breath (21 breaths)
- Meditation: Chakra visualization

Home Practice
- Read the Philosophy write ups.
- Read the Breathing (Pranayama) write up.
- Practice DB in Crocodile pose non-class days.
- Check your breathing at least once per day to see if it’s DB. If not, see if you can switch to DB. If you have equal length inhale and exhale, you can lengthen exhale.
- Practice Alternate Nostril (NS), Complete yogic (DP), and Shitali or Sitkari breathing non-class days for 5 min. each.
- Practice the standing overhead stretch, downward dog, and lunge/warrior 1 legs using a chair, a different section of the joints and glands exercises, and seated twist and cobra on the floor each non-class day for at least 20 minutes.
- Practice the eye exercises 2 non-class days.
- Practice each relaxation and meditation practice this week at least once.
An 8-Week Yoga Program for People with Moderate Disability Related to Multiple Sclerosis
Gould-Fogerite et al. v.0.01

Week 4 Session A

PHILOSOPHY
YAMAS 1-3
The yamas constitute the ethical foundation in our lives to help us regulate our relationship with others. These are the first three yamas.

Non violence (Ahimsa)
In sanskrit, a is a prefix which means “not” and himsa means “harming, injuring, hurting, or killing”. Ahimsa means non harming, yourself or others in action, speech and thought.

Truthfulness (Satya)
A way to practice truthfulness is by not lying, and only speaking what you know to be a fact. Truth should also be spoken with kindness and love.

Non-stealing (Asteya)
Stealing is a habit that weakens the personality. When people steal, they are depriving others from what is rightfully theirs. These could be objects, ideas, recognition, or other subtle things.

PRANAYAMA
DB
NADI SHODHAN
DIRGHA

UJJAJI (Victorious Breath)

- Ujjayi can be translated as “victory arising from a process of expansion”.
- According to yoga, ujjayi might help with lowering blood pressure and heart rate. It also quiets the mind.
- Sit straight, so that your back, neck and head are aligned.
- Inhale through your nose, then, exhale through the mouth while pronouncing the sound HAAAAAAA.
- Continue by inhaling and exhaling through your nose with your mouth closed.
- Inhale through your nose. Exhale through your nose, while generating the sound HA with your breath. Allow the sound to come out of the back of your throat, creating a soft hissing sound.
- Continue for two minutes. With practice, you may gradually increase your time from 5 to 8 minutes.
Week 4 Session A (con’t)

ASANA

Standing behind chair, facing chair, both hands on chair back
- Mountain pose-tadasana
- Overhead stretch-left arm, right arm, both if comfortable
- Standing Downward Dog-little push up if comfortable (hands on chair seat-heels to wall)
- Lunge - One leg forward, knee bent, other leg back, then reverse hands on chair back

Sitting
- Forehead and Sinus massage
- Stretching Forehead
- Mouth stretches
- Lion Pose
- Face massage
- Turtle stretch
- Neck up and down
- Head sideways
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open & close
- Torso stretch-front, back, sides, rotation
- Abdominal squeeze

Standing behind chair sideways, or remain sitting
- Leg kicks
- Knee swirls
- Ankle exercises-up, down, side to side
- Foot circles

On the floor
- Seated twist-one leg straight-one knee up-foot over leg
- Cobra
- Shavasana
Week 4 Session A (con’t)

RELAXATION

BODY AWARENESS (see Week 1 Session A)

SWEEPING BREATH (21 BREATHS)

- Engage in diaphragmatic breathing. Let your awareness flow to the crown of your head, and slowly guide your breath from the crown of your head to your toes as you breathe out and from your toes to your head as you breathe in. Repeat two times.
- Become aware of your toes, and slowly guide your breath from your toes to your knees as you inhale and from your knees to your toes as you exhale. Repeat two times.
- Become aware of your knees, and slowly guide your breath from your knees to your pelvic area as you inhale and from your pelvic area to your knees as you exhale. Repeat twice.
- Notice your pelvic area, and slowly guide your breath from your pelvic area to your navel as you inhale and from your navel to your pelvic area as you exhale. Repeat twice.
- Become aware of your navel area, and slowly guide your breath from your navel area to your heart center as you inhale from your heart center to your navel as you exhale. Repeat twice.
- Notice your heart center, and slowly guide your breath from your heart center to the pit of the throat as you inhale from the pit of your throat to your heart center as you exhale. Repeat twice.
- Become aware of your throat, and slowly guide your breath from the pit of your throat to your third eye as you inhale and exhale from your third eye to your throat. Repeat twice.
- Become aware of your breath and your whole body. Slowly open your eyes.

MEDITATION

MINDFULNESS MEDITATION

Mindfulness is an awareness of the present moment so that one pays attention to whatever one is doing at the exact moment of the activity. Often times, the mind goes to the past and the future, with regrets, worries, and fantasies, and becomes lost in thoughts which create stress. Becoming aware and eventually letting go of these thoughts releases stress from our everyday life.

According to John Kabat-Zinn, who has developed the Mindfulness Based Stress Reduction program in the US, there are seven pillars of mindfulness practice:

1. Non-judging
2. Patience
3. Beginner’s mind
4. Trust
5. Non-striving
6. Acceptance
7. Letting go

- Breathe diaphragmatically. Let your in breath and out breath become even, smooth, without a pause or a jerk. Notice your belly expand as you inhale and retract as you exhale.
- Become aware of your breath, feel the flow and touch of your breath in your nostrils. Notice the cool air in your nostrils as it comes in and warmer air as it comes out through your nostrils.
Week 4 Session A (con’t)

- Become aware of your thoughts. Observe your thoughts, feelings, attitudes, sensations or images that might come up in your mind, don't ignore them or suppress them, nor analyze or judge their content. Just simply become aware of them and observe them.
- Become aware of yourself witnessing all your thoughts, feelings and attitudes as they flow in front of you, allowing them to freely pass by you.
- If you get distracted, come back to your breath, and witness your thoughts, feelings and attitudes.

Adapted from a description of mindfulness meditation by John Kabat-Zinn

[end of Week 4 Session A]
Week 4 Session B

PHILOSOPHY
YAMAS 4-5
The yamas constitute the ethical foundation in our lives to help us regulate our relationship with others. Following are yamas 4 and 5.

Non-possessiveness (Aparigraha).
It concerns not being possessed by your possessions, of reducing attachment to the material world. It also applies in reducing cravings- to be content with what we have.
Another way to practice non-possessiveness is to lessen expectations that we might have of others.

Celibacy or Moderation (Brahmacharya)
Brahmacharya means “walking with GOD”. It concerns celibacy or moderation.
When speaking of sexuality, the translation would be celibacy. For a monk who has taken vows and wants to use his energy toward knowing GOD, celibacy is appropriate.
For the average person, we want to moderate the outward movement of all the senses (so for instance also conquer gluttony).

PRANAYAMA
DB
NADI SHODHANA
DIRGHA
SHITALI/SITKARI
UJJAYI

ASANA
Standing behind chair, facing chair, both hands on chair back

- Mountain pose-tadasana
- Overhead stretch-left arm, right arm, both if comfortable
- Standing Downward Dog-little push up if comfortable (hands on chair seat-heels to wall)

- Lunge - One leg forward, knee bent, other leg back, then reverse hands on chair back

Sitting

- Eyes, up & down, side to side
- Eyes, diagonals, rotations
- Eye focus
- Lion Pose
- Face massage
- Turtle stretch
- Neck up and down
- Head sideways
- Turning neck
- Neck rolls
- Shoulder rotations
Week 4 Session B (con’t)

Sitting

- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open & close   Front & back
- Torso stretch-front, back, sides, rotation
- Abdominal squeeze

Standing behind chair sideways, or remain sitting

Leg kicks (hand on chair back, if standing)

- Knee swirls
- Ankle exercises-up, down, side to side
- Foot circles

On the floor

- Seated twist
- Sitting on floor Twist
- Cobra   Lying on belly
- Shavasana

RELAXATION
BODY AWARENESS (See Week 1 Session A)
SWEEPING BREATHS (21 Breaths)  (See Week  4 Session A)

MEDITATION
CHAKRA VISUALIZATION (See Week 3 Session B)

