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*My beloved child,
Break your heart no longer.
Each time you judge yourself,
You break your own heart.*
Swami Kripalu/Carolyn Delluomo

LifeForce Yoga® Principles:

- Attention to the breath
- Safe attention to body sensations – brings the mind present
- Cultivation of both compassionate equanimity and self-awareness (2 pillar of yogic practice and goals of psychotherapy)
- Cultivation of witness consciousness (in neuropsychological terms, engaging the cerebral cortex in self-regulating the emotional limbic brain) In IFS terms – a portal inward to Self.

Yogic Breathing Practices (pranayamas and kriyas):

Seated

- Bhastrika - bellows breath. Energizing
- Dirga pranayama – 3 part diaphragmatic breath. Calms
- Kapalabhati – skull shining breath. Energizing
- Kumbhaka – internal breath retention (4-6 counts energize, >6 calm); external breath retention is calming.
- Nadi Shodhana – alternate nostril breathing. Brings balance. Right nostril breathing energizes, and left nostril breathing calms.
- Anala Viloma – alternate nostril with retention. Calms and energizes.
- Ujjayi pranayama – ocean sounding breath. Calms and energizes

Standing

- Breath of Joy – Energizing
- Victory Goddess – Energizes.
- Pulling Prana – Energizes.
- Breath to Stimulate the Nerves – Energizes
- Uddiyana Bandha & Agni Sura (Nauli) – Energizes
- Mountain Breath – Calms
- Hara Kumbhaka – energizes

Asanas:

Warm up practice

- Cat/cow
- Table side stretch
- Thread the Needle
- Flying cow
- Sphinx with mantra (vam)
- Downward-facing Dog

Integrative practices

- Sun Salutation (with mantra, bhavana (visualization), and kapalabhati)
- Padahasthasana - Separate Leg hands to Feet Pose (with maha mudra and mantra)
- Virabhadrasana variation - Warrior (with mantra)
- Danurasana – Bow (with mantra)
- Seated Yoga Mudra (with mantra) or Headstand
- Pachimottanasana – Seated Posterior Stretch (with maha mudra)
- Pachimottanasana/Halāsana – Forward Bend/Plough
- Satu Bandhasana – Dynamic Bridge (with mantras)
- Reverse Plank (with Kapalabhati)
- Ardha Matsyendrasana – Supine Twist
- Double Wind-relieving (with Kapalabhati on release)
- Savasana (with mantra)

Primary Mantras

- Energizing Bija Mantras for Chakras: Lam, Vam, Ram, Yam, Ham, Om, Ng
- Calming Mantras for Chakras: Oh, OOO (as in You), ah, ā, ē, mm, hing
Namaha
So Hum

Mantra

Bhavana (Visualization)

Dhi-Ri-Ha

Evoking strength, sometimes brings up difficult emotions

Image for Strength

Sha-Ma-Ya

“Sha” – Shanti, shalom, a soothing tone

“Ma” – Word for mother in many languages, feminine sound

“Ya” – Seed sound for the heart

Image for Peace

Ma-ha-ra

“Ma” – Word for mother in many languages, feminine sound

“Ha” – force, Sun (as in Ha-tha Yoga)

“Maha” – Grand, royal, great

“Ra” – Seed sound for Sun (ram), Manipura Chakra, masculine sound

Image for Calm Strength

Ma-ha-ya

“Ma” – Word for mother in many languages, feminine sound

“Ha” – force, Sun (as in Ha-tha Yoga)

“Maha” – Grand, royal, great

“Ya” – Seed sound for the heart.

Image for strong love/compassion

RESOURCES

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- Emmons, Henry (2006). The Chemistry of Joy: A Three-Step Program for Overcoming Depression through Western Science and Eastern Wisdom. New York: Fireside.
- Emerson, David; Hopper, Elizabeth, Overcoming Trauma Through Yoga: Reclaiming Your Body. North Atlantic Books, 2011
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- Khalsa, Dharma Singh, Meditation as Medicine. New York: Pocket Books, 2001.
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- artin, Philip, The Zen Path through Depression. New York: HarperCollins, 1999.
- McGonigal, Kelly, Yoga for Pain Relief: Simple Practices to Calm your Mind and Heal Your Chronic Pain. Oakland, CA: New Harbinger Publications, 2009.
- Miller, Richard, Yoga Nidra: The Meditative Heart of Yoga. Boulder, CO: Sounds True, 2006.
- Saraswati, Satyananda, Yoga Nidra. Munger, Bihar, India: Swami Satyananda Saraswati, 1976, 2006.
- Shannahoff-Khalsa, David, Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy & Personal Growth. New York: W.W. Norton & Company, 2006.
- Weintraub, Amy, Yoga for Depression. New York: Broadway Books, 2004.
- Weintraub, Amy, Yoga Skills for Therapists. New York: W.W. Norton, 2012.

Trainings and Classes that Specifically address Depression

- LifeForce Yoga for Depression workshops & LifeForce Yoga Practitioner Trainings 520 349-2644
Yogafordepression.com
- The Healing Breath Technique, (Sudarshan Kriya), The Art of Living Foundation, (800) 897-5913.
www.artofliving.org.
- Richard Miller's IRest Yoga Nidra workshops, retreats, books and tapes, www.irest.us.
- Phoenix Rising Yoga Therapy, (800)288-YOGA (9642). www.pryt.com
- Breath~Body~Mind Workshop with Dr. Richard Brown & Dr. Patricia Gerbarg, www.haveahealthymind.com

Good practice CDs and DVDs:

- Weintraub, Amy, LifeForce Yoga® Audio Series: Breathe to Beat the Blues, LifeForce Yoga Nidra, LifeForce Yoga Bhavana, LifeForce Yoga Chakra Clearing Meditation. Video series: LifeForce Yoga to Beat the Blues, Level 1 & Level 2, www.Yogafordepression.com