



YOGA / TBI RESOURCES

- **Love Your Brain Foundation** – A non-profit that aims to improve the quality of life of people affected by traumatic brain injury—from concussion to severe injury—through programs that build community.
www.LoveYourBrain.com
- **Janna Leyde, RYT** – Author of *Move, Feel, Think: Yoga for Brain Injury, PTSD and Other Forms of Trauma* (2014) and *He Never Liked Cake*, a memoir about growing up with a parent with TBI.
www.movefeelthink.com
- **Life is Now Pain Care** – Neal Pearson, PT, MSc, BA-BPHE, CYT, E-RYT500; Clinical Assistant Professor at UBC, pain educator, leader in the fields of physiotherapy and yoga therapy pain care. www.lifeisnow.ca
- **LifeForce Yoga Healing Institute** – Amy Weintraub, MFA, E-RYT 500, C-IAYT, YACEP, author of *Yoga for Depression* (2004) and *Yoga Skills for Therapists: Effective Practices for Mood Management* (2012).
www.YogaForDepression.com
- **Joint Freeing Series** – Mukunda Stiles' 21-point series of simple, gentle movements to keep joints supple and fluid. www.crohnsforum.com/yoga/Joint-Freeing-Series.pdf
- **Ask An Expert About TBI** – The Ohio State University College of Medicine
<https://u.osu.edu/tbiexpert/tbi-aging/>
- **Relax into Yoga for Seniors, A Six-Week Program for Strength, Balance, Flexibility and Pain Relief** by Kimberly Carson, K. and Carol Krucoff (2016) New Harbinger Publications.

HEALTHY AGING RESOURCES

- **Dementia Today:** www.dementiatoday.com
Jennifer Gerhold is a writer, educational psychologist & former caregiver for her mother who recently passed of Frontaltemporal Dementia. Sign up on her blog site for daily news sent to your email on Alzheimer's and other Dementias. Ms. Gerhold provides excellent, summaries of the latest research on dementia.
- **The New Old Age Column, New York Times on-line:** <http://www.nytimes.com/pages/health/index.html>
Formerly the New Old Age Blog, the New Old Age Column appears on line in the health section as well as periodically in print in the Science Times section of the paper. Paula Span addresses a myriad of issues related to aging, health and caregiving. She can also be followed on Facebook at <https://www.facebook.com/paula.span>
- **Happy Healthy Long Life: A medical librarian's adventures in evidence-based living:**
<http://www.happyhealthylonglife.com/>; <https://www.facebook.com/Happy-Healthy-Long-Life-The-Healthy-Librarian-298259113530705/timeline/>
The writer is a long-time librarian at the Cleveland Clinic in Ohio. Through her blog and more recently her Facebook page, the writer summarizes and explains for her readers the latest peer reviewed studies on many health related topics including; Alzheimer's and other dementias, cardiac health, exercise, nutrition as well sharing recipes that support optimum health based on scientific evidence.

EVIDENCE INFORMED YOGA PRACTICES

ASANA (PHYSICAL POSES, MUDRAS)

- 1) Neck Range of Motion (left, right, up, down, ear to shoulder...*no neck rolls*)
- 2) Seated twists (inhale arms up, exhale twist)
- 3) Side to Side gentle twists (standing)
- 4) Basic Standing Balance-and-Strength-Building Sequence:
 - *Mountain Pose*
 - *Chair Pose*
 - *Bend Knee 90°*
 - *Open Hip (use hand to guide/support)*
 - *Back to 90°*
 - *Challenge: Extend leg in front*

PRANAYAMA (BREATHING) PRACTICES

- 1) Belly Breathing (aka Diaphragmatic Breath)
- 2) 3-Part Breath (move hands from abdomen, to ribcage, to collar bones)
- 3) Clasp fingers, *knuckles* to back of head, inhale lift sternum/open front body; exhale return to start
- 4) Alternate Nostril Breathing (to reduce stress/anxiety, balance hemispheres, improve verbal & spatial cognition, increase oxygen consumption)
- 5) Relaxation (straw) Breath (to slow down exhale, purse lips and imagine exhaling through a straw)

MEDITATION PRACTICES

- 5) Sa Ta Na Ma Meditation & Mudra (thumb to each finger while repeating syllable, starting with index)
- 6) Loving Kindness Meditation
 - May you be filled with loving kindness, may you be safe from inner and outer harm, may your mind and body be at ease, may you be well and happy.
 - May I be filled with loving kindness, may I be safe from inner and outer harm, may my mind and body be at ease, may I be well and happy.
 - May all beings be filled with loving kindness, may all beings be safe from inner and outer harm, may all beings' minds and bodies be at ease, may all beings be well and happy.

PRESENTERS

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