[end of Week 4 Session B]
An 8-Week Yoga Program for People with Moderate Disability Related to Multiple Sclerosis
Gould-Fogerite et al. v.0.01

Week 5 Summary

Session A

- Philosophy: Niyamas 1-3
- Breathing (Pranayama): Diaphragmatic (DB), Alternate Nostril (NS), Complete yogic (Dirgha), Bee (Brahmari).
- Postures (Asana): Mountain pose, Standing overhead stretch, Forward bend, beginning of joint and glands seated (face), then on floor, cat and cow, leg extensions, child’s pose, lying on back tree pose, reclining twist with one straight leg, one knee bent.
- Relaxation: Point to Point
- Meditation: Compassion Meditation

Session B

- Philosophy: Niyamas 4& 5
- Breathing (Pranayama): Diaphragmatic (DB), Complete yogic (Dirgha), Bee (Brahmari), Victorious breath (Ujjayi), Alternate Nostril (NS).
- Postures (Asana): Facing wall: Standing overhead stretch, standing downward dog, lunge/warrior 1, Joints and Glands seated (face, eyes), then on floor, cat and cow, leg extensions, child’s pose, lying on back tree pose, reclining twist with one straight leg, one knee bent.
- Relaxation: Sweeping breath (21 breaths)
- Meditation: Compassion Meditation

Home Practice

- Read the Philosophy write ups.
- Read the Breathing (Pranayama) write up.
- Practice DB in Crocodile pose a few min. non-class days.
- Check your breathing at least once per day to see if it’s DB. If not, see if you can switch to DB. If you have equal length inhale and exhale, you can lengthen exhale.
- Practice all the breathing practices covered this week on the non-class days for at least 3 min. each.
- Practice mountain pose, and standing overhead stretch, forward bend, and warrior 1 legs using a chair or using a wall. OR Practice cat and cow, child’s pose, reclining twist, and tree on the floor each non-class day.
- Practice a different section of the joints and glands exercises on the chair or standing each non-class day for at least 10 minutes.
- Practice the eye exercises 2 non-class days.
- Practice each relaxation at least once and the meditation practice twice.

Please note: You can do the home practices in short segments as you can fit them in throughout the days.
Week 5 Session A

PHILOSOPHY

NIYAMAS 1-3
The niyamas are observances or an internal code of conduct. They regulate our habits. These are the first three niyamas:

Purity (Shaucha)
Shaucha means “to cleanse yourself from within or purify all levels of your being”.
It refers to purity on all levels: physical, mental and emotional levels as well as purification of the senses (vision, hearing, smell, taste and touch)

Contentment (Santosha)
Our degree of contentment has nothing to do with how much we possess.
If you do any actions according to your full capacity and skills, you should be content to accept whatever you receive from those actions.

Effort (Tapas)
The word tapas is related to fire, so literally it means “that which heats/burns us”, which refers to developing a burning desire for knowing our true nature (ever pure, ever wise and ever free).
The basic principles of tapas are:
   - Living a simple life
   - Keep moderation in sensual indulgence
   - Focus on meditation
   - Serve other human being

PRANAYAMA
DB
NS
DIRGHA
SHITALI, SITKARI

ASANA

Standing, facing chair, both hands on chair back

- Mountain pose-ground through feet, extend thru head
- Overhead stretch-left arm, right arm, both if comfortable
- Forward bend to waist height

Week 5 Session A (con’t)
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Sitting in chair

- Forehead and Sinus massage
- Stretching Forehead
- Mouth stretches
- Lion Pose
- Face massage

On the floor (on back)

- Turtle stretch-lift, pull back
- Chin up and down
- Ear to shoulder, head on ground
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations-Fingers-open, close - in, out
- Torso stretch-front lift, back extend, sides one arm up
- Abdominal squeeze
- Leg kicks-point and flexLifting one leg-support leg w/ hands around back of leg if needed
- Knee swirls-rotate lower leg
- Ankle exercises
- Foot circles

Hands and knees

- Cat (arched back-exhale) and Cow (straight back-inhale)-alternate poses 3 time: Cat-exhale, knee in, head down; Cow-inhale, leg back, head up
- Childs pose- arms extended, hips back toward heels

On the floor (on back)

- Tree
- Twist
- Shavasana
Week 5 Session A (con’t)

RELAXATION

POINT TO POINT RELAXATION
You can keep your eyes open for this exercise. If at any point of this exercise, you feel the need to close your eyes, please do so. You don’t have to force your eyes to stay open.

Sit with your back, neck and head aligned.

- Relax your forehead; relax your eyes and the eyebrow area.
- Relax your nostrils, and relax your cheeks.
- Relax your jaw, and the corners of your mouth.
- Relax your chin. Relax your neck muscles.
- Observe each part that you go through.
- Relax your shoulders and shoulder joints.
- Relax your upper arms. Relax the area of your elbows. Relax your forearms.
- Relax your wrists, hands, fingers and fingertips.
- Relax your fingers. Relax your finger joints. Relax your hands.
- Relax your wrists, relax your forearms, and relax the area of your elbows. Relax your upper arms.
- Relax your shoulder joints. Relax your shoulders. Relax your chest.
- Relax your heart area.
- Relax your stomach and navel area. Relax your abdominal area.
- Relax the area of your hip joints. Relax your thighs, knees, calf muscles, ankles, feet and toes.
- Relax your toes, feet, ankles, calf muscles, knees, thighs, and hip joints.
- Relax your abdomen, navel, stomach, heart area, chest, shoulder, shoulder joints, upper arms, elbows, forearms, wrists, hands, fingers, and finger tips.
- Relax your fingertips, finger joints, hands, wrists, forearms, elbows, upper arms, shoulder joints and shoulders.
- Relax your neck muscles, chin, jaw and corners of the mouth.
- Relax your cheeks, nostrils, eyes and the eyebrow area.
- Relax your forehead and observe the state of your mind.
- Observe the state of your breath.
Week 5 Session A (con’t)

MEDITATION

COMPASSION MEDITATION

- Close your eyes. Become aware of your breath and notice the flow of your breath in your nostrils.
- Begin by visualizing, imagining or thinking of someone who you know and have a good relationship with—someone who you care about deeply.
- Visualize this person in front of you, sense his or her presence, and share these phrases in silence "May you be free of pain and sorrow. And, may you be well and happy” or any other phrase that you feel shows love and compassion.
- Next, allow your attention to shift inward and offer the same phrase(s) to yourself in silence: "May I be free of pain and sorrow. May I be well and happy."
- When you are ready, visualize someone who you find difficult. Get a feeling for the person's presence, and offer the phrases to her or him in silence. If you are able to say the phrases fine, if you are not able to say it, it’s fine also. Just observe the moment, without any judgment.
- Then turn to someone who you might see often but who you don’t really know—perhaps the person who bags your groceries at the supermarket. Even without knowing his or her name, you can get a sense or an image of the person. Share the same phrases of compassion that you used before with him or her.
- Image or visualize the whole world, see people everywhere. Visualize nature; imagine the animals, plants, even the mineral kingdom. Share these phrases, mentally: "May all beings be free of pain and sorrow. May all be well and happy.

[end of Week 5 Session A]
Week 5  Session B

PHILOSOPHY

NIYAMAS 4-5
The niyamas are observances or an internal code of conduct. They regulate our habits.

Study of the Self (Svadhyaya)
Svadhyaya is the study of different practices that will lead to the discovery of our true nature (study of the scriptures, study of the lives and teachings of the great sages/teachers, observing the self and doing japa (practice of mantra).
Self study will help us to know the areas that might need improvement as well as the deeper potentials within ourselves.

Surrender to the supreme force (Ishvara pranidhana )
As part of this practice, we try not to do our acts for personal ends but to offer our acts and their fruits to the supreme force.
For this you may use the name of divinity of your own religious tradition. If you are an atheist, you may choose to use a moral concept.

