

Meditative movement: What's all the hype about anyway?

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REMO

Slide 1

REMC1 The first letters of Meditative. Movement are capitalized, I would keep this theme consistent and capitalize. The first letter. Of every word in the title or just capitalize the "M" in meditative movement and the "W" in what's
Ryan Eckert, MS, CSCS, 1/4/2019

What is meditative movement?

- A term identifying forms of exercise that use movement in conjunction with meditative attention to body sensations
 - Calms the mind, creates awareness
 - Examples
 - Yoga, Qigong, TaiChi

Lets talk about yoga

What yoga is NOT

- The latest Lululemon pants
- Hand stands or arm balances posted to social media
- Drinking Kombucha or “yogi tea”
- How bendy or flexible you are



What Yoga IS

- In Sanskrit - “union” or “connection”
- Patanjali’s definition of yoga – “calming the fluctuations of the mind”
- Anything that allows us to be more aware of ourselves and to feel connected to ourselves and life (become who we truly are)
 - Number of paths to yoga – each with a technique to create awareness and connection to self
- Posture or “Asana”
 - One of the 8 limbs of yoga – ONLY 1/8 of the total practice
 - Most common form in which practitioners usually begin the journey with yoga





What Yoga IS

- Yoga is **experiential** – doing “your thing” - whether Asana (postures), breathing, meditation, visualizations, chanting etc.
- Yoga is **consistency** – establishing a regular practice is more important than the specific activity
- Yoga is **paying attention** – living mindfully, rather than mindlessly
- Yoga reveals the luminous intelligence and the beauty that lies within us

THE 8 LIMBS OF YOGA

SAMADHI
ABSOLUTE BLISS

YAMAS
VIRTUES OR
UNIVERSAL
MORALITY

DHYANA
MEDITATION ON
THE DIVINE

NIYAMAS
PERSONAL
OBSERVANCES

DHARANA
IMMOVABLE
CONCENTRATION

ASANAS
POSES OR
POSTURES

PRATYAHARA
CONTROL OF THE SENSES

PRANAYAMA
WORKING WITH OUR BREATH



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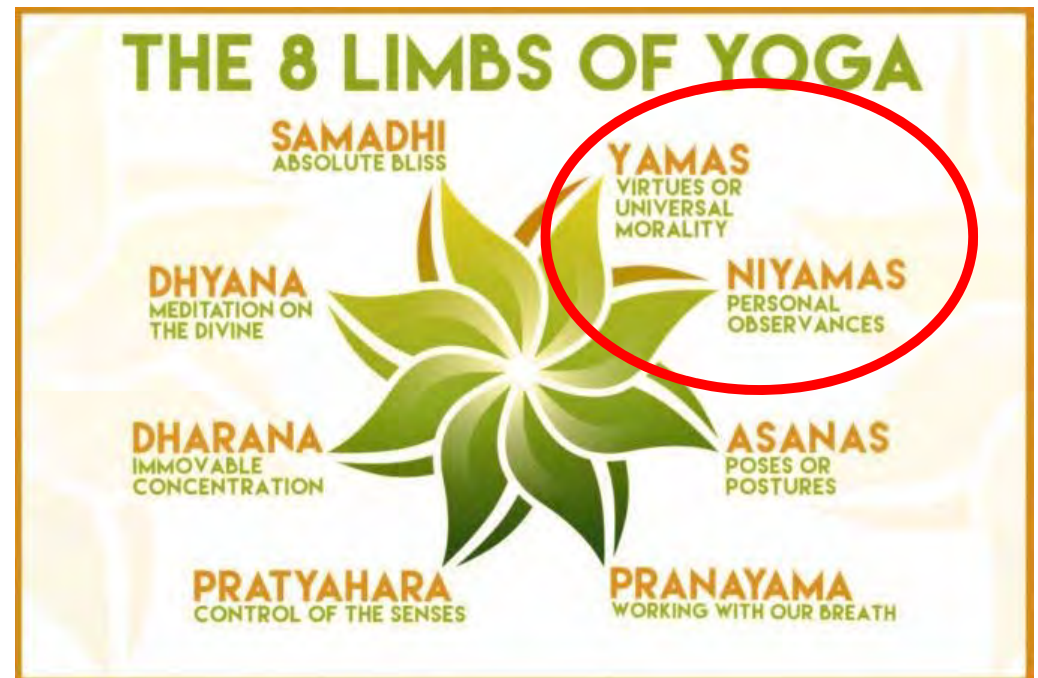
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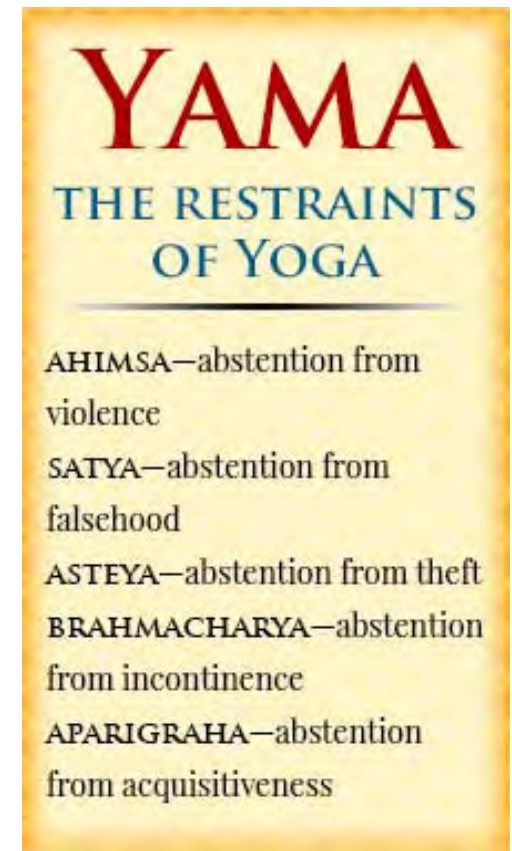
Yamas & Niyamas (Limb 1 & 2)

