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Good morning, and happy to be with you guys virtually today, so we have some fun stuff lined up for you. We are going to start out talking a little bit about therapeutic movement and different principles of that, and we are going to primarily focusing on tai chi and yoga today. So, I have a couple of great co-presenters with Lieutenant Commander Ada Dee, and we expect that Col Hing will be able to join us later as all of you we will start out with a little bit of a didactic portion but then we will jump into movement and we have prerecorded somebody else for you to try to make that I smooth love and experience that we can? Just prepared to be able to move in a few minutes. Okay?

All right, so, diving right in, this is kind of the list of our presenters and a different background that we are coming from and we will be talking about therapeutic movement this morning. None of the presenters nor our staff have any financial relationship related to any of the content we will be talking about today. And the views that we will present and discuss are our own and not those of the Army, Navy, Air Force or Department of Defense.

And these are our learnings objectives we are going to cover today. We want to cover and talk to you about therapeutic movement; we want the different applications of that so I will give you is a second to look over those objectives. And this is going to be our agenda for the morning. You will get breaks after some of our movement portion and if during that break, we will ask that you to secure a chair and something

to support you with as well as a few other yoga equipment that you can use to complete the yoga portion of the class.

So, diving right into movement. The current Health and Human Services guidelines for physical activity for the American adult population is at least 150 minutes per week and doing that over at least two days per week. So, that is at least 75 minutes of exercise two days a week. And we usually tell the patients to complete two days of exercise 75 minutes? No, that is like telling your patients to brush their teeth for 30 minutes once a week. That would not go over well. We would have bleeding gums and all different types of issues. We think of it as five days a week, we want at least 30 minutes of exercise. Carla will you pull up some polls, I'm going to ask that you complete the answer that you think is most appropriate. So, first, what percentage of adults in the American population do you think are getting 30 minutes of activity? Thank you, Carla. Okay, we have about 16% better saying 5%. We have about 60% the same 12% and about 26% saying 25%. So, the correct answer is 5%. So come out of our entire American population, only about 5% of us are getting the exercise we need according to the recommended minimum.

So, when we think of our active duty population, we think they have no problem with hitting this, right? But if we think about our pain patients are experiencing chronic pain oftentimes we don't think of them as more active so that is part of what we want to talk about today with therapeutic movement and how do we help them to engage in order to have their best health and vexed -- bus function correctly.

So, now, the second question for you. Do you think the actual recommendations in the number of minutes per week go up or down with age? So, this is written as a question and it is meant to be a statement. Activity recommendations of minutes per week with age and -- increase with age and disability? True or false? So, we have about 63% of you say it is false and about 35% that are saying true, so, interestingly commands not with societal norms, it is true. So, as we get older or as we develop different health conditions, the amount of time that we should spend exercising to prevent disease progression or other effects increases.

So, the recommendation when we have a situation, a chronic condition increase and goes from anywhere from 150, which is the minimum for our general adult population 200 -- 300 minutes or five hours for the week. If you try to tell a patient with a chronic condition and are experiencing chronic pain, you get exercise from five hours a week, that is going to be a tall order. Finding related to introduce this and find how much value is going to be added is something we have to navigate and figure out how we are going to implement that. That is what we have covered today. This is for the health and human service recommendation; the Center for Disease Control has actually increased the number of minutes for cancer prevention. And goes from 150 to 320 minutes per week so I always joke with some my retiring or separated servicemembers that they get to retire so they have more time to work out.

We want to frame this in a way that we are to changing our societal norm. We think that as we get older, we have to do less that is not accurate.

We need to work harder to maintain our tissues and work with that. We all know that hesitations advanced age or even at the age of 30, we had to start working on our flexibility, to maintain our overall health and interestingly, when we look at the snapshot of the population to see how many people are getting those activity norms, we are at 5% for the general population. When we look at the patients who are 65 and older, the amount of them that actually get there recommendations are higher, so we are closer to 25% to 40% on not on hitting the activity recommendation and that is kind of a correlation to longevity. To make it to advanced age, likely, you need to be making the health choices that are going to help you reach that. So, just food for thought and kind of challenging some of those norms.

Okay, so, now getting into therapeutic movement. This is a broad term so, here's a brief list of just a few things that this could mean to different people. It could mean anything from rehab to physical therapy or it could be yoga, tai chi, there's lots of different things this could mean. So, today, we will be focused on the tai chi and yoga positions and you can also describe those as mindful movement forms. So, where your focus on the present, sensation and focused in the moment. It is a good way for patients to pull into the present and kind of recheck in with their body and their nervous system and help change their situation.

So, moving forward, the benefits of exercise. So, we talked kind of about the general recommendations that yes, you need exercise for the health, but, what are the benefits specifically related to pain and our chronic pain felt -- pain folks correctly when we exercise, we release endorphins, you will have a benefit in pain control that follows immediately after the exercise activity. You can actually have an effect on a much easier. -- Hyperalgesia. As well as all of the different components that exercise has an impact on.

Exercise, similar to sleep, touches all of the areas of our health. It can also help with mood. If we are having difficulty with mood regulation or if we are in a depressed state, exercise can help pull us out of that. And then common barriers, I know everybody should do it, IL everybody from all health organizations says organized distance be part of our well-being so, what are the barriers?

The common ones we see is pain, the experience and negative effects of pain can cause people to avoid movement. Fear that they could make their pain worse, fear that they could make the condition worse. All of that can feed into the idea that patients don't need to move, shouldn't move, they should rest, they should recover, they should avoid that same experience and that can cause negative effects -- FX as we got on the road. This is where we are going to bring in tai chi and other movements so we can break down some of those barriers.

If patients are unfamiliar with anything or they haven't been introduced to pacing techniques, that is a starting point. Just educating them on how to begin movement or how to complete other tasks that are generally going to be irritating can be a very helpful starting point in getting those tools will help you, in the long run, and getting them to engage.

The other thing is if they engage in activity and they have a flareup, do they have any strategies that they can implement on their own independently to help them control the situation? We want to think about all the different things we could harm our patients with to help set them up for success.

This information about exercise and injury, so, even as group of health professionals, and worse, when we are asked if we should exercise more as we get older and as we develop disabling or chronic conditions, should we exercise more quickly and the overwhelming majority was no. And that is communal, against the recommendations. Against what we know to be true for our tissues and health, but it is still, even within our health communities, the Indiana societal belief that it is the case.

We want to reframe our patients understanding that oftentimes how you would manage an acute condition is very different from how you will manage a chronic mission. They never get reeducated on how to move forward and how that time for recovery, so, you want to make sure they are getting good information on how to move I'm not going off of historic things, and some of the norms for the long-term. Making sure they are getting good information on the morning those absolutes.

Oftentimes, even myself, when I was 18, I was told never run again, only swim. And that is not accurate for our tissues, that is not a recommendation based on the scientific literature. If we look at folks that have already been diagnosed with osteoarthritis and there is progression, those that stay active and do about two miles at the most and about three or four times a week were less likely to need surgery. The idea that it is going to cause quicker degeneration is not the idea we should continue to promote or talk to our patients about. We want to educate them and doing that in an appropriate fashion so that they can improve their activity and function. And just kind of making sure they are getting good information versus what they have seen others do or what they have heard down the pipeline. And access to resources or to supervise exercise. That can be a big barrier and of course right now during COVID there's a lot of group community classes that are just not happening, so, finding different tools and resources whether in line for through your own personal resources you can share with your patient can be a big help.

So, we want to try to take down as many barriers for patients and start to help them move forward. So, introducing pacing can be one of the first big strategies that you can talk to your patients about to really break up and experience on a pain situation.

So, the graph on the left is a picture that we call the boom bust cycle. It means we have a good day and then you crash and pay for it afterwards and so, we have different examples from patients and I'm sure everyone can think of different examples from their patients. This week I have someone that mowed their yard, and they mowed the yard for two hours and then they were down for four days afterwards. He took a one-minute water break somewhere in that two hours, but no real pacing strategies were implemented. Just having a discussion of how we can break the those tasks and maybe work for 30 minutes and then take a five-minute break in

between, it gives your tissues time to recover. It will generally give you the better ability to check in if something is doing -- going wrong and kind of give you an extended period of time for activity to the other type of pacing when we are not thinking of work to rest ratios but we want to think about how community increase our overall activity, we want to go down a little differently.

Instead of thinking of just time restriction, we want to think of it as a gradual increase. It can be applied to almost any activity that you want to do. I like walking, easy one. We want to break it down to what we know they can do on a good or about a. That say you know you can walk for 10 minutes and nothing negative is going to come from that. I want you to start walking eight minutes consistently every day and increase the frequency of that walking. You are not going to push yourself best anything which you cannot tolerate something of that 10 minutes will not cause any negative effects and we can even start below that of the 80% mark but we are going to increase the frequency by about 10% each week. It is getting your tissues time to get used to the tissue load and use it in a way that you are not going to set yourself for a flareup because you are not challenging your tolerance or endurance or any of your stability muscles. We can implement -- amplify that. We can do that with exercise, a lot of different ways but just getting that education and letting them take the time to step back and understand how they can change their situation and if we look at that graph on the left, the peaks of what they are doing on a good day is ending up increasing the time. They start to the condition and their abilities change. So, we want to get them to the top of the staircase. We want to start gradually increasing their tolerance, not letting them continue down the roller coaster where they are doing less than they could before.