PRANAYAMA

DB
DIRGHA
BRAHMARI
UJJAYI
NS

Brahmari (Bee breath)
According to yogic teaching, the bee breath is very useful for relaxing the nervous system and mind.
The sound of buzzing like a bee is made during exhalation.
Let your spine, neck and head be aligned.
Relax your jaw, and the area of your neck.
You can allow your eyes to close, or remain with your eyes open, whatever feels comfortable for you at this moment.
Using diaphragmatic breathing, close your mouth, inhale through both nostrils, allowing your upper belly and lower ribs to expand.
As you exhale through both nostrils in a manner similar to Ujjayi breath, make a humming sound like a buzzing bee. Your upper abdomen should come inward, while your upper chest remains relatively still.
Become aware of the feel of the vibration in the face and neck area.
Repeat the practice for several minutes.
Week 5 Session B (con’t)

**ASANA**

**Standing**
- Overhead stretch-near wall-walk hands up wall
- Downward Dog-walk back, sliding hands down wall-extend chest toward wall
- Lunge - One leg forward, knee bent, other leg back, & reverse (hands on wall)

**Sitting in chair**
- Eyes, up & down, side to side
- Seated chair-Face Bl through chair, floor
- Eyes, diagonals, rotations, focus
- Mouth stretches
- Lion Pose
- Face massage- heels of hands

**Lying on back, head toward wall**
- Turtle stretch-lift, pull back
- Chin up and down
- Ear to shoulder, head on ground
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open, close - in, out
- Torso stretch-front lift, back extend, sides one arm up
- Abdominal squeeze
- Leg kicks
- Knee swirls
- Ankle exercises
- Foot circles

**Hands and knees**
Cat (arched back-exhale) and Cow (straight back-inhale)-alternate poses 3X
Cat-exhale, knee in, head down; Cow-inhale, leg back, head up alternate poses 3X

**Childs pose**

**Lying in backs, feet touch wall**
- Tree
- Twist
- Shavasana
Week 5 Session B (con’t)

**RELAXATION**

SWEEPING BREATHS (21 Breaths) (See Week 4 Session A)

**MEDITATION**

COMPASSION MEDITATION (See Week 5 Session A)

[end of Week 5 Session B]
Week 6 Summary

Session A

- Philosophy: Asana (Postures)
- Breathing (Pranayama): Diaphragmatic (DB), Complete yogic (Dirgha), Cooling (Shitali, Sitkari), Victorious breath (Ujjayi), Alternate Nostril (NS).
- Postures (Asana): Mountain pose, Standing Tree, joints and glands seated (face), standing for J&G legs, seated backward bend, seated wide legged forward bend, seated twist.
- Relaxation: Tense and Relax
- Meditation: Contemplative walking

Session B

- Philosophy: Withdrawal of the senses (Pratyahara)
- Breathing (Pranayama): Diaphragmatic (DB), Complete yogic (Dirgha), Cooling (Shitali, Sitkari), Victorious breath (Ujjayi), Alternate Nostril (NS).
- Postures (Asana): Facing wall: Standing overhead stretch, standing downward dog, Joints and Glands seated (face, eyes) , standing for J&G legs and Warrior II with wall, to floor, cobra, child’s pose, reclining twist both knees bent.
- Relaxation: Point to point-on floor
- Meditation: Meditation on a Flame (Trataka) -seated

Home Practice

- Read the Philosophy write ups.
- Read the Breathing (Pranayama) write up.
- Practice DB in Crocodile pose a few min. non-class days.
- Check your breathing at least once per day to see if it’s DB. If not, see if you can switch to DB. If you have equal length inhale and exhale, you can lengthen exhale.
- Practice all the breathing practices covered this week on the non-class days for at least 3 min. each practice (at least 12 minutes total).
- Practice mountain pose and tree standing with chair, and seated backward bend, wide legged forward bend and twist OR Practice standing overhead stretch, downward dog, and warrior II using a using a wall and chair, and cobra, child’s pose, and reclining twist, on the floor each non-class day.
- Practice a different section of the joints and glands exercises on the chair or standing each non-class day for at least 10 minutes.
- Practice the eye exercises 2 non-class days.
- Practice tense and relax, and point to point relaxations at least once and the meditation on a flame (or other object) once and contemplative walking twice.
PHILOSOPHY

ASANA
Asana means posture or a seat.
In yoga, there are two types of asana: the physical postures and the meditative postures.

PHYSICAL POSTURES
The physical postures are important to keep the body healthy.
According to yoga, the continuous practice of asana will lead someone to have a strong and supple body, and keep that person from disease and ill health.
There are different types of physical postures: standing (e.g. tree and warrior poses), sitting (butterfly), backward bending (cobra), forward bending (child’s pose) as well as spinal twists (reclining or sitting) and inverted postures (bridge).

MEDITATIVE POSTURES
The continuous practice of meditative postures will allow one to sit comfortably and still for longer periods of time.
Practicing meditation regularly will eventually lead the person to a state of general well-being and peace.
There are different types of meditative postures: easy pose (sukhasana), lotus posture (padmasana), accomplished pose (siddhasana), the auspicious posture (svastikasana), and the friendship pose (maitreyasana).
Friendship pose is done by sitting on a chair with the feet flat on the floor, spine, neck and head aligned, and the hands resting slightly above the knees.

PRANAYAMA
DB
DIRGHA
SHITALI
UJJAYI
NADI SHODHANA

ASANA
Standing behind chair, facing chair, both hands on chair back
  - Mountain pose-ground through feet, extend thru head
  - Tree

Sitting in chair
  - Forehead and Sinus massage
  - Stretching Forehead
  - Mouth stretches
  - Lion Pose
  - Face massage- heels of hands
  - Turtle stretch-lift, pull back
  - Chin up and down
  - Ear to shoulder, head on ground
  - Turning neck
  - Neck rolls
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- Shoulder rotations

**Week 6 Session A (con’t)**

**Sitting in Chair (con’t)**

- Flexing Elbows
- Wrist bends
- Hand rotations Fingers-open, close - in, out
- Torso stretch-front lift, back extend, sides one arm up
- Abdominal squeeze

Standing behind chair, right hand chair, do all left leg, then turn and do right leg

- Leg kicks
- Knee swirls-rotate lower leg
- Ankle exercises
- Foot circles

**Sitting on chair**

- Backward bend
- Wide legged forward bend
- Twist
Week 6 Session A (con’t)

RELAXATION
TENSE AND RELEASE (see Week 1 Session A) (SEATED)

MEDITATION
CONTEMPLATIVE WALKING
Contemplative walking is a form of moving meditation. You can practice this almost any time you are walking (but not while crossing the street!).

- During contemplative walking, the mind, breath, and 5 cognitive senses (smelling, tasting, seeing, touching and hearing) need to be coordinated.
- Relax your shoulders, with your hands on your walker, holding cane, or place on your belly, with right hand over left hand, thumbs touching.
- Walking normally, become aware of your whole body and the coordinated movement of your feet, hands and eyes.
- Engage in diaphragmatic breathing; inhale and exhale equal volume and force, flowing smoothly, without a jerk or pause.
- Relax your stomach and navel area. Belly comes out on the inhale, goes in on the exhale. Lengthen your exhale as it is comfortable.
- Incorporate the mantra So Ham (pronounced So Hum) as you walk. This is done silently, without uttering the words. As you breathe in, think the sound “So”, and as you breathe out, think the sound “Hum”. Continue saying the mantra mentally while being aware of your breathing.
- Walking slowly, really notice the process. As you extend your foot forward, let the heel contact the ground first. Gradually transfer your weight onto that foot as it fully contacts the floor and the heel of the back foot lifts up.
- Transfer your weight fully to the front foot, engaging your toes, as you lift the back foot and bring it forward, heel first. Continue, maintaining balance and awareness.
- Focus your eyes on the ground a few feet ahead. You can try curling your tongue back into the roof of your mouth. As you walk, practice contracting the muscles of the pelvic floor for a few breaths and then relaxing them.
- Continue for as long as you like and are comfortable or when you reach your destination. Then release the mantra and come to a stop.

[end of Week 6 Session A]
Week 6 Session B

PHILOSOPHY

PRATYAHARA: WITHDRAWAL OF THE SENSES

Pratyahara means to learn to “withdraw the senses from the objects of the world in a conscious manner”.

According to yoga philosophy, the mind functions along ten avenues or senses (elimination, procreation, moving, holding/grasping, speaking, smelling, tasting, touching, hearing and seeing). Before meditation, one would first restrain from engaging in actions that would distract the mind, thus withdrawing the senses from the objects of sense perception.