- Foundation for all yoga thought
- Taking ownership of your life and directing it towards the fulfillment you seek
 - How we use our energy in relationship to others and to ourselves
- Yama – Social Ethics
 - Yama = restraints
 - How we interact with others
- Niyama – Personal Ethics
 - Niyamas = observances
 - How we live



Yamas

- Compassion for all living things, non-violence (Ahimsa)
- Commitment to truthfulness (Satya)
 - consider what we say, how we say it, and in what way it could affect others - speaking the truth may have negative consequences for another, may be better to say nothing
- Non-stealing (Asteya)
 - take nothing that does not belong to us -including non-material things, such as time, credit, ideas, etc.
- Using one's vital energy wisely (Brahmacarya)
 - directing our energy away from external desires and toward finding peace and happiness within ourselves
- Non-greediness
 - Recognizing abundance and neutralizing fear of "lack" and the desire to hoard



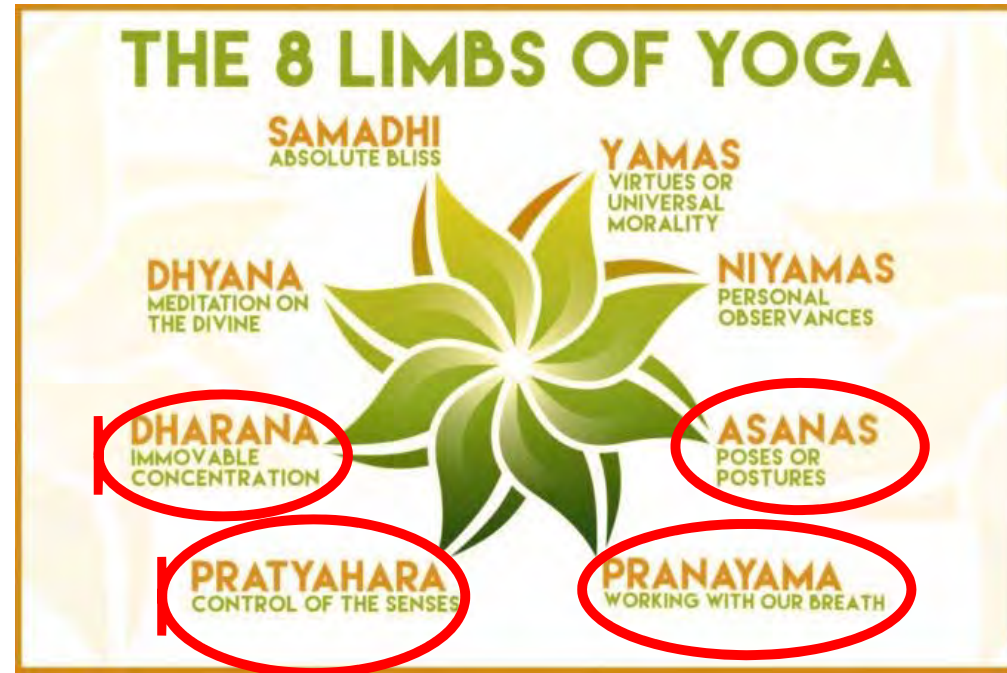
Niyamas

- Purity (Sauca)
 - Practicing postures (asana) and breathing (pranayama) to cleanse the body, clears the mind
 - Avoiding illness through cleanliness (physical, mental & emotional self as well as environment)
- Contentment (Santosa)
 - Non-conditioned happiness; being happy with what we have rather than being unhappy about what we don't have
- Discipline (Tapas)
 - Keeping the body fit or to confront and handle the inner urges without outer show – ex. paying attention to our diet
- Self study (Svadhyaya)
 - Turning inward and observing your actions, reaction, emotions and habits
- Recognition of the spiritual (isvarapranidhana)
 - Recognition that there is some omnipresent force larger than ourselves; cultivating humility