So, a wise Jedi once said, fear is the path to the dark side. This is very true with our patients. When fear is a component we are dealing with, oftentimes they avoid and it becomes a bigger issue with their overall life and helping them live their values and helping them do the things that matter to them and bring them purpose and joy.

This is where we introduce the fear avoidance models, so, of course we don't share this particular picture of patients but I really do enjoy this graphic to help you visualize the pain and cycle that's sometimes they can get stuck in. In San Antonio, we have a river you folk, if you got the right, you keep going down the river, but the topic of your photo with your friends and family, having a good time to golf on that for sure you shoot out and you go to left, you get stuck in this recirculating water. The water is just spinning, it is kind of beating you up. There's more people coming out of the chute and it is really hard to get past that current to try to get back over and go down the river, float with your friends and family and live your life. You get stuck in the recirculating water and that is very similar to what they experience when they get trapped in the fear avoidance tunnel. So, if you think about patients, the hotel is often, they say I don't do this anymore because it hurts.

Because there is pain experience of that, they have taken my down into things that I can't do because it will increase typing. So, it is a

normal human protective mechanism. Right? We want to protect our tissue, not cause any increase in pain but when we think about you having your patient step back and look at all the things they've given up to avoid that pain experience, that list becomes substantial and it starts to affect their identity and the things that we know like motivational energy and the things that bring them value and joy. All those things that are important to them, start to become effective.

This is where we help with the fear and avoidance. And also, we can use the motivational energy techniques to find out what those lifetimes are going to be and then we can help them set appropriate goals for what activities are going to help them get back to the things that matter, so, this is just a good example and if you haven't have a conversation about fear avoidance with your patient, this is a really eye-opening experience oftentimes for them to see what things they have given up in order to avoid that experience.

So, specifically moving into tai chi, we know that exercise is important, we know often fear as a barrier to that, so, tai chi and yoga are an excellent form of exercise that can help be a lifeline to get them out of that avoidance habit. So, here is just a short list of some of the health benefits that we see with tai chi. So, if you think about your patient who had an experience in the brain is somewhat trapped in that team meeting where they are creating that pain, when we use that contention, the focus in their movement, they are focusing on control of the movement to a slow steady pattern as well as introducing movements they likely have not done before, we are really helping them develop new motor patterns and charging the brain to find a new connection and we can build a new motor pathway into MRs.

It takes us about 21 brains versus days to break down some of our old strategies but we can start introducing and implementing change just to the movement and starting to challenge them and how they have been moving, so, that is one of those things that I love about tai chi. We will talk about the altogether benefits. We also get relaxation. Michael movement can really help bring that down and bring us back to more of a baseline where it is easier to move through. And if we have been effectively, some of these relaxation techniques can really help calm down and didn't difficulty the patient has with coming back down into a regulated state, after exercise, because we all know it will increase normally after exercise but then we shall actually come back down the baseline afterwards before a certain population, things like fibromyalgia or chronic fatigue, they do not come down how they normally would.

If we can bring that relaxation component, following exercise, this is where feedback and very different breathing at -- techniques can be a real benefit to help with recovery. Hitting them some of those strategies to help them start down the road of therapeutic movement can help get them started in the way that is not going to set them back and read for -- before that fear avoidance. And then you have a list of all of the other benefits. There are lots of different things that we can see benefit in. The reduced joint pain, I will give a caveat before because oftentimes the patient started tai chi program, they will complain about

knee pain, so, just to make sure that we are tracking the tissues, if you think about the tai chi stands, there will be a little bit of a bend in the knee so you will have to sit at a little bit of a slight -- overtime, they will have a much easier time going overseas, hiking down hills, all the different activities that often increase that already but that they can do that and it will introduce ways to make sure that the alignment is good so that we are not over stressing the tissues and also ways to shake it out and take breaks so that if you don't have that for an extended period, but I really do like to reinforce the patient's that it may cause you a little bit of comfort initially but over the long term you're really going to see improvements and reductions in your joint pain.

And then, of course, with our alignment we also working on some of our stabilization muscles. And there are some benefits in higher blood pressure as well. It looks like the same slide and I apologize for that, but we wanted to add in the blood pressure aspect as well. As a physical therapist, I love the external principle where we are doing it controlled same movement helping improve coordination, helping to move the system in a way that we do not do with a lot of other forms of exercise and we are working those muscles I symmetrically but through this imaginative resistance. The body alignment please posture, and innovative transfer requires a lot of hip and pelvic stability. This is a really great way to get some of our patient's chronic pain have difficulty getting some of those deep core stabilizers to work those muscles. And going to let Colonel Hing who has just joined us talk about some of the internal principles of tai chi and being able to apply those to my life but we will let Colonel Hing jump in on some of these principles.

Thank you. And everybody hear me okay? Yes, sounds good. Fantastic. Well, first, I want to say that Jamie Clapp is probably the least angry person that I have ever met, but, thank you for that personal share [Laughter] from attorneys Kerch culture, Chinese medical standpoint, we talk about protecting three treasures.

The first treasure is cheap. From Kyle college biochemistry that when you combust food with oxygen, you get ATP. Even if you don't remember all of your biochemistry, we can relate that we get a good amount of sleep. Chi is that energy and is the physical substance of the fluids. Blood, sweat, tears. And aside from being the physical substance and structure, including muscles as well, is also the programming of the body. It is the genetic and eight of the body and then, and of course tian, of course, his spirit. In Western terms, psychology, psychiatry, behavioral health and so that is the trifecta that we would like to boost, increase, perhaps using good diet and exercise. I think that is very similar to what we tried to accomplish in our Walter Reed pain initiative where we are not just trying to control chronic pain, but we're also trying to restore function. We are trying to make people -- make warriors better than they were before, even after injury. That is my spiel. [Laughter]

Thank you. The other thing I want to point out some of our principles as we introduce tai chi as we want to do in a safe manner. We don't want to reintroduce you. We don't want them to push their bodies tolerance. We are not trying to break any barriers. Our goal is not necessarily to increase range of motion. Oftentimes overtime and practice, we will see

improvements to those, but we don't make that a primary goal. We are not expecting that within the session, you will have a huge change in range of motion. We just want to be able to move uncomfortably focus on your sensations and move in and draw your attention in toward your body.

Another thing is balance consideration. Even with whoever is in the class because I do not know you all traditionally, we want to make sure we are doing this safely. So, we oftentimes will start from a chair or we will provide a chair they can use for support and stability and so just remembering that is your thinking about the different techniques, we want to make sure balance is something we kind of check the box and we feel comfortable and safe in that process. And then you introduce modifications as needed.

Oftentimes we want to have that sheer handy as folks have discomfort, we can offer them the chair to go to and continue doing other body movements or even some of the lower body movements and a loaded position. Make sure you give them the opportunity for modification which can be very helpful. And it is safe across your lifespan. It does not matter your age or status; you will be able to do a form of tai chi across the long term and it will have the benefit on your health.

Next, we will kind of talk about the therapeutic principles. There is the one that -- the balance is the one that is probably been promoted the most across-the-board. The mindfulness component where you are focusing on movement and focusing on enrollment is a big benefit. One of the things a physical therapist said that I really like beyond the balance and stability and coactivation is the nerve muscle is Asian.

Oftentimes, different movements, you're doing an older nerve and you even know you are doing that. So, being able to incorporate some of those things that people isolate and breakdown to treat a certain condition and having that be a part of their movement or they are not having to think about their pain steak or what diagnosis they are getting there so getting those mobilizations that are going to help with their overall panic serums, that is huge. About something I really like to make.

It also helps with their awareness and sentry control, being in this kind of state where they are getting that feedback from their body and that continuous loop. Those, they have big impacts in their pain experience in the way they are going to process that information. But you have a long list there, all of those things are going to be benefits to our patients and helping them manage their health and beyond the chronic pain population we want to think about this as an overall, something that we do for each of us as well.

The next thing we'll talk about is Dan Tian breathing. I will say that some of my patients will have, and they have already tried to do diaphragmatic breathing and they will automatically come in and say, I cannot do that. I can't relax enough but then it also becomes a stressful situation for them to relax. I really enjoyed the Dan Tian video. We have put the video in the comment section. You can keep Adobe Connect running but then you will open the website and it should help with taking away some of the glitches that will come from Adobe Connect and just



having as many people we do on this connection. So, I invite you to all go ahead and take part in that video and then we will meet back here at 9:07 and move forward. Okay? Thank you.