Afterwards, the mind starts to turn within to eventually arrive into a meditative state. The practices preparing for meditation, like relaxation, diaphragmatic breathing with breath awareness, and closing the eyes (for seated meditation), all support this process of turning the attention inward.

PRANAYAMA

DB
DIRGHA
SHITALI
UJJAYI
NADI SHODHANA

ASANA

Standing

- Overhead stretch-walk hands up wall- One hand off wall, palm inward hand up, then both if comfortable. facing wall hands on wall S
- Downward Dog

Sitting in chair

- Eyes, up & down, side to side
- Eyes, diagonals, rotations, focus
- Mouth stretches
- Lion Pose
- Face massage- heels of hands
- Turtle stretch-forward, back
- Chin up and down
- Ear to shoulder
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations Fingers-open, close - in, out
- Torso stretch-front, back, sides
- Abdominal squeeze
**Week 6 Session B (con’t)**

Standing behind chair; do all left leg, then turn and do right leg

- Leg kicks—point and flex
- Knee swirls—rotate lower leg
- Ankle exercises
- Foot circles
- Warrior II (back foot and hand supported by wall)

On the floor

- Cobra
- Childs pose
- Twist
- Shavasana

**RELAXATION**

POINT TO POINT (see Week 5 Session A) (on floor)

**MEDITATION**

MEDITATION ON A FLAME (TRATAKA)

Trataka uses vision as the means for focusing attention, and it involves gazing at a flame, a symbol or a geometric pattern to help calm the mind.

According to the yogic perspective, trataka meditation can help strengthen the eyes, and enhance concentration.

Place a candle on a table about 4 feet away from you and turn the lights off in the room.

Sit on a chair with your spine, neck and head aligned. Place a blanket under your feet, if needed. Your hands should be on your thighs with palms facing up.

Relax and begin with some mild stretching exercises for the eyes. Breath in, raise your eyebrows and stretch the muscles all around the eyes. Breath out, release the stretch.

Next, stare at the candle flame in front of you long enough so that everything else in the room disappears and all you see is the flame.

Once you have the flame imprinted in your mind, gently close your eyes.

Most people see a shape forming in the middle of their eyebrows. It is usually the outline of the flame with either a purple, red, orange or blue color. Whatever shape or color you see is fine.

Visualize the image between your eyebrows, and hold the vision in the center for as long as you can. If the image starts moving to the left, the right, or down, gently, bring it back to the center between your eyebrows.

Continue with this exercise until you no longer see the flame. Open your eyes and look at the flame when the vision disappears.

[end of Week 6 Session B]
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Week 7 Summary

Session A

- Philosophy: Concentration (Dharana)
- Breathing (Pranayama): Diaphragmatic (DB), Complete yogic (Dirgha), Shining skull (Kapalabhati), Cooling (Shitali, Sitkari), Alternate Nostril (NS).
- Postures (Asana): Facing & using wall: Standing overhead stretch, standing downward dog, plank-push up, joints and glands seated (face), standing for J&G legs, Warrior II, Triangle, floor for locust, knees toward head, reclining one leg straight twist.
- Relaxation: Sweeping breath-floor
- Meditation: Meditation on a Flame (Trataka) -seated

Session B

- Philosophy: Meditation (Dhyana)
- Breathing (Pranayama): Diaphragmatic (DB), Complete yogic (Dirgha), Shining skull (Kapalabhati), Bee (Shitali, Sitkari), Alternate Nostril (NS).
- Postures (Asana): Mountain pose, Standing Tree, Warrior I, Joints and Glands seated (face, eyes), use strap for J&G ankles and feet, floor for locust, one legged forward bend (strap), seated twist one leg straight.
- Relaxation: Point to point-on floor
- Meditation: Contemplative walking

Home Practice

- Read the Philosophy write ups.
- Read the Breathing (Pranayama) write up. Session A-B
- Practice DB in Crocodile pose a few min. non-class days.
- Check your breathing at least once per day to see if it’s DB. If not, see if you can switch to DB.
  - If you have equal length inhale and exhale, you can lengthen exhale.
- Practice all the breathing practices covered this week on the non-class days for at least 3 min. each practice (at least 15 minutes total).
- Please refer to the asana tables for the class for descriptions and the pictures of the asanas. Practice (Monday’s poses) standing overhead stretch, downward dog, and plank-push up, using a wall, and Warrior II and Triangle (wall and chair), and on floor do locust, knees toward head, reclining twist one leg straight. OR Practice (Thursday’s poses), Mountain pose, Standing Tree, Warrior I, seated one legged forward bend with strap, and seated one legged twist, on the floor each non-class day.
- Practice a different section of the joints and glands exercises on the chair or standing each non-class day for at least 10 minutes. Practice the eye exercises 2 non-class days. Tues Practice sweeping breath and point to point relaxations at least once and the meditation on a flame (or other object) once and contemplative walking twice.
Week 7    Session A

PHILOSOPHY
CONCENTRATION (DHARANA)
In yoga practice, concentration is one step prior to meditation. With proper concentration, it is easier to enter into a meditative state.
Concentration is the process of engaging the attention of the mind onto an object which could be an image, object or a mantra. Mantra is a word or series of words that have a particular effect on the mind.
A way to strengthening concentration is by doing practices such as the meditation on the candle (trataka) or focusing on a mantra or word.
The best way to practice concentration is to bring your total awareness toward one action at a time. This can be practiced throughout your daily activities, as well as a preparation for meditation

PRANAYAMA
DB
DHIRGA

KAPALABHATI (SHINING SKULL BREATH)
Kapalabhati is one of the cleansing practices of hatha-yoga.
According to yoga tradition, it helps clear the lungs and sinuses and increases energy
Excessive of incorrect use of this practice can have contraindications for untreated high blood pressure, some (but not all) cardiac disease, glaucoma, hiatal or inguinal hernia, or gastric ulcer. Care should be exercised for those who are prone to nosebleeds.
Sit in a comfortable sitting posture with head, neck and trunk aligned.
Become aware of the flow of your breath using diaphragmatic breathing
Begin to make vigorous exhalations using the muscles on your lower abdomen followed by passive, relaxed inhalations.
Keep a regular rhythm, no faster than once per second. You should aim to expel most of the air in your lungs on the exhale.
Practice kapalabhti 7 times, followed by 3 slow diaphragmatic breaths
Repeat once or twice more.

SHITALI-SITKARI
NADI SHODHANA
Week 7 Session A (con’t)

ASANA
Standing

- Overhead stretch (walk hands up wall)
- Downward Dog (sliding hands down wall)
- Plank-push up

Sitting in chair

- Forehead and Sinus massage
- Stretching Forehead
- Mouth stretches
- Lion Pose
- Face massage- heels of hands
- Turtle stretch-forward, back
- Chin up and down
- Ear to shoulder
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows/Wrist bends
- Hand rotations
- Fingers-open, close - in, out
- Torso stretch-front, back, sides
- Abdominal squeeze

Standing behind chair; do all left leg, then turn and do right leg

- Leg kicks-point and flex
- Standing or seated
- Knee swirls-rotate lower leg
- Ankle exercises-up, down, rt, left
- Foot circles
- Warrior II (back foot and hand supported by wall)
- Triangle (back foot to wall, front arm over chair back to seat, other arm straight up)

On the floor

- Locust
- Knees toward head- arms around knees or holding back of legs, raise head toward knees, lower head and circle knees. Roll over onto back-bring knees toward head
- Twist
- Shavasana

RELAXATION
Sweeping Breath (See Week 4 Session A)

MEDITATION
MEDITATION ON A FLAME (Trataka) (See Week 6 Session B)

[end of Week 7 Session A]
PHILOSOPHY
MEDITATION (DHYANA)
Meditation is the practice of continuous concentration of the mind to a single point of focus on the breath or mantra.
Steps through the process of meditation

- Relax the body from your head to your toes and from your toes to your head.
- Sit in a comfortable, steady position with your head, neck and trunk aligned.
- Become aware of the breath to eventually make it serene and diaphragmatic.
- With a calm nature, observe the thoughts that come through the mind.
- Practice remaining centered and undisturbed. Do not judge your thoughts to be good or bad, or engage in where they might lead.