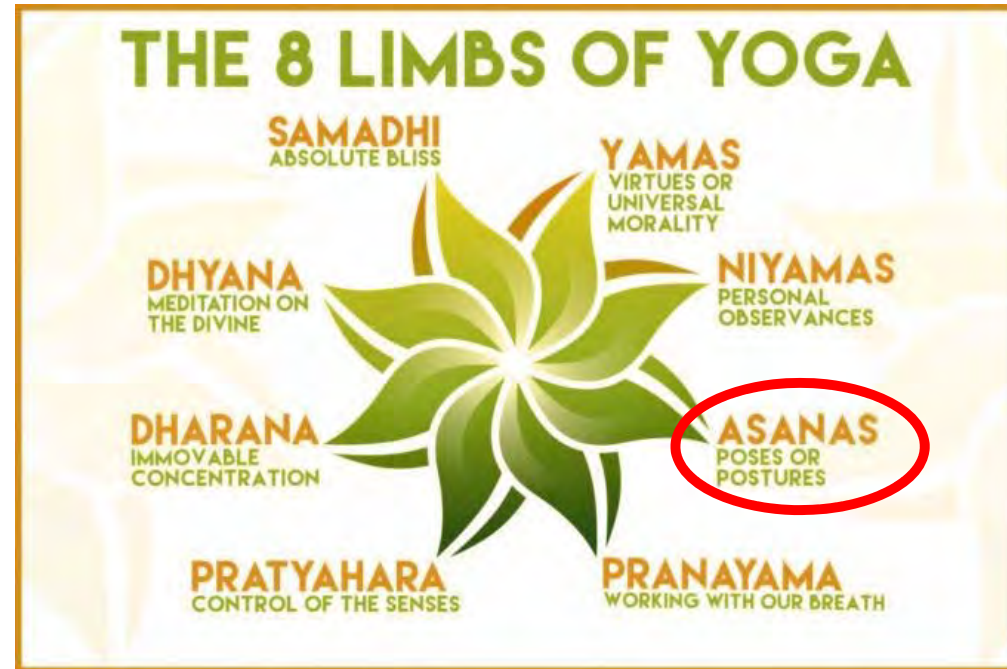
“On the mat” (limbs 3-6)

- Asana = Postures (3rd limb)
 - Most popular way to start a yoga practice
 - Attaining the posture with movement
 - Maintaining the posture comfortably with no movements
 - Moving out of the posture
 - Can become a form of meditation
- Pranayama = Breath (4th limb)
 - quieting the mind
- Pratyahara = “Savasana” or final resting pose (5th limb)
 - reduce thought, more concentration
- Dharana (6th limb)
 - Intense focus/concentration



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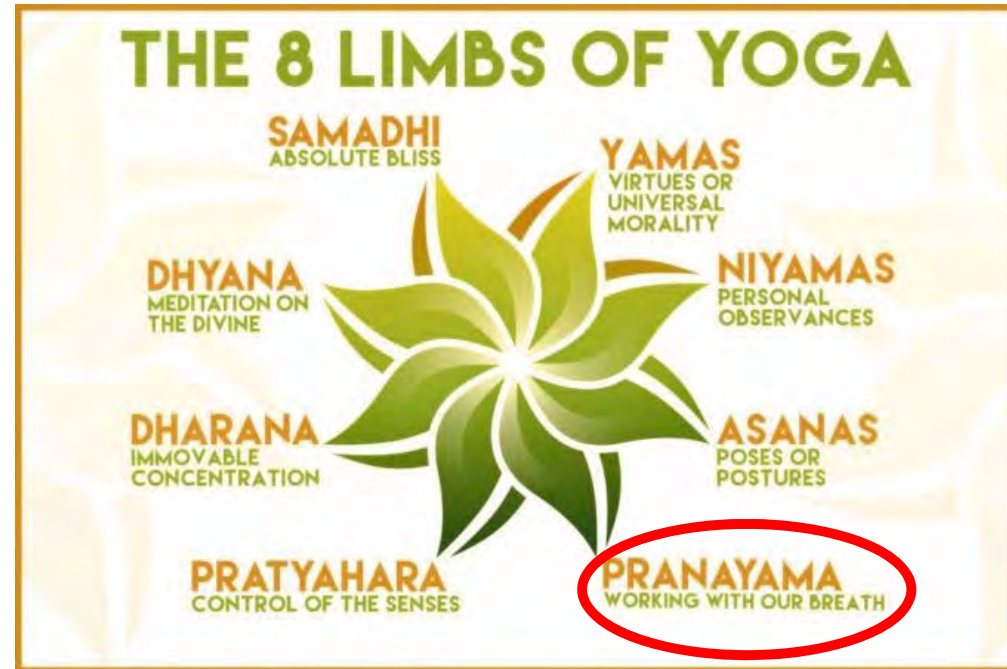
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Let's try some yoga