All right, I hope you guys enjoyed that video and a little break to breathe in a nice way to think about your patience, so, next, you are going to have Colonel Hing take us to the information. We are going to talk a little bit about alignment before we dive into the next video. We're going to kind of switch the order just a little bit.

Hi, everyone, it is Matt Hing again. It is wanted to talk a little bit about alignment. Alignment of the body is very important in tai chi and Qi Gong and I just wanted to go over some of the big principles and they are not only important principles for today, but also if you try to find a good instructor in your local town or maybe you are trying to find some virtual training for a good DVD, these are the types of things that should be pointed out and really refined and observed by a good instructor.

So, the first principle is that you would like your feet to be planted flat on the ground and Amy and I had a lot of fun putting these slides together because we really wanted to break it down as easy as possible and what would be the opposite of your feet not being planted firmly on the ground? It would be like what Michael Jackson does when he was balancing ballerina style on his toes but that's not what you're looking for here. It was developed particularly as a martial art, so, as such, we would like to have a good stable footing and you will notice that MJ's knees are bent slightly. When he does that, when you do that, the weight shifts from the heels forward into the center of the foot. In the center of the foot, actually come in Chinese medicine, there is a acupuncture point called kidney one.

A lot of exercises and drills are in a standing position, sometimes in a static standing position and from the -- medicine standpoint we are actually increasing energy in the body by doing that. Even if you don't believe in any of that, surely, you know that after spending a day at your workstation trying to catch up on conferences, getting up every now and then, hopefully you get a good rehab like every hour or half-hour will help you wake up and loosen your muscles.

The second alignment to that we want to give you, moving further out the body is to not just bend your knees, but also point your kneecaps in the direction of your toes. Around maybe the second toe. When you do this, you avoid twisting and putting the love of necessary pressure on the ligaments of your knee. And loses all about? This is all about synchronizing and integrated all muscles of your body to perform functional tests.

Remember, tai chi was actually designed as a martial art, so, it was a very functional activity and also, on that note, you will see here on the note of function, you'll see that every person on the right-hand side, the athlete on the right-hand side as you can imagine, the vectors of force, the mechanical Vantage is actually lost that break and alignment.

Rednecks brings us to the next alignment tip which is, we would like it if you could release your tailbone. Imagine your tailbone falling to the ground, let it fall down to the gravel gravity. That is the imagery that you would like to use. Is a very, very subtle alignment to. You may have not actually seen a big difference, but, some people can actually carry a lot of tension in the muscles of the lower back and the tailbone is great but in so doing, there is a lot of unnecessary tension, but also a lot of controversial experience loss. So, Arthur Linotype moving from the season the knee is always to sell the -- tell them, to drop your tailbone, release it down with gravity.

We are not talking about the type of chest compressions that say, a bodybuilder, like Arnold Schwarzenegger would do to accentuate his packs. But, if you notice what Arnold is doing, there is actually coverture of the spine and she we generally like to assist various scrape liens, we have a boost right here and you will notice that his shoulders are relaxed and, actually, slightly sketchy and slightly depressed and without depression, what he's doing is he is slightly activating his hand as he knows, as Jamie had pointed out I told her that I was talking about this is that five muscles was a very important stabilizer.

So, I Lyman Tipton moving forward of the body. Is we would like to imagine that the head is being raised up, being elevated and pulled up into the sky by in the spring. So, you Hamidou so spring. On the left outside, this is how most of us, in our day to day activities into view and get ahead is just a ball resting on a stick. You know, whether you are sitting at your workstation or standing at your workstation that that type of imagery, in spite of that, there tend to be a hunch or a lot of this as we go back out doubt -- about our day and without testing on the computer, using a mouse, so, arch appears to imagine a frame falling this is following your head up into the sky. Okay? Like nice, soft, supple elbows, our recidivists. We offer a sharp ends or tension. That is very important. Those areas to have a lot of acupuncture points that are key for ensuring the free flow of energy throughout the body. From a functional standpoint, those joints are informed because, let's say, if you have osteoarthritis or, let's say, you have an injury to the tendon or the ligament, you really want to avoid excess strain. Tai chi and are very areas of interest. Next, we will talk about the areas of the elbows. Back to you, Jamie.

So, now what we will do is we have a prerecorded video led by Colonel Hing and is that he was right around 3600 phone. This is one where you are up and moving so what we would like for you to do is go ahead and go through this movement program and then we will ask for you to return right out, let's go with -- let's go with 9:50. I think that is enough time to get to the video. So, we will put up the poll for you to check in when you return. Okay? All right, thank you guys. Enjoy.

All right, if you have the back of the room, please compete with this complete these polls. I will give it a few more minutes to see if we get a few more folks back in. All right, I think that is good. We will go ahead and get started.

So, while we will talk about now, I hope you hope you enjoyed that for saw, I hope that was a good experience and it worked out well during the ritual turning up in. We wish we could be with you there in soon in person hopefully this is our next that office. Have decreased throughout the movement that was blood coming from chapels questions with us. He has to go to a moving -- name, but he will provide his email writing a request to have that.

We will dive into infusion relation. Pain or staggering, the amount that it costs our economy and America's impressive. We want to think about different tools and techniques that are going to help with cost-reduction and actually give them fixable help with their functions over think about just our military population with combat related injuries, the rates of chronic pain are to present higher, so, estimates are extreme and so if we can introduce techniques that hide them from different components. We are improving their function and their talents, but then we also bring that mindfulness component, helping them with different suppressors. We offered her the pain is complex and there is more than one situation going on. Introducing the size of the visit movements that are going to hit those ultimately angles are going to be huge.

So, how do we choose a patient to get into one group or what actually that one-time? Have to think about our sages that change and wear that station as up and if you have a patient coming in that they are not really thinking about making a change in any of their behaviors, they are not thinking about diet or exercise, they are there to get a pill and fix their pain, they are not really thinking about how to implement that change in their lives and those are the folks you want to with education, give them some of those motivational interviewing techniques to try to shift their thinking from what can you give me to fix the situation to what can we do to manage the situation.

What things can you do, as a patient, to what happened to I empower you to take situation going forward. Once we get to contemplation, those are folks that they recognize that pain is complex, that the lofted lobbyist and things that are held being used and they are not just experiencing treatment experience Rick want to give them the option to temps -- test the waters. Let's give them some of the different techniques. If we try to push that person that is not even thinking about a change, sometimes it will be too soon and there is very little chance that they might have success and outcome. Hopefully, they are helping navigate this as well but think about this when you're sending rivers into the appropriate places and preparation groups.

The preparation phase, these are guys that you want to throw as many in the toolboxes you can. Once they are in action phase, those of the folks that are in it to win it, we want to give them the tools, additional tools they may not be aware of, so, helping them get access to some of these are the programs that are available, different centuries of those

groups will may be higher within those phases of abrasion action and maintenance and maintenance, they've made a lot of changes already and just want to see them get the support and tools and resources to help continue that change process. Think of.

As a stay questionnaire, I don't really recommend Wiley you should fitting that to your patients which is to collect the take a look at that in case you ever have a chance and see some of the questions and how you might apply those to some of your patients and desk Lexi that can be a helpful tradition was existed just toward. Priming for a while there also, a Sharon entrance best of the best, so, when you think you are wearing them two program or thinking about the ministry of program, you want to promote the provider. Give them as much information, sometimes if I had just with that, so the physical therapist in the clinic, I see a pile patients with on this physical therapy once, twice, was as if so, setting them up to understand that each letter is will be different for the different situations only helpful, for success and write about providers I went to revision to the positive, here other experiences because oftentimes there'll be a patient who has had experience that has not been positive so you just say that each provider is different and this is the same you know she will take time to listen to complaints and what is going on in your life, hope you navigate that. And vice versa.

There is a physician I used to work with in San Antonio and I'll tackle, he is a sniper with the needle and we would have a little fun phases we withdraw to our patients and kind of is -- bring that effects of soil and there is a physiological support surrounds those movies around them here is related providers as well as the interventions themselves. I have had patients who have had another response to BFA but that should not turn the vacuum on altogether. Helping them understand things can be different, as it is supplied differently as, then I want to be of is unusual that we can that is going to help them move forward and manage their situation and living that vexed life, alert working for the calls and Q values once they have heard that, they feel free to start engaging in that and then they will have less fear associated with that because pain is their perception of threat whether that is coming from the tissues, the environment or otherwise.

So, we want to make sure we are addressing their fears along the way and reinforcing all this with the why it matters event. Use that to find out what is it important for the sexes is. Who things that will help them engage in with their family, their jobs, whatever the case may be, remember what is important that patient and how these different therapeutic movements can apply to them. We want them to understand the pain experience, first of all. Use pain neuroscience education a lot of different treatments so you want to give them that understanding along the way and help them understand that I can change as well oftentimes we'll talk about the pain experience but we don't give them the understanding that also can be fixed by the tissues and there are things you can change from that side of thing .