Mantra Meditation
Mantra is a word or a series of words that have a particular effect on the mind, it allows us to concentrate and go into deeper levels of meditation.
Establish diaphragmatic breathing. Observe the gentle expansion of your belly as you inhale and relaxation as you exhale.
Let the mantra So Ham (pronounced So Hum) come to your mind. So Ham means “I am That” in Sanskrit. Think “hum” as you exhale, and “so” as you inhale. Or you can use your favorite name of the Divinity, or a short sacred phrase or prayer from your spiritual tradition.
Or, you could use or simply count “1” on your inhale and “2” on the exhale.
Let every breath be that name or phrase you’ve chosen.

PRANAYAMA
DB
DHIRGA
SHINING SKULL BREATH (KAPALABHATI)
BEE BREATH (BRAHMARI)
NADI SHODHANA
Week 7  Session B (con’t)

ASANA

Standing behind chair, hands on chair back
- Mountain pose
- Tree
- Warrior 1

Sitting in chair
- Eyes, up & down, side to side
- Eyes, diagonals, rotations, focus
- Mouth stretches
- Lion Pose
- Face massage- heels of hands
- Turtle stretch-lift, pull back
- Chin up and down
- Ear to shoulder
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open, close - in, out
- Torso stretch-front lift, back extend, sides one arm up
- Abdominal squeeze
- Leg kicks
- Knee swirls-rotate lower leg
- Ankle exercises-use straps
- Foot circles-use straps

On the floor
- Locust
- Knees toward head
- Twist
- Shavasana

RELAXATION
POINT TO POINT RELAXATION (See Week 5 Session A)

MEDITATION
CONTMEPLATIVE WALKING (See Week 6 Session A)

[end of Week 7  Session B]
Week 8 Summary

Session A

- Philosophy: Highest State of Awareness (Samadhi)
- Breathing (Pranayama): Diaphragmatic (DB), Complete yogic (Dhirgha), Shining skull (Kapalabhati), Cooling (Shitali, Sitkari), Victorious (Ujjayi), Alternate Nostril (NS).
- Postures (Asana): Behind chair, facing & using chair back: Standing overhead stretch, standing forward bend/downward dog, standing side stretch, joints and glands seated (face), standing for J&G legs, Warrior II, Triangle, floor for locust, cobbler/butterfly, forward bend in cobbler, seated cross legged twist, reclining inversion with legs on chair seat.
- Relaxation: 61 Points-on back on floor
- Meditation: Subtle Energy Mantra Meditation

Session B

- Philosophy: The Four Positive Attitudes (Brahma Viharas)
- Breathing (Pranayama): Diaphragmatic (DB), Complete yogic (Dhirgha), Shining skull (Kapalabhati), Victorious (Ujjayi), Bee (Brahmari), Alternate Nostril (Nadi Shodhana).
- Postures (Asana): Mountain pose, Standing Tree, Warrior I, Triangle, Joints and Glands seated (face, eyes), seated Eagle pose, to floor and use strap for knee to chest, J& G ankles and feet, lower leg out to side, cobra, child’s pose, seated twist one leg straight, inversion with legs up wall.
- Relaxation: 61 Points lying on back
- Meditation: Guided Meditation 2

Home Practice

- Read the Philosophy write ups.
- Practice DB in Crocodile pose a few min. non-class days.
- Check your breathing at least once per day to see if it’s diaphragmatic (DB). If not, see if you can switch to DB. If you have equal length inhale and exhale, you can lengthen exhale up to twice as long as inhale.
- Practice either Monday’s or Thursday’s breathing practices covered this week on the non-class days for at least 3 min. each practice (18 minutes total-can do in two sessions if needed).
- Please refer to the asana tables for the class for descriptions and to the pictures of the asanas. Practice (Monday’s poses) standing overhead stretch, downward dog, side stretch, using a chair, and Warrior II and Triangle (wall and chair), and on floor do locust, cobbler/butterfly, forward bend in cobbler, seated cross legged twist, inversion with legs on chair seat. OR Practice (Thursday’s poses), Mountain pose, Standing Tree, Warrior I, Triangle, seated Eagle, knee to chest, foot and leg stretches using strap, cobra, child’s, seated twist-one leg straight, and inversion with legs up wall each non-class day.
- Practice a different section of the joints and glands exercises on the chair or standing each non-class day for at least 10 minutes.
- Practice the eye exercises 2 non-class days.
- Practice 61 points relaxation at least twice and each of the meditations at least once on non-class days.
Week 8  Session A

PHILOSOPHY

SAMADHI: OBSERVING YOURSELF AS YOUR TRUE NATURE
THE HIGHEST STATE OF AWARENESS
Samadhi is the state of:
Highest consciousness
Undisturbed tranquility
Awareness of our true nature: existence/truth (sat), consciousness (chit) and bliss (ananda)
Joy where one is in touch with the source of knowledge and infinite love within

Through consistent practice of yoga, one can attain Samadhi intermittently.
The ultimate goal of yoga is to be in a constant state of Samadhi.

OBSERVING YOURSELF AS YOUR TRUE NATURE
(ATMA TATTVA AVALOKANAM)
A practice that can help nurture your health, happiness, and personal evolution is to observe yourself as your true nature. (Atma Tattva Aavalokanam)
When you go to sleep and wake up in the morning, and as you go through the day, focus on your breathing and bring your awareness to yourself as your true nature. (existence/truth (sat), consciousness (chit) and bliss (ananda).
Atma tattva avalokanam is the understanding that our true nature is Spirit, and not our thoughts and false identities (body, emotions, job, roles, etc).
The Spiritual Self can be found during the Stillness and Quietness of meditation.

PRANAYAMA
DB
DIRGA
KAPALABHATI
SHITALI
UJAYI
NADI SHODHANA
Week 8 Session A (con’t)

ASANA
Standing, using chair for standing overhead stretch, forward bend/downward dog, side stretch

- Standing Overhead stretch
- Forward Bend/Downward Dog
- Standing Side stretch

Sitting in chair

- Forehead and Sinus massage
- Stretching Forehead
- Mouth stretches
- Lion Pose
- Face massage- heels of hands
- Turtle stretch-forward, back
- Chin up and down
- Ear to shoulder
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open, close-facing in, out
- Torso stretch-forward, back, sides (opposite arm up)
- Abdominal squeeze

Standing behind chair; do all left leg, then turn and do right leg

- Leg kicks-point and flexStanding or seated
- Knee swirls-rotate lower leg
- Ankle exercises-up, down, rt., left
- Foot circles
- Warrior II
- Triangle (back foot to wall, front arm over chair back to seat)

On the floor
Locust
Cobbler’s/butterfly
Forward bend in Cobbler’s
Seated Cross legged twist
Reclining inversion
Shavasana
**Week 8 Session A (con’t)**

**RELAXATION**

**61 POINTS RELAXATION**

Practice while lying on your back, with arms a comfortable distance away from sides, with palms up, legs a bit separated and relaxed (shavasana).

You can put blanket under knees, support under neck, eye covering, and/or light covering (just enough so that you’re not cold) over your body, if desired.

Bring your awareness to each point, visualizing a blue star twinkling and shining there. If aren’t picturing a star right now, you can just imagine being in that spot, and see if you can imagine the star at a later time in this or another practice.

Breathe in and out at each point, with diaphragmatic breathing; through the nose, slow, smooth, quiet, no pause or break, even inhale and exhale.

Try to remain awake during the practice. If you fall asleep, don’t worry or judge. As you practice more, your ability to stay focused and awake will increase.

To begin, bring your awareness to your forehead and continue through the points below.

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<td>3.</td>
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<td><strong>Left leg</strong>&lt;br&gt;Left hip</td>
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After you go through the 61 points, imagine the blue stars at all the points. Or just imagine your awareness being in all the points.

Imagine breathing in and out of all the points at the same time for a few breaths.