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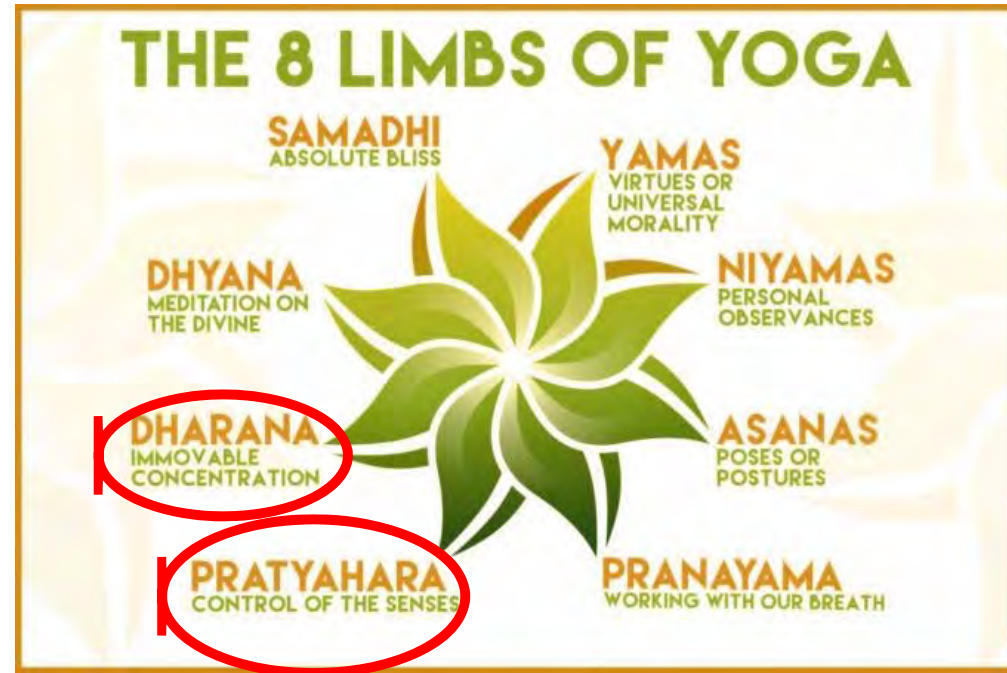
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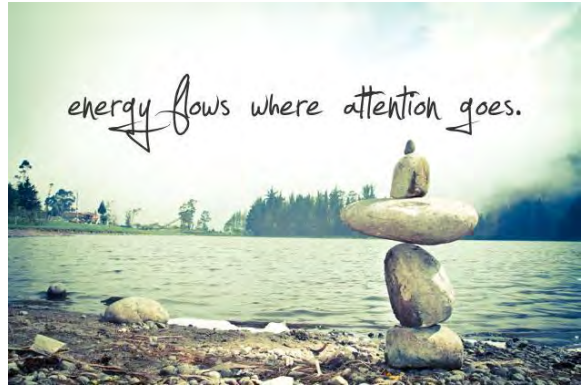
Let's practice breathing