The situation does not have to say the same as to what it is when you are starting at the point. Promoting that ability for them to have control over their situation, so, having that experience where they are always

seeking out a treatment to change their pain, shift setting thinking that they have a control over what they can do can manage their situation is going to be helpful in getting them to engage in any of these different therapeutic movements and that I have a list of promoting narrow plasticity. I talked about how that is one of the things I finally helpful and shifting thinking and getting them to engage in things like tai chi and understanding if it is a movement you're not done before. You are going to do in a different way. These are all the things that we know can help narrow plasticity. Having them do a variety of different activities and not having them do a variety of different exercises. But changing it up and when we are in the clinic is something we really like to do. We have to match that with their ability to sustain the program and be complying with the but still challenge them in different ways we have done that before.

Many of our folks have never engaged in this activity so it is a new opportunity to get them moving. If you think art therapy or just going someplace you haven't gone before. Getting different options to help with that will be something you can implement. And then empowering behavior change. These are all different activities and different things that we can use to improve a health profile, so, we want to promote the coping skills more.

We want to help them with changing the perception of the stressors and kind of change that protect versus threat. We want them to have all the different information to look at things in different ways that can really help change their perception of the situation. You can kind of read through these lists, these are all places to start and sometimes it is finding what is right for that patient at that point in time. Getting them to engage in an exercise program may not be your starting point. Perhaps they thought dietary interventions is where they need to start. Or sometimes they've started to isolate themselves from friends and family and getting them to just do activities that pull them into a social environment.

We've had patients who one of our goals is to be able to spend times with her family with her daughters and one of the things that daughters want to do is go shopping at the mall but the pain limits their ability to go, stand, walk and because they do not ability so, how to re-create that in a way that is going to help them get to where they can engage in that? It may mean that they drive to the mall, drop the daughters off, walked to the store, walked back in the next time they go into the store and we progressed that gradually over time until they are actually engaging in that activity the way they desire and want to. Without having a consequence or the flareup that falls. Sometimes it is not just the pain and tissue tolerance, can also be the stressors. There's lots of different components and angles that we need to address this and kind of grade their activity progression.

So, the next thing we're going to do is the tai chi reforms that. This would have a shorter video. It is still active, you will still be moving if you have concerns about being able to stand through the whole thing, I would offer you to have the chair available to sit and kind of go through the upper body movements. Also, when we come back and think we

will be able to check back in and kind of answer questions ahead of time before we take our break, so, this time I will have you come back in about 15 minutes. So we will go ahead and call it at 10:25. We'll check in, see if there's any questions you have and I will share a few resources related to tai chi and opportunities for you to kind of display in training or continue to provide your adaptations with more information. Miss Carla will put the link into the chat box, and I will see you in a few minutes. Enjoy.

So, if you follow the video, you see that he used a lot of different Chinese names for the poses and with the tai chi for rehab we really don't go into a different language and forms, we just kind of take them through the movement. I would like to do the visualization of a ball or imagining a balloon underneath your armpit and the balloon is slowly filling up with air so you are lifting your arms out a little bit, your engaging those muscles and if you are familiar with the muscle, you will feel like your engage in that muscle and you are going to take your arm forward with hourly moving, so we can engage that muscle throughout both sides.

The other movement forms like tai chi for memory. They really enjoy some of the different ideas and philosophies but I'm not an Eastern medicine practitioner so by no means do I claim that. And I generally give the disclaimer that they know a lot more different about the different purposes of those and how to access those and a lot of our acupuncturists also have training in tai chi. All of them enjoy it, we are likely enough to have an acupuncture that does taking buses enjoy taking tai chi. We may consider that a resource, other things that I wanted to share today's, we are going to jump to the very end of the presentation. Is there a way, Carla, to skip to the end using this guy correctly, I hope?

Okay, so, be tai chi training options, so that is the tai chi for rehab and tai chi for memory, there's lots of different specific forms that. They are nice little prepackaged type of movement, so, it is short and you can have these little two or three day trainings but they do require you to maintain like a maintenance fee, or take essentially take your certification. And content about up and you do have to repeat courses to maintain those kinds of credentials or certification. The tree of life is the Harvard school, that one, excuse me, that was the reason running, Peter wing. Dr. Paul Lam is for the Institute and Peter Wayne is for the Harvard school of medicine and they have some nice resources as well as they have the certification training you can go through and then this is one that our acupuncturists really enjoys and has recommended.

We want to give you some options for potential training and then in the note, and put the tai chi for rehab forms that, both axes to the promotional video as well as the links from other providers who have posted that on YouTube. So, you have different options. I want to invite you to ask any questions that you may have related to tai chi or any of the things we've talked about today and then as he prepared to go on your break, please come back at 10:45 with a chair. If you have a towel or yoga block that you could bring with you we encourage you to have all the supplies so you can do all different options and opportunities you will have when we come back and do yoga. But for now, I will invite you

to ask any questions you may have and if not, I will see you after the break. So, the question, how can we get this at our MTF. I'm not sure which one you are at, you can use community-based resources as an option to reach out if you have access to and I PMC or there is a I PMC at your location, oftentimes there are different people who become certified or are turning to have a background oftentimes different martial arts studios will have a tai chi program running alongside of that. I won't say 100% of the time but that is a nice option. What is the return time, it is 10:45. You have a 15 minute break. Thank you all for joining us.

Walking to grounding Ike's exercises. Experiences that I went ahead and had [indiscernible] patients. If you guys can go ahead and answer, that would be awesome. As this is an experience to learn and process today, I would like everybody to come into a comfortable position. If you're in a chair feet flat on the floor. [indiscernible] closing your eyes sitting up tall, rolling your shoulders back. I'm going to read a poem. I want you to concentrate on being relaxed your breathing to guesthouse by [indiscernible]. Welcome [indiscernible]. Even there are [indiscernible]. Furniture still treat each guest honorably. You may be [indiscernible]. The dark spot the same, the knowledge. Meet that them at the door laughing and invite them in. Be grateful for whoever comes, as a guide from beyond.

Welcome back to that poem. And, uh, what it means and what we are going to talk about. If we were sitting in class, we would usually have a good discussion about going to what we are going to talk about today. Think about entertaining [indiscernible]. What are we talking about? Would [indiscernible] at entertaining [indiscernible] is really a stress response. Whether that is fear, we were hearing earlier this morning four, uh, other things that people might be experiencing. What are your [indiscernible] distress, stress responses. How do you identify those?

We know hopefully as providers your joint coming to identify those can also help us to decrease chronic pain. If you have chronic stress, chronic pain in says cycle you are in. So, as you can see up there the physical versus the emotional or you might have somebody, always of course having those really straight shoulders, this kind of items. Helping identify those things can be really beneficial thinking about items we know as providers we know that, uh, we think of the loss of the [indiscernible] regulation and stress. And the bottom up. So, we are looking at the mandala being more activated and the automatic nervous system coming into full effect. So, if we have problems shutting that off because of our stress level or because we are unable to identify how our body is relating to the stress that. It just kind of starts to set off different chains of events. So, this is just allowing individuals to be more aware so this isn't something we really talk a lot to our patients about and noting that their perceptions can become extremely narrowed.

You can have a really hard time with learning new items, really listening and so if you are having those things going on already and you have chronic pain it is just another item to make it more difficult to find some relief. We also know that the stress response affects ourselves in genetics. So hyper inflammation or the reduced immune response.

So why am I bringing all of this up. We are going to tie all this into how yoga can be assistance in this, these items. So again, our stress level does not come down like a normal stress here in the green. You have a stressor crossing Elaine's were the outcome you come down eventually. But if you do not calm down you have that increasing, increasing [indiscernible] if you think of that amygdala constantly being [indiscernible] the body costly being a tense state. Brain starts to set that basal level for stress as it does not allow it to come off of [indiscernible]. That's really where some meditate, meditation will be very effective. The one that you will have today, we will talk a little bit more about that.

Another thing is how to put it in simple form. What empties the patient's glass versus what charges their batteries? Sometimes it's easier to talk to somebody about what really makes you feel depleted versus what makes you feel recharged. Having to identify it that. So, going out for a walk, maybe that helps somebody recharge. Maybe playing with her grandkids. Everybody is different. So, we need to kind of figure out where that is. So, if you're tired you will not be able to tolerate the chronic pain very well, you will not tolerate stress.

Again, that snowball coming down the hill. Another thing that we have found obviously if we can help these individuals control and decrease some of their pain control some of their stressors in their body's responses the resilience. We want to be able to help them bounce back and be able to maintain that healthy functioning. Of course, the longer-lasting battery, we all want one of those, right?

Cognitive restructuring as a little bit of what, uh, sometimes people do not realize that meditation can actually help with. Different types of medication or a different way, I will not get into super great detail about it because we can talk days literally on the different types of medical medication. There is a slide in here that obviously goes over events and you will have it in the PDF. Now, looking at this based at the [indiscernible] will be extremely helpful and [indiscernible] will be extremely helpful if the cooperative sleep. So, getting that sleep, social connection is really important. You are getting some exercise. And kind of putting, notice how they all overlap. So those are ways that we can also help learn how to bounce back.