Gently roll over onto your left side, and curl up and rest with knees bent and head supported.
Week 8 Session A  (con’t)

MEDITATION
SUBTLE ENERGY MANTRA MEDITATION
Lying comfortably on your back, with support and a light cover as needed, bring your awareness to yourself. Let your mind relax your body.
With your eyes gently closed, bring your awareness to your breath. Let it be deep, smooth, through the nostrils, even exhale and inhale, with no sound or pause. Notice the belly rising on the inhale and relaxing inward on the exhale.
Introduce your Mantra of choice: You can use “Soham” (“I am That” in Sanskrit). Think “huuumm” as you exhale, and “sooohh” as you inhale. Or you can use your favorite name of God or the Divine Mother, or a short sacred phrase or prayer from your spiritual tradition. Or, you could simply count “2” on your exhale, and “1” on your inhale.
Maintaining the observation of that thought flowing with the breath, feel as if your whole body is breathing. Maintaining that thought of the mantra:
- Inhale as though from your toes, exhale as if from the crown of your head.
- Inhale as though from your ankles, exhale as if from the crown of your head.
- Inhale as though from your knees, exhale as if from the crown of your head.
- Inhale from your perineum or base of your spine, exhale from your crown.
- Inhale from your navel center, exhale from the crown of your head.
- Inhale from your heart center, exhale from the crown of your head.
- Inhale from your navel center, exhale from the crown of your head.
- Inhale from the pit of your throat, exhale from the crown of your head.
- Inhale from the center between your eyebrows, exhale from your crown.
- Inhale from your heart center, exhale from your heart center.
- Inhale from your navel center, exhale from the crown.
- Inhale from your perineum, exhale from your crown.
- Inhale from your knees, exhale from the crown.
- Inhale from your toes, exhale from the crown.

Breathe as if your entire body is breathing. Focusing on your exhalation, imagine your breath and entire consciousness flowing upward from the crown of your head into infinity.
Thinking that same one phrase, feel that the grace and fullness of infinity is entering into your crown, then flowing into your nostrils. Observe the sense of vitality, love and light, harmony and grace, as the entire mind permeates the entire body.
Observing the breath, mind and thought flowing as a single stream, gently open your eyes. Rub the hands together and warm the eyes, massage the forehead and temples. Warm them again, each hand serving the other. May you thus serve all living beings in love and peace.

*Adapted by Susan Gould Fogerite from the teachings of Swami Veda Bharati
Week 8  Session B

PHILOSOPHY
THE FOUR POSITIVE ATTITUDES (BRAHMA VIHARAS)
The Brahma Viharas are four positive attitudes that help us cultivate pleasant thoughts, and enhance our relationship with others. They allow our mind to attain a state of stability and stillness. These four positive attitudes are:
1.  Friendliness
2.  Compassion
3.  Joyfulness/goodwill
4.  Equanimity

In yoga practice, we cultivate feelings of friendliness towards those who are happy, compassion for those who are suffering, goodwill towards those who are virtuous, and indifference or neutrality towards those we perceive as wicked or evil.
When one practices friendliness to those who are happy, the thoughts and emotions that one might have toward jealousy are turned off.
When one practices compassion to those who are suffering, the thoughts and inclinations of harming others diminishes.
When one practices joyfulness toward those who are virtuous, inclinations toward malice are turned off.
When one practices equanimity toward those who have wronged us, inclinations toward intolerance also diminishes.

Adapted from the article Chitta-Praasadanam by Swami Veda Bharati www.ahymsin.org

PRANAYAMA
DB
DIRGA
KAPALABHATI
SHITALI
UJAYI
NADI SHODHANA
Week 8 Session B (con’t)

ASANA

Standing, facing chair, both hands on chair back

- Mountain pose
- Tree
- Warrior 1 (hands on chair back—raise one arm, then other, then both if comfortable)
- Triangle (back foot to wall, front arm over chair back to seat, other arm straight up)

Sitting in chair

- Eyes, up & down, side to side
- Eyes, diagonals, rotations, focus
- Mouth stretches
- Lion Pose
- Face massage—heels of hands
- Turtle stretch-forward, back
- Chin up and down
- Ear to shoulder
- Turning neck
- Neck rolls
- Shoulder rotations
- Flexing Elbows
- Wrist bends
- Hand rotations
- Fingers-open, close—in, out
- Torso stretch-forward bend, back bend (hands at lower back), sides
- Abdominal squeeze
- Seated eagle posture

Lying on back (use straps for resistance, stronger stretch, and support for knee toward chest, point and flex, side to side exercises, foot circles)

- Knee toward chest—Exhale bring knee toward chest while pulling strap lightly. Lifting leg off the floor, bring strap around foot, hold strap with both hands. Other leg remains extended on floor. Repeat with other leg.
- Point and flex foot
- Foot circles
- Lower leg out to side-support with strap—bring back to vertical
Week 8  Session B (con’t)

Lying on the belly

- Cobra
- Child’s pose
- Twist
- Inversion with legs up the wall-arms at sides, palms up
- Shavasana

RELAXATION
61 POINTS RELAXATION  (See Week 8  Session A)

MEDITATION
GUIDED VISUALIZATION 2

Become aware of your breath. Feel the flow and the touch of the breath in the nostrils. Breathing diaphragmatically, let the breath flow smoothly, quietly, without a pause or a jerk. Visualize or imagine in your mind’s eye, a beautiful place where you feel comfortable. If you are not visualizing it, just feel as though you are there. The scene could be a park, the beach, or other natural setting that gives you a sense of peace and harmony. A place that relaxes you just by thinking about it. Become aware of your environment and notice everything that is in it; the sights, the sounds, the smells, the taste of the air, the touch of the ground beneath your feet, whether there is sand or grass. As you walk gracefully through your special place, feel a sense of deep relaxation and peace. Then gently lie down here in a comfortable, safe place.

Notice the air in your environment, became aware of its subtle healing qualities. Allow this cool breeze to envelop your whole body, penetrating through your skin, moving deeper into your tissues, bones and cells, healing and rejuvenating all. Feel this cool breeze opening the channels, and balancing all the energies, pressures, chemicals, and elements, in your body.

Notice this cool breeze focusing on your brain cells, spinal cord, optic nerves, and the myelin sheaths of all your nerves, healing all; and allowing optimal signals to travel smoothly, rapidly, coolly, throughout your whole body. This cool breeze allows you to communicate your deep gratitude to your immune cells for their ability to eliminate foreign invaders and cells that need to be cleared. You are given the opportunity to introduce your immune cells to other cells of your body that are members of the same team. Your immune system is perfectly regulated, recognizing your brain and nerve cells as valued parts of you. You feel a sense of harmony and a surge of love throughout your body. Notice how your body mind feels harmonized, peaceful and loved.

Expand that cool breeze to your surroundings, the place that you are in right now. Invite your family and friends to join you in your peaceful celebration.

As you see the people who love and care for you, you see them and yourself as beings of love and light, surrounded by other beings of light, who know your true reality as perfect consciousness and bliss, now and always.

These beings of the pure light of peace and love invite you to let go of any emotional or physical pain, or burden that you have been carrying. They help you to release any burden that you are ready to let go of, as if you are letting go of a balloon. With a sense of gratitude, you can watch this balloon bag of burden leave your body and float away, back to the light.

You feel a sense of lightness and gratitude. You can gently begin to move, roll onto your left side, and come up to sitting, ready to create your life anew each day in peace and love.

Guided imagery by Mariella Silva and Susan Gould Fogerite, with love and gratitude for all

[end of Week 8  Session B]
APPENDIX I: ASANA PHOTOS

Mountain Pose (Tadasana)

Overhead stretch with one hand up

Overhead stretch with both arms up

Standing forward bend with chair support
Overhead stretch with wall support

Forward Bend /Downward dog  with wall support

Downward dog with chair

Warrior I with both hands on chair
An 8-Week Yoga Program for People with Moderate Disability Related to Multiple Sclerosis
Gould-Fogerite et al. v.0.01

Warrior I with one hand Up

Standing side stretch

Tree posture (Vrksasana)

Extended Child’s pose

Low Cobra (Bhujangasana)
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Gould-Fogerite et al. v.0.01

Cat Pose

Cow pose

Reclining Twist

Reclining Twist with both knees

Seated twist-one leg bent
Easy pose (Sukhsana)

Friendship posture (Maitreyasana)

Corpse posture (Shavasana)

Crocodile Posture (Makarasana)
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Gould-Fogerite et al. v.0.01

Warrior II with wall and chair

Triangle pose with wall and chair

Seated Eagle pose

Seated Twist in Chair

Seated Forward Bend in Chair

28.
Seated Backbend in Chair

Forward Bend one leg straight–floor

Seated Cross Legged Twist

Locust posture
An 8-Week Yoga Program for People with Moderate Disability Related to Multiple Sclerosis
Gould-Fogerite et al. v.0.01

Cobbler’s pose-Butterfly knees

Forward Bend-Cobbler’s pose

Knees to Nose

Inversion-Legs up wall

Inversion-Legs on chair-support under hips
APPENDIX 2: The Joints and Glands Series

Adapted from the series developed by Sri Swami Rama of the Himalayas and taught at the Himalayan International Institute for Yoga Teaching, Kanpur, India.