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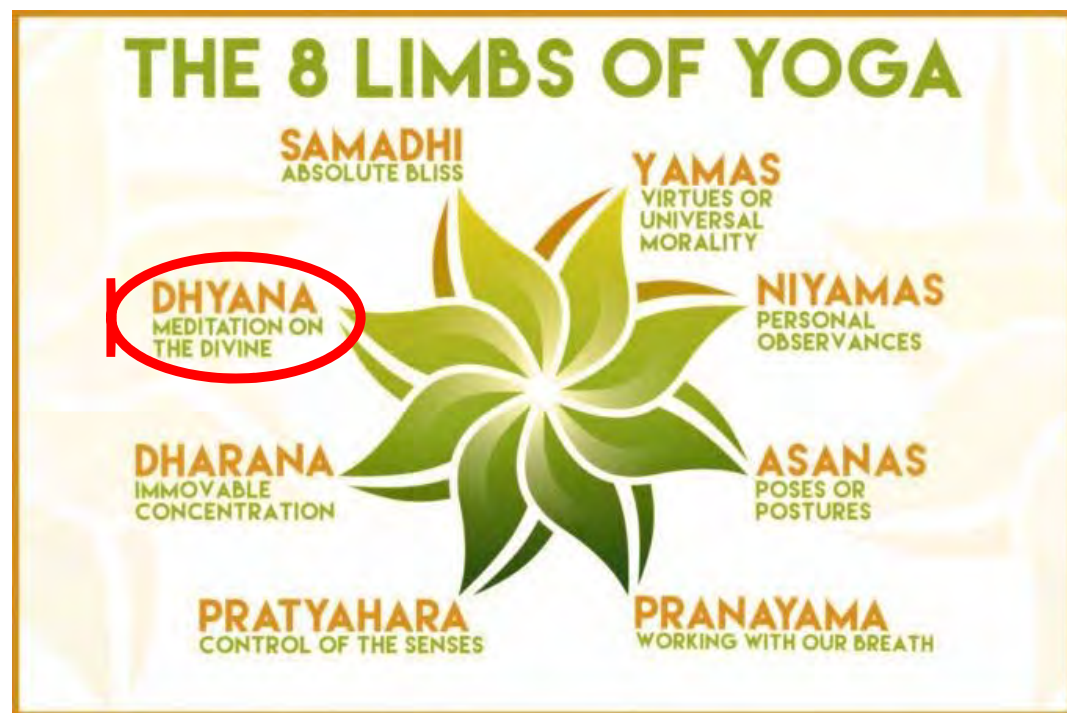
What about yoga “off” the mat?



1. Breathe
 - When uncomfortable sensations (fear, anger, sadness) arise
 - Breathing takes us from fight, flight, or freeze—the sympathetic nervous system to the parasympathetic nervous system
2. Relax
 - Soften your muscles and relax around tension
3. Feel
 - Feel your feelings - notice the sensations that arise in your body
 - When a stressor arises, try giving yourself permission to feel whatever comes with it
4. Watch
 - Notice what’s happening without judgment, the ability to observe with compassion
5. Allow
 - Can’t control other people, situations, or things - we can develop passionate nonattachment
 - Relax into the experience rather than trying to force it

Limbs 7 & 8

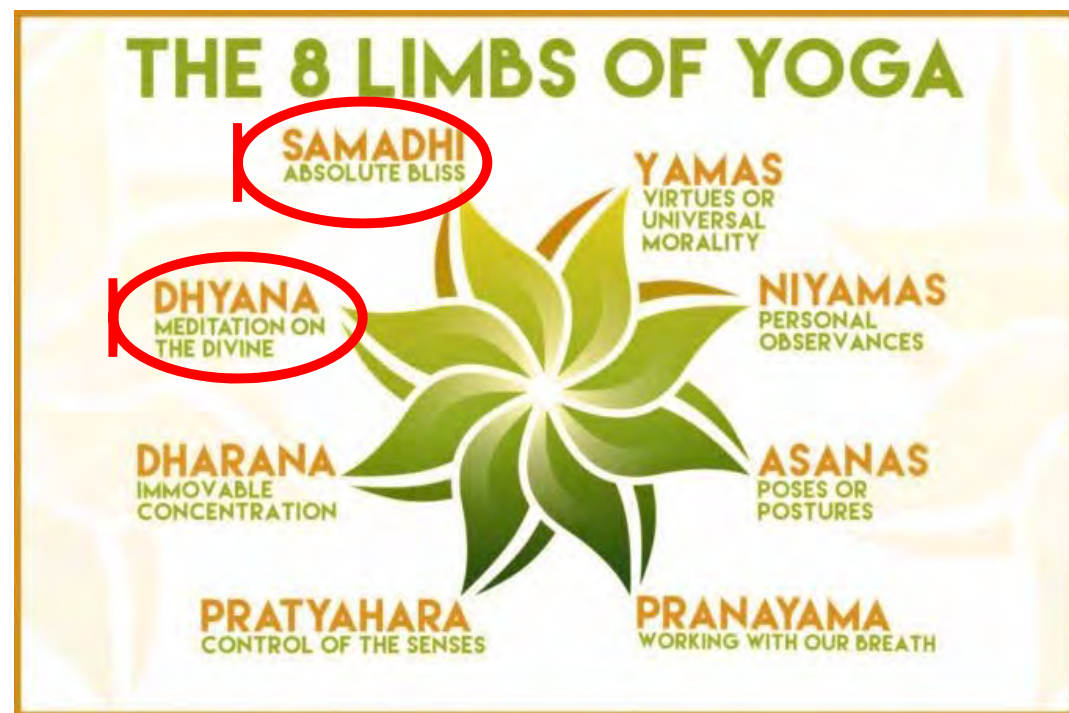
- Dhyana = State of meditation
 - Meditation becomes our tool to see things clearly and perceive reality beyond the illusions that cloud our mind
- Samadhi = State of oneness
 - To bring together, to merge
 - Union – True YOGA
- 8 limbs are a logical pathway for the attainment of physical, ethical, emotional, and psycho-spiritual health



Let's practice meditation

Limbs 7 & 8

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- 8 limbs are a logical pathway for the attainment of physical, ethical, emotional, and psycho-spiritual health



Yoga does not seek to change the individual; rather, it allows the natural state of total health and integration in each of us to become a reality

How can we use yoga to empower ourselves and others?