The yoga piece here, I just wanted to add a little tiny bit of history of what yoga is and what it's really, you know, it's not as simple as most people like to think it is. There are actually eight limits and there these are the eight limits here. Today we are going to actually cover often, we are going to go over Serie on a which is some breathing, breathing techniques. You might ask Bennett's experience [indiscernible] which is a sense of withdrawal of your environment and coming into the center. So be able to set yourself. And, then of course dionn yoga which is meditative absorption. You might experience that also.

Again these are the eight limits of yoga so somebody like myself I you be or kind of taught how yoga is actually very in-depth and can affect the way [indiscernible] being healthy, eating healthy, being kind others.



Those are all kind of eight limits of yoga. It's like who does not want to be kind others. It's one of those things of most of us [indiscernible] of course you should not steal, right. That is already [indiscernible].

This is what I want to show it is. I'm not flexible enough, I cannot do that. What we really want to do is change the thought process. So when we first have patients coming in and I would say the majority of more mail they were just really concerned about what you want me to do yoga, what with that going to be like for them. We found that they were able to do it with some adaptive [indiscernible]. We will talk about that. When we practice. The meditation.

So, uh, there are many different medicate medications and deadly different than being awake and being asleep. The meditation piece that you will experience today is going to be in between what we consider being awake and being asleep.

So, if you get to that place that is actually where you're supposed to be. Not quite awake and not quite asleep. If you fall asleep than that's what your body needs today. So, uh, we also think of meditation may be focusing on something in particular. And object, sometimes people will do that. I thought, and activity such as walking that might be a type of medication. Awareness, prayer, there are so many different types of meditation.

So, what we want to do, a lot of the time when we are working with individuals, we need to find the right one for them. We will talk about different ones and ways that they may be to try themselves. Much to their surprise how different it can be. Once they start to experience that meditation aspect, we would like to consider it being in the zone. Being able to finally learn how to come in and be a little more focused on being mindful. Possibly even finally just mean.

It's very hard, it brings me to this, I love this cartoon. All of our students and I will read it in the way my students need to set. I meditated on my inability to meditate due to the fact that when I meditate, I can't stop thinking about how I can't meditate because I'm thinking about my inability to meditate. Is that correct?

This is where a lot of people start off. I started off here. Getting your mind to not being judgmental, if your mind wanders, bringing it back, bringing it back. Eventually you learn how to focus it. So, it's really common and we usually tell individuals that this will start very slow. Today we are going to [indiscernible] but there are shorter practices that we definitely have done.

So, these are ways that meditation can change the brain. Again, we definitely want to remember how this can be good for our patients. It is not just about one thing. We are looking at them in a holistic viewpoint. We really want to make sure that we are understanding how that is affected.

We can have that conversation with them. So, these are the key regions. I will identify two different studies. And, uh, we are going to go on and talk about a few of these. I found this very interesting, the parietal lobe and loneliness. Really, I found that meditation can decrease that loneliness aspect. Which is kind of thought-provoking and away. When you are thinking about your, by yourself in your meditating. So, that is just kind of some interesting findings that they did find, and I think it will be interesting to find out and COVID maybe spent more time alone that have started meditating Mark.

Some of the talk that I've seen across some of the [indiscernible] is actually which is very interesting to me. At this point in time. What about balancing the brain? So, looking at the things here when you are utilizing the brain and all parts of the brain being kind of balanced. So, what they had found was people have more balance brain are more successful, they are able to, uh, they are healthier. Their health is better, they speak here. All those things are there. The kind of think of different brain imaging studies that can really show the difference between the two halves being used better than they were before the meditation aspect. If you guys have questions feel free to, uh, plop it in the chat box because I am watching that. If you guys have any questions.

So, again, here you can see depression and how it can affect the brain. As the brain starts to possibly get smaller so they did find that in some studies where they utilized participants and had the meditate and they follow them with brain scans and found again that the neural thickness density was affected. In a good way. I couldn't tell you as we are going through this the studies point to one particular meditation over another. Or timing. So that is still out with all the studies, some studies will say you know, they think this or they think that it really there is no particular type or no particular meditation at this point in any of the studies. Alex is asking if I was sitting in a classroom with you this is usually quite an active class for discussion.

How many of us have drove home or drove to work or something and do not remember driving there? You do not remember how you got home. So that is a complete, [indiscernible] being very not [indiscernible] what we're doing. That's really thinking about you know what meditation kind of help can mold our brain into something better.

What about being compassionate? Thinking about that giving away, the volunteering of time, those kinds of things are compassionate things. This is kind of what they found when someone is doing this, there is a part of their brain that does light up. They also did find there is a way to kind of kickstart that, I which eight say it is like using a loving kind of meditation. Those are able to activate and light up this part of the brain. Again, there is a lot on the slides. Typically, when I'm teaching this in the class there is a big discussions on it, you guys feel free you have these to read and take with you. So emotional intelligence. So, allowing the ability to not only control and manage their own emotional Buttitta pick up on social awareness cues, to have better communication skills which relates to better work, better

relationships. And everything like that. So again, managing that thoughtfulness of that person. Taking the cave out of the caveman.

So, uh, you know our brains are triggered to be a certain way. Dress triggers that fight or flight. It does not matter if we are trying to eat or survive or a car swearing in front of this. It's going to react the same way. So [indiscernible] calm down that area of the brain, the amygdala. The Emperor of the brain.

A lot of this information when I found it first researching all these items and learning about Einstein's brain. So, it was very interesting, we can see here it was actually compared to 85 normal brains. What did they find, they found that he had a very tightly packed gray matter. That his cortex was very unique. He actually was a lifetime meditator. So that is just very interesting, different things that they have found with people that had meditated most of their life.

So, you can see like processing power, more processing power might be coming from the fact that these individuals are able to shut themselves down. Stop that constant, uh, chatter in your brain and have some sort of way to just allow it to relax. A lot of us we do not slow down all day we are going, going, we are seeing patient, we are going about meetings and you know it's always the next [indiscernible]. And where's the checklist and how do I check it off. So, finding that time to find that relaxation piece for your brain. Again, lots and lots of data, different things that we have seen throughout.

One of the items we also found with the gateway to sleep. So recently I was teaching [indiscernible] a person chronic pain individual and they responded back the next day with the first yoga session. They were just so excited because they set, I slept all night. We did it closer to when they go to bed. And they talked, talked to me about that and it was very exciting. These are things you can here, actually slept all night again; I did not have pain all night. They wanted to do it again. Because they had not slept well, and they had not had that. So, it was something that it can also help with.

Today when you experience the meditation portion one thing is keep in mind, but time did you, sometimes you fall asleep and sometimes you fall into that between zone. And you will find even if you stay in between zones and you hear my voice the entire time. Most of the time when people come out of it, they feel like they took a nap. They feel a little refreshed. So, we'll kind of see how you guys deal after two days [indiscernible]. We know how important sleep is. Without sleep we cannot do many things. So, meditation versus stress.

So, uh, chronic pain, feelings stress, why are things happening, going on. [indiscernible] control during the stress secessions versus the prefrontal being in control. Really where the prefrontal cortex is going to give us that reality [indiscernible] the monitoring for guidance and thought. Thinking about regulating emotions, these are things that [indiscernible] because it's a way that affects the brain.

So when we talk about being in the zone this is what a lot of people like to refer to when they are meditating these are some of the benefits that [indiscernible] there is a ton more. You can find changes in genetic expression. There are great studies. Reducing pain. I cannot talk right now. Stress, improved attention, and focus. So, they are having a hard time focusing, those types of things, it does not have to belong. A lot of people think they have to do a long meditation. If they have some sort of benefit and it is not something that we have found.

So, this is an older study, I just want to show an example of meditation and they use, uh, the arterial pressure to kind of gain that. You can see from baseline it was somebody the way they were when they were talking. That versus where they were when they meditate. So, and then you can see how it comes down and then when they do a math problem it bounced up. Then meditate then maybe, let's put your hand and some ice water and see what happens. What was the response they had? Then they are meditating again. Been talking to their wife. And then meditating again. This is a good example of bringing the body down from that stress response.

So here is the slide I know there is a lot on here and you cannot read, I will not read all that is on here this is a handout in the class and we kind of talk about it. What's highlighted in green is I rest. It's typically listed as systematic. Meditation because we are going to go through it systematically.

Not every meditation session is exactly the same but there some sort of system to a pick there are components that an instructor that we have to have. This is kind of something kind of to look at. Like some people [indiscernible] transcendental meditation so you can see what that is there. This also gives you readings if you're interested in finding out more about it. Some different ones. Again, this is not exhaustive by any means. Feel free, there are so many. Like I said we could spend a lot of time just talking about the different types of meditation.