Text and series edited by Susan Gould Fogerite, PhD, in 2013 for use in a research study of yoga for people with MS.

THE JOINTS AND GLANDS SERIES: OVERVIEW

- This series of movements is simple, but very powerful.
- It works with your physical body and, theoretically, with your energy.
- Movements from “the joints and glands series” will form the core of our yoga classes. Other postures will be added as we progress.
- We’ll practice variations as we go along, and learn to do them sitting, lying down and standing up.
- Many people have found that regular practice can lead to improvements in strength, balance, flexibility, and decreased pain and stiffness.
- It may also improve your focus, energy levels and mood.
- These are all things we’ll be measuring to see how this whole yoga practice affects you.
- The joints and glands series provides practice in being aware of the communication of your mind and body in the present moment.

DIRECTIONS FOR PRACTICE OF THE JOINTS AND GLANDS SERIES:

- Be regular. Practice daily, if possible. (according to your weekly homework assignments)
- Always move slowly, with concentration on your movements.
- Try to be aware of the breath at all times, and unless otherwise specified, keep the breath even (length of inhale and exhale), through the nose, and diaphragmatic.
- When holding an exercise, do not hold the breath. Let it flow.
- Please wait until you have learned a posture in class to do it.
- Please do it the way you’ve been taught and don’t jump ahead. We’ll be learning most of these seated, then lying down, then standing.
- Think safety first. Always have a chair or support nearby for standing poses.
- Repeat all exercises three times, but avoid going beyond your capacity.
- If you feel strain, stop and relax, then proceed more gently.
**Exercises of Face**

**Face Massage**

Placing the base of the palms at the center of your chin, gently massage your entire face. Using a circular movement with the hands, follow the bony structure of the jaw, cheeks, temples, and forehead. Do not press so hard as to cause any discomfort. This massage smooths out the wrinkles of the skin which result from holding continuous tension in the facial muscles. After massaging the face, beginning at the back of your neck, massage your neck and the back of your head.

**Upper Sinus Massage**

Make a loose fist with both hands, bending both joints of the thumb. Place the long bone of each thumb at the center of the forehead and massage the entire forehead using a circular movement and gradually moving out to the temples.

**Lower Sinus Massage**

Place the upper joint of each thumb on the upper rim of the eye socket at the center of each eyebrow. Gently massage the rim of the eye socket by bringing the thumbs to the nose then along to the lower rim of the eye, ending across the temples. Do not put any pressure on the eyeball. Repeat three times.
Massage to Remove Mucus from the Sinuses

Place the tip of the forefingers and middle fingers at the center of your eyebrows. Firmly draw the fingers across the forehead to the ears. Then, placing the fore and middle fingers along the center of the nose, firmly draw the fingers across the upper cheek to the ears. Repeat three times. This massage helps break up and loosen any mucus obstruction in the nasal sinuses.

Stretching of the Forehead

Keeping the eyes closed and the head stationary, raise the eyebrows in a slow, smooth movement. Raise the eyebrows as high as you can, creating tension and wrinkles on the forehead. Hold for five seconds. Slowly lower the eyebrows back to a relaxed position. Repeat three times.

Exercises of Mouth

For the following exercises of the mouth, hold each exercise for a minimum of five seconds, breathing smoothly, and rest at least three seconds between each exercise.

Stretching the Mouth

Open the mouth and lips as wide as possible, turning the eyes upward. Make the sound “Ahh” on the exhale. The entire face should feel stretched. Slowly return to a relaxed position. Repeat two to three times.

Stretching the Mouth with Teeth Covered

Open the mouth again as wide as possible, this time with the teeth covered by the lips, turning the eyes upward. Make the sound “Ohh” on the exhale. Slowly return to a relaxed position. Repeat two to three times.
An 8-Week Yoga Program for People with Moderate Disability Related to Multiple Sclerosis
Gould-Fogerite et al. v.0.01

Pouting of Lips Forward

Close the mouth. Press the lips together and push them forward. Make the sound “Oom” on the exhale. Slowly return to a relaxed position. Repeat 2 to 3 times.

Stretching the Mouth with Tongue Outside (Lion)

Open the mouth and lips as wide as possible, turn the eyes upward and extend the tongue out and down as if to touch the chin. Exhale strongly with the sound “Hah”, straighten arms and stretch fingers open and down. Slowly return to a relaxed position. Repeat two to three times. After completing these exercises of the mouth, gently massage the face with the palms to remove any tension.

Exercises of Eyes

For the exercises of the eyes, keep the head stationary and the facial muscles relaxed. Maintain a smooth, relaxed breath throughout. Each eye exercise is done three times in each direction or to your capacity. After the three repetitions, gently close the eyes for several seconds to relax the eyes before continuing with the next exercise.

Vertical Movement

Start with the eyes in a relaxed position, looking forward. Slowly and smoothly turn the eyes upward. Hold for two to three seconds, then slowly and smoothly turn the eyes downward. Hold for two to three seconds and return to a relaxed position.

Sideways Movement
With the eyes in a relaxed position, look forward. Slowly and smoothly turn the eyes left as far as possible. Hold for two to three seconds, then smoothly turn the eyes to the right as far as possible. Hold for two to three seconds and return to a relaxed position.

**Diagonal Movement**

Beginning in a relaxed position, slowly and smoothly turn the eyes to look upward and left as far as possible. Hold for two to three seconds then, slowly and smoothly turn the eyes downward and to the right as far as possible. Hold for two to three seconds and return to a relaxed position.

Similarly, in the opposite direction, slowly and smoothly turn the eyes to look downward and left as far as possible. Hold for two to three seconds, then slowly and smoothly turn the eyes upward and to the right as far as possible. Hold for two to three seconds and return to a relaxed position.

**Rotation of the Eyes**

From a relaxed position, turn the eyes downward. Begin rotating the eye clockwise in a slow, smooth, complete circle. After three repetitions, repeat in a counter-clockwise rotation.

**Blink and Press**

Blink the eyelids as rapidly as you can for several seconds, then press the eyelids together, then relax.

**Palming of the Eyes**
Place the flesh at the base of the thumbs on the cheekbones and cover both eyes with the palms of the hands.

Opening the Eyes in Darkness
With the eyes still covered by the palms, allow the eyes to relax in darkness with the eyelids open or closed. When the eyes are relaxed, open the eyes and slowly move palms away.

Exercises of the Neck
The following exercises of the neck may be performed from either a standing position or a seated position. In either case, make sure that the head, neck and trunk are in a straight line. The shoulders should remain relaxed throughout each exercise, allowing the movement to occur in the vertebrae of the neck. Upon reaching your full range of motion, hold each position for approximately five seconds, breathing smoothly.

Forward and Backward Stretching of the Neck (Turtle)
Keeping the shoulders stationary, exhale and extend the chin as far forward as possible. The chin should remain parallel to the floor and the muscles of the face and jaw remain relaxed. After holding the position, slowly and smoothly come back to the center with an inhalation. Exhaling, draw the chin back as far as possible, forcing an extreme double chin. After holding the position, slowly and smoothly come back to center with an inhalation and relax. Repeat 2 to 3 times.
Forward and Backward Bending of the Neck

With the head centered, lengthen the neck by relaxing the shoulders and extending the crown of the head upward. Maintaining the length of the neck, on an exhalation, bring the head and face forward and downward to your capacity or until the chin rests on the chest. After holding the position, slowly and smoothly bring the head back to center with an inhalation. Maintaining the length of the neck, on an exhalation, bring the head backward and upward to your capacity. After holding the position, slowly and smoothly bring the head back to center with an inhalation and relax. Repeat two to three times.