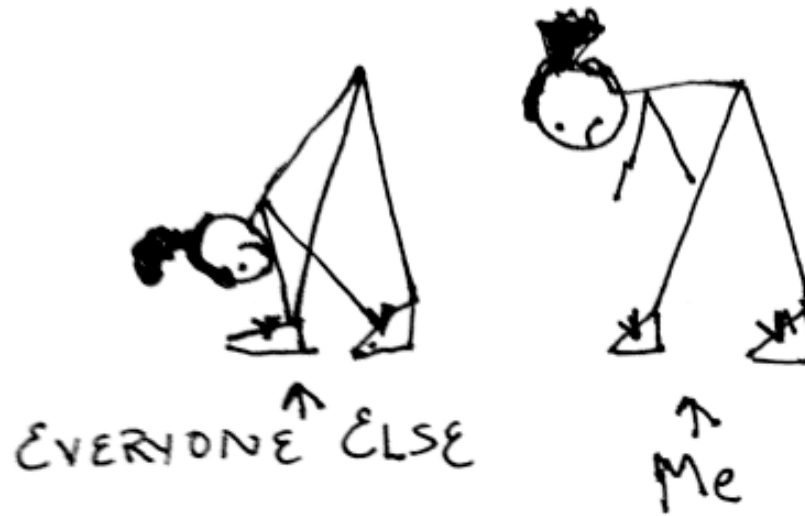
What does the science say? (Govindaraj, R et al., 2016)

- The practice of yoga leads to overall positive health
 - Mental health
 - Stress (reduction of cortisol)
 - Anxiety
 - Depressive symptoms
 - Immune system – circulation
 - Cardio-respiratory health
 - Musculoskeletal health
 - Digestive systems



Common barriers to yoga participation

- Cost
- Access
- Time
- Transportation
- Intimidation



Partnership for Online Yoga in MPN Patients

Myeloproliferative Neoplasm (MPN) blood cancer patients

- Very rare cancer
- Lack of curative therapies
- Patients suffer from high symptom burden (fatigue most prominent)





BLOOD CANCER PROGRAM

This 12-week program has been used in research involving blood cancer patients. The yoga videos in this program are safe and appropriate for those new to yoga as well as for those who have been diagnosed with blood cancer. As always listen to your body as you participate in the poses. It is recommended that you consult with your primary care physician before making any changes to your current physical activity regimen.

A little more about your yoga prescription:

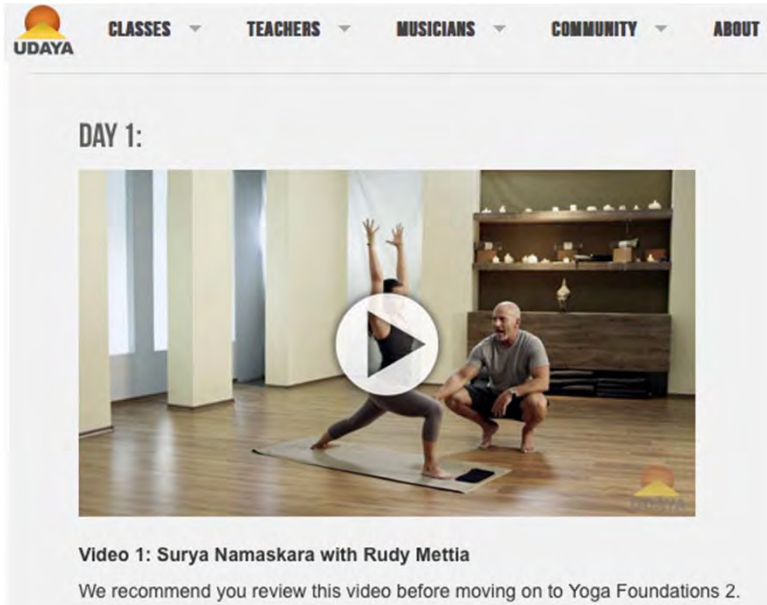
Week 1 and Week 2 are essential to beginners as they explain proper technique, breathing, and use of props. **Please do not skip these videos.** If you find that you have trouble with flexibility, or would like more assistance in some of the yoga poses, use your props (i.e., blocks, straps, blanket).