So today we are going to do a form a lot of people call yoga Nidra and it is actually based off a yoga Nidra, it was created by Richard Miller, Dr. Miller. He is a psychologist that found that this is really helpful, so as you see they talk about the body completely relaxed. That is where we want to be if we can get there. It is a deep state. That space between not quite sleeping but not quite being aware. Night day. I where things are going on in the room. Sometimes you will float in between those.

So, if you float in between those today that is supernormal or if you fall asleep that is also normal. With the IRest things that were very different was that they found with yoga, Yoga Nidra there was a lot of culture, there was a lot of old [indiscernible] type of Indian language used in yoga. It was not developed at all [indiscernible] or combat related items. So, you could pull somebody into having an issue like that. It also did not utilize finding a safe place or a resource. We will talk about that.

The instructors, anybody can pick up a book and read the script. That is great, you can pick up the book and read the script, you need to know what they have experienced and into some sort of response. Now any type

of yoga can cause it emotional reaction. So, there's one thing that people that are doing iRest are trained in working with individuals that they can have a reaction to the experience. Which can happen. And working with them so that they can continue the iRest experience. So those are just some of the items.

Also, iRest allows people to be in a group and it gives them the way to participate. We really want to be nonjudgmental and really welcome, uh, that piece. When you are talking about iRest what was interesting if you have never heard of it was actually introduced into the military 2006. It was utilized very highly in PTSD especially coming into 2010 by the U.S. Army server general. So [indiscernible] was used there, iRest in 2006 and 2011 iRest was starting to use more as an intervention.

So, lots of research, you can always go onto their site and find the research items that they are doing there. There always finding more. The tools that we will talk about in you will experience today are like we could take over a week to actually go into all of these.

So, this is how the training is. So, the heartfelt mission. That is going to be what makes you get up and go in the morning. What is the biggest thing you want to complete in your life. And then affirming your intentions. Why are you doing this, what you want to get out of it. So today maybe it's just to have an experience. Maybe it's [indiscernible]. Whatever that is. You're in a resource would be something that helps create a sense of [indiscernible]. That might be an image of going to a beach or maybe you get really happy every time you think about your dog. So, it's an image of that and we will talk about creating that image and holding onto it and then letting that image go. So that body can sense it that that image is not in the brain. Then working on body which is really important to think about[indiscernible].

Body [indiscernible] can be extremely important when they are experiencing like possibly let's take the shoulders for example, shoulder pain. Focus on that [indiscernible]. That is all they feel. So being able to [indiscernible] back into their body, a good amount of that is more than a state of [indiscernible]. So being able to feel back into that. Then welcoming opposites. [indiscernible] we will do a little bit of that today. But welcoming opposite is we are like feeling emotion, sometimes we might do like hot and cold but the feeling of emotions of opposite are very important. We might be a little bit of that today if we have time. That can be really difficult.

You might find that you go through the experience today that it is hard to really focus on a body part. So, I will tell you if you do this practice often you can learn to do that. But it takes a while, the activity in your brain in creating that opportunity to rest. So, opposite a thought. Welcoming joy and well-being. I always do that. I want you to practice feeling good and feeling like they are happy. So, we try to bring that an experience into every practice. Sometimes being aware. Being aware of your surroundings, being aware of yourself and then coming into that and your wholeness.

The core principles for iRest are really learning welcome. You are welcoming yourself; you're not judging yourself. So today if your mind wanders bring it back. Do not judge. Do not judge yourself for that. Everything is a messenger.

So, coming back to that in that poem that I read at the very beginning. Everything is a messenger. Your body is speaking to you and trying to tell you something. So, as everything is a messenger in iRest we do not believe people running away from that. What I am saying is like we are taught to do certain types of medication. Is something set somebody said I am really sad; we would be like okay tell me about that. We don't try to comfort them. We allow them to feel that way and eventually they opposite will arise. It's a very interesting form of meditation.

So, there are different ways to go about it. It can be iRest in a large group. It can be iRest with one person. It's really a systematic piece. Accepting what is. Just what is. Whatever that is for that individual. Always doing your best. Today I'm doing my best. Maybe my best is different on a different day because I do not feel as good. Just understanding the law of awareness and feeding into the non-separative wholeness. What we are really trying to do is how can you be whole but not be.

That's probably something you usually spend a little bit of time that, if you get to that in between state asleep and being awake will kind of understand what that means. It's very difficult to actually describe until you have had that experience. So, I would say a lot of us have felt like this. On a daily basis. It's typically what a lot of my students are like this is how I feel. I know I fit you feel like the picture on the right but [indiscernible].

So, when we go into, uh, our practice today we will start with the chair. Let me go over these actually quick. So, you guys have an opportunity to see and experience how we work with some of our patients. I say we because my husband is going to be my model today. And he actually is someone with chronic pain. We counted of his surgeries last night. I think is just like under 20 or something. It's a lot. We lost count. A combat [indiscernible] multiple injuries, multiple surgeries, he became a yoga instructor after he started experiencing yoga for himself. He became a yoga stretch instructor. Then we went on to share this and work with chronic pain patients. Together.

So, there is a lot of attack attached with it and I think understanding you can do yoga without some of the primary poses like you can modify really anything. It might not look the same. So, what we want to do is always listen to our bodies. Resources and apps that I want to make sure you guys have. I know [indiscernible] one of my favorites that I use a lot because it's free for the most part is insight and then there is also some others, I'm sure there is a lot on here I have not mentioned. [indiscernible] made by the VA. Then there are just some yoga items there.

The only other thing, uh, I would like to mention is that, uh, looking for yoga instructor, not all instructors are trained the same. Even if

they are certified you really have to do a good job of interviewing them because I've seen a lot of yoga instructors who [indiscernible] no, that is not a good idea. Knowing who you are hiring and because our certification process is probably not as good as it could be. You really have to do a good job of knowing where the person is coming from.

Another thing is we do have to do CE's and all of that and keep up with all of our training which does help find good people. Again, not all the easiest task sometimes. You can, typically you can get certified, there's a multitude of ways that people have gotten certified in yoga. I went, and I'm sure, class is going on now [indiscernible] for now.

So, the other thing is these are some of the yoga postures we are going to go over today. Why because a lot of people cannot move, [indiscernible]. We are going to talk about moving, we will move through some items. We will get on the floor, just a few things on the floor. I want you to know [indiscernible] we are not going to get on the knees at all. We are not going to do the down dog traditionally. So, all of those things, you do not have to have. All right. So, we will move into our yoga practice. And, uh, I think we are done with the PowerPoint. So, everybody wants to get their chair make sure you have all of your items, if you have a block have it nearby. If you have a towel or [indiscernible] you can have that nearby. You can utilize that.

You sit in your chair feet flat on the floor. Five big breaths, in and out. Go ahead raising those arms up then releasing the arms down when you exhale. Thinking about been very active in this pose. As you inhale and exhale just [indiscernible] nothing here should be painful you will see [indiscernible] through your neck, exhale. I'm just going to gently turn the neck from side and back looking over your shoulder. Some nice shoulder rolls, bringing the shoulders all the way up to the ears and back kind of think about you bringing the shoulder blade back. Maybe a couple back and then change direction and come forward. Really listen to your body here. When you start to move through the stretches if you feel like you need more movement feel free to take that. The movement is uncomfortable do not do it. Listen to our bodies today.

And bring the hands straight out in front of you. Bring that right hand down just until the stretch. [indiscernible] causing anything. Any pain. Gainer deep breathing some slow, our goals and then switching to the other side still maintaining that upright position [indiscernible] ahead [indiscernible] to the top. Tight circles go ahead and release that and maybe do a wiggle, inhale again, exhale out each of those inhales when you're reaching the arms up, reaching as high as you can. Where it's comfortable. Exhale, go ahead and release your hands to your thighs. We are going to work through and [indiscernible]. I want you to take the time to do this on your own.

Come forward in the chair little bit, make sure your feet are sitting flat, inhaling up and creating that [indiscernible]. Exhaling out, curling everything in, chin to the chest. Take that with your practice, inhale up and then curling it and, great for people that cannot do traditional cat cow and other issues. Go ahead and add some moving here if you want. You can always move side to side, really just finding

[indiscernible] calling to you. It is your time to listen to your body.

The next time you exhale, and you have done your cat cow release that right foot out kind of out in front, maybe moving it from side to side do a little wiggle. The leg is not relaxed. Maybe pointing and flexing the foot point and flex getting some work in the calves bring in that leg back the next one bringing the next leg out the less leg out, shake it a little bit side to side. Active but gentle.

When you are ready you can point and flexing again, we are listening to our body in bringing that leg back in we are going to find our side stretch. Inhale up arms all the way looking at those arms, looking at the very top. Exhale all the way out. Take that right hand and graphs the side of your chair using the left arm up. Maybe you have been [indiscernible] gentle side. Again holding [indiscernible] feel free to move gently through the [indiscernible].