Sideways Bending of the Neck

Maintaining a lengthened neck, on an exhalation, move the crown of the head to the left so that the left ear moves toward the left shoulder and the chin remains aligned with the centerline of the body. After holding the position, slowly and smoothly bring the head back to center with an inhalation. Keeping the neck long, exhale and move the crown of the head to the right in the same manner. After holding the position, slowly and smoothly bring the head back to center with an inhalation and relax. Repeat two to three times. Shoulders should be completely relaxed throughout the exercise.

Twisting of the Neck

Relax the shoulders and lengthen the neck. With an exhalation, turn the head to the left as far as possible or until the chin is in line with the left shoulder. After holding the position, slowly and smoothly bring the head back to center on an inhalation. Exhaling, turn the head to the right the same manner. After holding the position, slowly and smoothly bring the head back to center with an inhalation and relax. Repeat 2 to 3 times.

Rotation of the Neck
This exercise combines the Forward/Backward and Sideways bending motions of the neck into a single fluid rotation. Relax the shoulders and lengthen the neck. On an exhalation, draw the head and face forward and downward. Inhaling, draw the head slowly and smoothly to the left then to back. Exhaling, bring the head to the right and then forward and down to the starting position. Repeat three times, inhaling as the head moves backward and exhaling as the head moves forward. Reverse the direction and complete the same number of rotations in the opposite direction.

**Exercise of the Shoulders**

**Overhead Stretching of Shoulders**

Stand with the feet hip width apart and the weight of the body balanced evenly on both feet. With an inhalation, raise the arms slowly and smoothly to the sides. Turn the palms upward and raise the arms overhead. With the palms facing each other, press the heels of the feet into the ground and extend the fingers strongly toward the sky. Then, to your capacity, bring the palms together with the upper arms alongside the ears. On another exhalation, extend the arms further toward the sky. With an exhalation, slowly and smoothly lower the arms to the side of the body and relax.

**Rotation of Arms and Hands**

Stand with the arms resting at the sides, palms facing the thighs, and shoulders relaxed. In a single fluid movement, inhale and bring the right arm forward, then overhead. Exhaling, bring the arm back, and down to the starting position. The left shoulder should remain completely relaxed while the right arm and shoulder moves. Pause for two to three seconds then repeat two to three times. After completing the right arm, repeat with the left arm for the same number of rotations.
Shoulder Rotation Around its Own Axis without Moving the Hands

Stand with the arms relaxed at the sides, palms inward. On an inhalation, and in a single fluid movement, rotate both shoulders:
1) Forward, drawing both shoulders together toward center of chest.
2) Upward, drawing both shoulders toward the ears.
3) Back, drawing both shoulders together toward center of back.
4) Down, to the starting position. Exhale.

Complete this rotation sequence two to three times, the reverse the rotation and repeat for the same number of rotations. Relax.

Exercise of Elbow Joints
Flexing the Elbow Joints

Stand with the arms resting at the sides, palms facing the thighs and shoulders relaxed. Then:
1) Slowly and smoothly raise the arms to the sides bringing the hands to shoulder level, palms facing the floor.
2) With an exhalation, bring the arms forward, maintain shoulder height.
3) Inhaling, bend the elbows out to the sides and bring the hands to the chest with the fingertips touching. Elbows should remain at shoulder level.
4) Exhaling, extend the arms forward again.
5) Inhaling, bring the arms out to the sides once again.
6) Exhaling, slowly lower the arms to the sides and relax.

After completing this sequence with the palms facing the floor, repeat with the palms facing: 1) Forward, 2) Upward, 3) Backward.
Exercise of Wrists

Movement of the Wrist Joints

Stand with the arms resting at the sides, palms facing backward with the fingers together and extended toward the ground. Inhaling, bring the arms forward and upward to shoulder height. Moving only at the wrist joint, move the fingers toward the ground. Then, move the fingers toward the sky. Repeat three times.

Moving only at the wrist joint, move the fingertips to the right. Then move the fingertips to the left. Repeat three times.

Rotation of the Wrist Joints

Stand with the arms extended forward, palms facing the floor. Moving only at the wrist joints, rotate the hands slowly and smoothly in a complete circle. Rotate the right hand clockwise and the left hand counter-clockwise. Repeat two to three times, then reverse the rotation and repeat the same number of repetitions and relax. Repeat this rotation exercise, making a fist with the hands.

Exercise for Finger Joints

Close and Open the Fingers

Stand with the arms resting at the sides, palms facing forward. Without causing any strain in the shoulder, forearm or palm:
1) Make a soft fist, then open and close the fingers three times.
2) Turn the arm so that the palm faces the thighs, make a fist and repeat three times.
3) Turn the arm so that the palm faces backward, make a fist and repeat three times.
4) Turn the arm so that the palm faces away from your thigh, make a fist and repeat three times. Relax.

Repeat this sequence with the arms in the following positions:
1) Arms extended to the sides.
2) Arms extended overhead.
3) Arms extended forward.
Exercise of the Waist
Forward and Backward Bending

Stand with the feet hip width apart and the weight of the body balanced evenly on both feet, hands resting on the hips. With an inhalation, extend the spine upward. Exhaling, bend from the hip crease, bringing the torso forward as far as possible while maintaining the length of the spine. As you reach your capacity, pause for two to three breaths. On an inhalation, slowly return to standing. Exhaling, curve the entire spine backward as far as possible without thrusting the hips forward. As you reach your capacity, pause for two to three breaths. On an inhalation, slowly return to standing. Repeat three times.

Sideways Bending

Stand with the feet slightly wider than hip width. Keep the legs muscles firm and place the hands on the hips. With an exhalation, curve the spine to the right, contracting the right side of the torso and extending the left side. As you reach your capacity, hold for two to three breaths. On an inhalation, slowly return to standing. Exhaling, curve the torso to the left side. Inhale back to standing, then, relax. Repeat three times.

Rotation

This exercise combines the Forward/Backward and Sideways bending motions of the waist into a single fluid rotation. Stand with the feet slightly wider than hip width. Keep the legs muscles firm and place the hands on the hips. With an inhalation, extend the spine upward. Exhaling, bring the torso forward. Inhaling, bring the torso to the right and then back. Exhaling, bring the torso to the left and forward, returning the starting position. Repeat two to three times, then change the rotation and complete the same number of repetitions.

Forward/Backward Bending, Sideways Bending, Rotation with Extended Arms

Repeat each of the above exercises of the waist with the arms extended overhead and the hands clasped, to your capacity. With each exercise, keep the neck extended and the arms in line with the ears.
Exercise of the Knees

Rotation of the Knees

Stand with the legs, knees, and feet together and the weight of the body balanced evenly on both feet. Bend the knees, coming into a slight squatting position and rest the hands on the knees. Rotate the knees slowly and smoothly in a clockwise direction three to five times. Reverse the direction and repeat the same number of rotations.

Leg Kicks (use support when standing)
Stand firmly with feet hip distance apart. Shift weight to right foot. Extend left foot with toes pointed. Kick foot back with foot flexed. Repeat 5 times. Then shift to left foot and kick right foot.

Knee Swirls (use support when standing)
Stand firmly with feet hip distance apart. Shift weight to right foot. Lift left thigh to parallel to floor. Swirl foot in circle, like a pendulum, in clockwise direction, then counterclockwise. Return to standing on both feet. Shift to left foot. Raise right leg and swirl lower leg in circle, both directions.

Exercise of the Ankles

Flexing the Ankle

Stand with the feet hip width apart, weight of the body balanced evenly on both feet, and the hands resting on the hips. Shift the weight to the left leg and keep the eyes softly focused off the tip of the nose. Keeping the leg straight, bring the right leg forward, lifting the foot a few inches off the floor. Moving just at the ankle joint, extend the toes and foot: (1) toward the ground (2) toward the ceiling, (3) to the left, (4) to the right. Repeat two to three times. Then bring the right leg to the floor and rest for three to five seconds before shifting the weight to the right leg and repeating with the left ankle joint.
**Exercise of the Toes**  
*Flexing the Toes (use support for balance)*

Stand with the feet together, weight of the body balanced evenly on both feet, and the hands on the hips. With an inhalation, lift the heels off the floor and balance on the mounds of the toes as high as possible. Lower the heels down and relax. Repeat five times.

**Relaxation**  
Relax in Savasana.