Beginning in Week 3 your program will include longer videos that combine all the poses you learned in Weeks 1-2. Each week will consist of 3 videos that are 20-30 minutes in length. An alternative 60-minute video will also be included in each week if you prefer to complete 60 minutes at one time or are looking for an additional challenge. There will also be 5-20 min meditation videos that are offered in case you prefer to practice meditation in addition to the prescribed 60 minutes. **Pay special attention to the notes related to each video, as they will include helpful hints, suggestions, and instructions for the week.**

"Yoga is the journey of the self, through the self, to the self" –The Bhagavad Gita

Namaste

MPN Online Yoga Feasibility Study in 2015/2016



DAY 1:

Video 1: Surya Namaskara with Rudy Mettia

We recommend you review this video before moving on to Yoga Foundations 2.

Design:

- 12 weeks online yoga
- 60 min/week
- Hatha & restorative yoga focus

Online-Streamed Yoga As a Non-Pharmacologic Symptom Management Approach in Myeloproliferative Neoplasms

Jennifer Huberty, Ryan Eckert, Krisstina L. Gowin, Brenda Ginos, Heidi E. Kosiorek, Amylou C. Dueck, and Ruben A. Mesa

Blood 2016 128:5478;

[Article](#) [Info & Metrics](#)

Abstract

Introduction: Polycythemia vera (PV), essential thrombocythemia (ET), and myelofibrosis (MF) are Philadelphia-negative myeloproliferative neoplasms (MPNs) leading to risk of vascular events, splenomegaly and cytopenias in advanced disease as well as disease-originating symptoms, including (but not limited to) fatigue, depressive symptoms, insomnia, inactivity, sexual problems, and pruritis. Current therapy with JAK inhibition has improved MPN symptom burden, yet even in responders, unmet needs remain for alleviating fatigue, mood related symptoms, and insomnia. Yoga used as non-pharmacologic therapy has been shown to be efficacious for improving anxiety, depression, sleep quality, and fatigue in other cancer populations, including hematological malignancies. Due to a lack of this type of research in MPN patients, we undertook the first yoga study in this population as a feasibility trial (i.e., acceptability, demand, practicality) of home-based, online-streamed yoga for improving MPN patient symptom burden.

Findings:

- 38 patients completed the study
- Patients averaged ~51 min/week self-reported yoga (37% adhered to 60 min/week)
- Improvements in fatigue, sleep disturbances, anxiety, depression, total symptom burden

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to prevent complications* with **MULTIPLE**

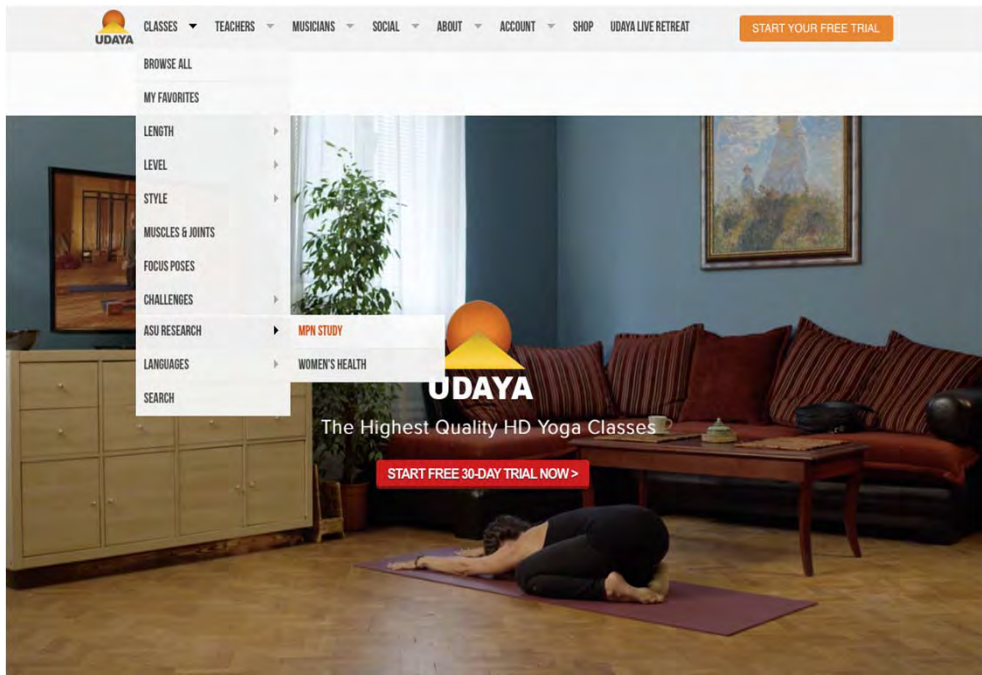
[Learn more](#)

*Bone complications, also known as (SREs), are defined as radiation to bone, and spinal cord compression. ©2018 Amgen Inc. All rights reserved.