Next, inhale an arm straight up. Both arms straight up. Exhale. Go ahead inhale the right arm up again listening to your body, one side is too tight [indiscernible] so much. We will do that one more time with the arms up in the middle, always [indiscernible]. Bending over to the right may be a little more here. Always have choices to look up, look back. Bring that arm down and exhale. Both arms up inhale and exhale. Inhaling and the other side holding on to the chair. Finding options, if you start to look more upward and push your chest you will find different stretches.

Hold those arms up one more time. Exhale, we are going to come down and gently twisting to your right placing the left hand on the outside of that chair. Maybe you can look over that shoulder, maybe you're not quite there. Just allowing your body to find that gentle twist. Then coming back to center and making sure you sit, do another twist and then you will be on your opposite side. Twisting to your left. Brief. Coming back to center, resetting.

Find your way into the Eagle arm pose. You may need a strap, or you could utilize the towel or a washcloth. These are options or you can go ahead and just give yourself a big hug, if it's way too much. So right arm under left and then maybe you come into an eagle, sometimes you can get your thumbs together wiggle it around give yourself a big hug release it, go ahead and make some big arm movements. Flapping like a bird. Come back and left income under the left arm. Give yourself a big hug and stay there. Are come into the equal expression. If you're really tight here, you may be sitting in that hug position move around and see how that works for you. Big inhale, bring them out, makes it even. Kind of like you are flying through the air.

Now where are going to gently come up and we are going to work our way to the back of the chair. Placed both hands about shoulder width apart on the back of the chair, [indiscernible] a good distance kind of differs for each individual where you're going to feel like you want to start to drop that chest. Play around with this. This can be very different for everyone. It is okay, maybe one arm can handle it and the other arm cannot. We can pay play around with it, shaking it out, what it feels



like. Walk and put the hands down into a modified down dog. Walk your hands up, we are going to walk our feet back into the chair. Take a moment to reset.

Step back with the right you will be aiming as forward as you can then when you are ready maybe lean forward, your spine does not have to be straight you can have a gentle bend, whatever you need. You can work your way down in the chair or stay up. And again, if you need more movement feel free. If your body is calling for you to move just do that. If you're ready work your way back of the chair if you were down, bring your feet and, reset wiggle it out. Then we are going to do the other side. Toes or forward and coming over play a lot with these different poses, finding different areas in the body then we can work our way back up come back, I'm going to shake it out one more time find our way onto the mat.

You can make your way down onto the mat or onto your floor. Maybe feeder together you can use blocks, pillows, if you have a hard time [indiscernible] at home. Maybe the legs are out further, just finding that comfortable position for you. Again, we also want to think about keeping those abs in. Pulling up to the pelvic region. Finding that movement that you need. Rocking from side to side if that feels good. Forwarded that feels good. So many options. Some people like to put gentle pressure on their legs. It really just depends on you and your limitations.

Keep those legs down and shake them out a little bit. Bring the right leg and [indiscernible]. Have that foot against the leg as you can see maybe if it's real uncomfortable you can find some support there. Pulling up through the spine first and foremost. Find the Aves in before you exhale. This is where we start the option, offer options. You can sit here, you can come up and gently start to work your way into a little bit of a twist.

So, a lot of the poses that we did with their patients that they really found useful. Play with this may be leaning forward, walking with hands. Coming back to that extended leg taken option to just breathe and relax onto your side or possibly work your hand during down your leg. Come back, bring both legs straight out in front, shake those out. Bring the left leg in just like you did on the right side. And again getting, sitting up straight. Before you gently work your way a little more down that leg. We will come back and do this again. Just playing with it.

Always being curious. Find your way into a gentle twist, twisting over. We are going to go both ways; it does not really matter which way you go first. Ready to walk the hands along the floor or you can just twist. If you need more you can always press through that leg, put your hands on the floor. You can lead over, lean over.

Next, we are going to come back to center. You might find it a little easier to walk down that leg or take it a bit further or maybe [indiscernible] listening to the body and feeling the difference, it might feel different on one side versus the other.

Release those legs back out shake them out now we are going to roll over onto our belly this is what we like to call Superman. Make sure you have enough room. Extend your arms all the way out trying to pull those hands straight in front, reaching, reaching, reaching. Reaching the toes and feet as far back as you can. Go ahead and those, so for about 45 degree on the floor. Palms are flat. This might be enough for you. If you are not feeling as much here feel free to reach, go through the floor and you're pulling the floor up your bellybutton. That might be enough to start to activate some of the [indiscernible]. If you would like you can always add a twist here or you can stay here and breathe. Bring that right arm in just a little bit. About in alignment with the elbow. Try not to go over the shoulder. Go back to center. A few breaths here and then you can add the twist on the other side. The other arm back. You did the left into the right. On the same side, opposite side. Making sure to reach that with a just a few breaths left, again if you need to [indiscernible] be sure to do that. Finding a what your body needs.

We are going to go back into Superman stretching it back out flying through the air. Hands as far stretch out as they can get. Pulling the arms, shortening everything out. Feet reaching for the next wall. Starting to come up nice and gentle. We will find our way all the way over onto our back and we are going to show you something we did a lot with a lot of our students. That they really liked. We are going to do some bridges.

So, once you find your way into a bridge position so pushing through the feet and pushing the pelvis up. Think about[indiscernible]. Take a few breaths here. Then release it down windshield wiper the lads, legs side to side about four times. You can do for or you could do one. When you have done enough windshield wiper, we are going to come back into another [indiscernible] bridge. Maybe you find a little more pressure, so you need to push up a little more if you're really good it's taken my husband a long time to get here. Work those hands under, go ahead and breathe down on an exhale. Again, when you are ready pulling side to side, shifting that weight in the windshield wiper motion. About 4 to 6 times.

The next one if you have a block, we are going to teach you one of the things, a block has different levels, you notice you can be really high, you could be lower. Or you can be medium. Go ahead and lift up like you're coming into the bridge. Take that block and place it at the low back. You might need find that area for you. Again [indiscernible] pain or discomfort I would tell you to not do it. You can come something gentler like possibly a pillow. A lot of people find relief in this pose with a few deep breaths here. Options with your legs, you can leave them bent, you can work them out with each rate. Sometimes people like to make options with their arms. When you are ready go ahead and come down, windshield wiper the legs side to side worker away into some wind reliever poses.

Go ahead and bring both of the legs and knees up to the chest. They can be together or apart. My husband finds it difficult to put his together because of his injuries. Again, finding that movement if it speaking to you are just holding, holding both of the legs and grabbing underneath the knees if you can. Showing you options where you can grab underneath.

Gently release the right leg to keep the left leg in. Maybe apply a little bit more pull or find that spot for this leg. Shifted around, find some movement. When you are ready go ahead and exhale, bring that knee out, shake them out and bring that other leg in. Same thing if you find you need some more movement there is just not enough here bring in that leg out, bringing both legs up one more time. You can always play with it, come into it [indiscernible] whatever that means for you. Sometimes like to grab the outside of their feet, some people like to grab whatever they can. You can just rock 'n roll, maybe that feels really good for your back. Give you options.

Gently release the legs on the exhale to the floor. Then right now we are going to go ahead and add a little twist here. You can stack the knees with over to one side. I will let you pick whatever side you want to start with. You can straighten out the front legs if that is good. You can start to work allowing those legs to relax opening the arms and looking the opposite direction of your needs. Take a few breaths here. Go ahead, if you feel like you need to move, move out of that pose. Do that. Windshield wiper your legs again.

When you are ready drop them to the other side that you can do. Stacking the knees maybe straightening the leg. Maybe opening the arms, you can always do cactus arms also. That is another option. Keep your body looking opposite way of your knees. Back to center and as we start to release [indiscernible] Phil into her [indiscernible] meditation. We want you to be able to be comfortable. So, if you need to put a rolled up something underneath your neck, maybe a rolled-up towel, little pillow, something underneath your neck for comfort. Go ahead and do that now. Also, your body might start to get cold as you lay here. So, I let people cover up with blankets or [indiscernible] just be aware that that is something that can happen. Finding that nice and relaxed position again practice with your Yoga Nidra.

In a comfortable position arranging your body until you feel completely supportive. As you go into a deep state of rest and self-inquiry. Allow the legs to be a part, arms away from your body. Palms turned upward maybe support underneath your head, so your chin remains below the level of your forehead throughout your [indiscernible]. Your thinking mind to relax. A blanket under your knees. Maybe something over your eyes. [indiscernible] more comfortable make adjustments now. Bring ease and [indiscernible] throughout your body and mind. During trying to welcome every experience of the messenger eyes closed. For particular sensations. Emotions. Thought or the recognitions of the and spacious, awareness. Welcoming your response into each messenger that arrives in your [indiscernible]. Awareness and curiosity and focus.