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MPN Online Yoga Pilot Study in 2016/2017

Design:

- 12 weeks online yoga OR wait-list control group
- 60 min/week online yoga
- Control group asked to maintain normal routine
- Blood draw at pre- and post-intervention
- Hatha and restorative focus w/ addition of meditation videos

Findings:

- 48 patients completed the study (27 in yoga group; 21 in control group)
- Patients averaged ~56 min/week self-reported yoga (48% adhered to 60 min/week)
- Improvement in depression and reduction in tumor necrosis factor-alpha (inflammatory cytokine)

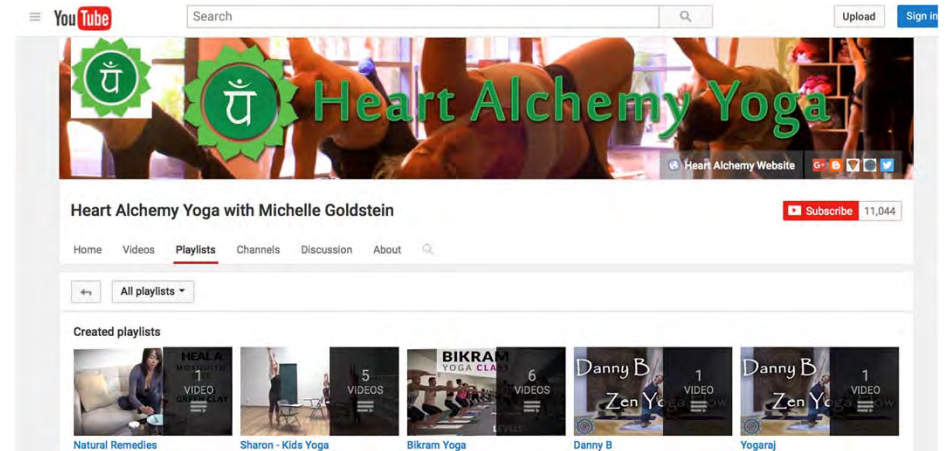
How can you empower yourself?

Remember - Number of paths to yoga

- Each with a technique to create awareness and connection to self
 - Asana (postures)
 - Breath
 - Meditation
 - Visualization
 - Chanting
 - Service
- Anything that allows us to be more aware of ourselves and to feel connected to ourselves and life
 - become who we truly are

Potential paths

- Postures (Asana)
 - Most common limb that brings people to yoga
 - Yoga studios
 - Online yoga
 - Membership-based
 - Udaya.com
 - **ASUxUdaya**
 - YouTube
 - Heart Alchemy Yoga – Michelle Goldstein



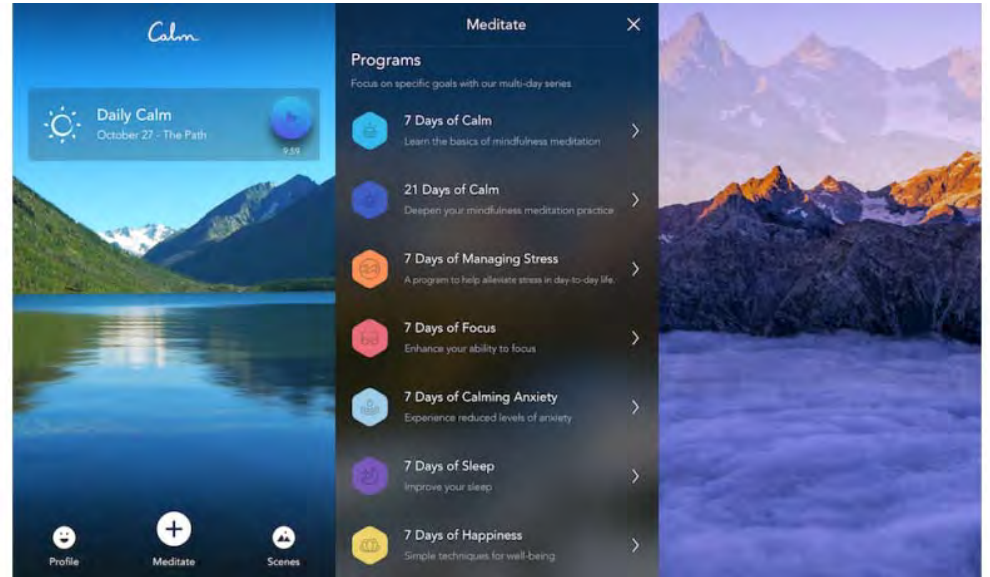
Potential paths

- Meditation

- Yoga studios
- Mindfulness centers
- Online sources
 - Apps on phone

- [Calm](#)

- www.calm.com/huberty



Yoga is a way of life

Yoga has many paths – none are “right” or “best”

Yoga is the uniting of body, mind, and consciousness

Questions?