Bring attention to your senses. Allowing each perception to come to you. [indiscernible] within your body. Touch of air on your skin. Sensations around and within your body. [indiscernible] air. Think of vibrant aliveness and vital life force. The body just as it is. We call your attention for today's practice. Perhaps it's a to remain alert and attentive. Maybe it's to inquire a particular sensation, emotion or belief you work wish to work with today. It might be to [indiscernible]

joy [indiscernible]. Fully welcome and affirm your intention for today's practice with your entire body and mind.

Now recall your heart's deepest desire. Wish or mission. The feeling of loving through your deep longing. Perhaps for health and healing or awakening. Spontaneous desire you wish to manifest more than anything else during your lifetime. Gives your life a sense of purpose and meaning. Firm and experienced [indiscernible] is your heartfelt desire is true at this moment. As you are ready with the heartfelt desire aside, welcoming out it may affirm yourself throughout your practicing in your daily life.

Bring your attention to your inner resource. Resting back into and experiencing the self-change the sense of self-change or feeling the well-being in your body. A safe heaven or refuge and helps you feel secure and at ease. Welcoming the self-sense of being and well-being and spacious, open, timeless, perfect, familiar, unchanging, yet fresh and always present. It's helpful in inviting people are images, a wise man or woman, a power animal, object, or place in nature. Images that nourish feelings of being secure, peaceful and at ease. [indiscernible] self-sense of being and well-being throughout your body. Know that you can return to your inner resource at any time, day or night, throughout your practice of trying to. Whenever you feel the need to feel [indiscernible] secure.

Bring attention to sensations in your job. Teeth. Gums. Mouth. Tongue. Welcome sensations throughout the mouth without trying to relax or change anything. Follow sensation into the inner canals of your ears. Inside the right ear. Sensation of both ears at the same time. Since the cheeks. Sensation of the left eye. Right eye. Both eyes at the same time. Eyes is the unified feel of radiant sensation welcome sensation in the forehead. Scalp. Crown. Back of head. Neck. Welcome sensation in the left shoulder. Left upper arm and elbow. Forearm and wrist. The entire left hand, arm, and shoulder as sensation. Right shoulder. Upper arm and elbow. Forearm and wrist. Right hand and fingers. Entire right hand, arm, and shoulder. [indiscernible] sensation. With both hands' arms and shoulders at the same time. Completely absorbed in and as radiant sensations.

Bring attention into the upper torso front and back mid torso front and back. Lower toaster torso front and back. The entire torso. Front and back. The feel of radiant sensation. Bring attention into the pelvis and [indiscernible]. Left hip and thigh knee for leg and calf ankle, heel, foot, and toes. The entire left foot leg and hip as radiant sensation. Right hip and thigh. For leg and calf, ankle, heel, foot into entire right leg and sensation. Both legs at the same time as radiant sensation. Since the entire body unified field of radiant sensation. Bring attention to the forehead there on the forehead the sensation of wholeness. Sensation of coolness on the forehead. And the entire body at rest and at ease. Sense the natural weight of the left arm. The natural weight of the right arm. The natural weight of both arms. Heavy and at ease. Fully supported by the surfaces they are resting on.

Body at rest and at ease. Since the left hand and fingers arm and at ease. Right hand and fingers [indiscernible] and at ease. Natural weight of the left leg. Natural weight of the right leg. Both legs heavy only supported by the service they are resting on. Entire body at rest and at ease. The [indiscernible] release of the abdomen as breath comes in and goes out. Heartbeat calm and regular. The entire body at rest and it is.

Welcoming all various sensations that are present throughout the body. Sensing and welcoming without thinking the body at rest and at ease. Welcoming every experience as present. And is helpful interweave your inner resource of pain and [indiscernible] throughout your body. And at ease. Feeling the sensations that are present without thinking or judging. Sensations, thoughts, emotions, images. Coming and going. All movements unfolding [indiscernible].

Go back into being awareness. Spacious unchanging awareness in which all the changing perceptions are arising, unfolding, and passing away. Perception revealing unchanging awareness. Be aware of the body breathing itself. The flow and the sensation of energy as breath flows in and out of the body. Chest and belly gently rising and releasing.

Welcome sensation throughout the entire left side of the body. Head to toe front and back deep inside is a surface sensation. The entire left side. Welcome sensation throughout the entire right side of the body from head to toe front and back deep inside [indiscernible] sensation. Begin alternating sensation from one side of the body to the opposite side. At the top of each inhalation while retaining the breath shift sensation across midline into a nostril inside. Exhaling [indiscernible] inside the body. The sensation in ship the sensation to the opposite nostril inside the body. Going back and forth at your own breathing speed from one side of the body to the other.

This time we are holding the breath for sensation across the midline of the body. Naturally, the opposite side of the body the sensation [indiscernible]. There's opportunities letting go of thinking. Your sensation first in one nostril then the other nostril inside of the body. Alert and attentive to flow the sensation and energy throughout each side. Shift attention into both nostrils on the entire body. Opening close the sensation coming and going. The entire body at rest is helpful interweave your inner resource and well-being throughout your body.

Feeling secure and at ease. It is all that you're now aware of feeling back into awareness and self. Spacious, unchanging and which all the changing sensations are arising and unfolding. Changing sensation [indiscernible] unchanging awareness. Pay attention to the welcome and sensation of [indiscernible]. Comforting in the body without thinking just sensing. Bring attention to the motion that is present in your body a recall and emotion that you are [indiscernible] in your life. If helpful recall a memory that brings this emotion fully into your body. Sensing the various sensations that arise with the emotion and how this emotion acts on your entire body and mind. If no emotion is arising gently [indiscernible] your attention today. If an emotion is present allow it to unfold into awareness. Welcoming thoughts or images that arise with emotion without trying to alter your experience. Where in your

body do you feel this emotion? Where is it centered. It's periphery. Welcome emotions and sensation without trying to alter your experience. If it's helpful welcome the opposite of this emotion. Where in your body do you feel this opposite of this emotion. If helpful invite a memory that [indiscernible] this emotion fully into your body. Now move back and forth between these opposites of emotion sensing and welcoming first one and then it's opposite, as sensation in the body. When it feels right welcome both emotions at the same time. Without going into thinking just experiencing and welcoming, since the opposite effects your body and your mind.

If helpful interweave your inner resource and well-being throughout your body feeling secure and at ease. [indiscernible] arising in awareness pull back into awareness itself sensing yourself a spacious unchanging awareness and all these changing perceptions are arising [indiscernible]. Sense the entire body as it feels the radial sensation. Welcoming the sensation and well-being, happiness, joy, or bliss that are present. Feel an inner smile radiating from your heart expanding throughout the entire body, every cell radiantly alive and feeling the joy and well-being is helpful recall an image of someone you love or loves you, the particular circumstance realize that invite these feelings of joy and [indiscernible]. Then give up the image and be fully absorbed with the feelings of joy and well-being throughout the body. Set aside the thinking mind welcome the cell sense of well-being and being. While noticing how being is arising and unchanging.

Now let go dissolve into being and changing awareness. Formless, yet undeniable and with all perceptions are unfolding in passing. Reflect back on the journey you have just taken. Welcome the qualities that are or have been present. Feelings, emotions, thoughts, sensations. And unchanging awareness in which everything is arising, unfolding. Be aware of your deepest heartfelt design welcoming it as an affirmation of your present reality. Oh [indiscernible] and intention that supports the heartfelt longing in your everyday life. Imagine yourself going about your day while feeling your inner resources unchanging and well-being. You and unchanging awareness at all the changing activities of your life are unfolding. Emotions, thoughts, sensations. Your personality in this indescribable sense of being unchanging awareness. Sensing the paradox of being both spacious and vast in awareness. Without border or boundary. All the while being this personality that has location center and periphery. The body and mind, personality free to be just as they are, sensing and affirming how in each moment you always know the exact and perfect response to each situation that you encounter in life.

Take your time now and transition into your waking mind. When it feels right opening and closing your eyes several times while feeling your inner resource of changing being and well-being. Returning your eyes to an open state of waking consciousness. Alert, awake, grateful for taking this time for yourself and the practice of trying to. Coming back to your eyes open, wide-awake, alert, state of conscious and being. Go ahead and I would say point your toes, will get your hands, maybe roll onto the right or left side resting your head on that forearm. If that feels good and take a few more breaths and time here to relax. Gently whenever you are ready, no rush. Tell people after doing the iRest be careful driving.

You might feel really sleepy. So, I am curious, usually there is always one person that fell asleep. Does anybody have any questions about iRest or yoga? Okay. Hopefully, that was not cutting in and out the whole time.

If you have any questions about anything she covered. Welcome, thank you Erica for saying that. My first experience was nothing like I had experienced in the past. [indiscernible] another question. It can be a lot shorter. Today we're doing this in the clinic.

Some iRest practices I think there are some on insight right now and some of them you have to pay for you can go through, to the iRest website and so there are some on there. You can order, also Richard Miller who is in [indiscernible] fantastic a great read. I certainly recommend that. And then, uh, again you know noting if you are interested in the iRest site there are a bunch of practitioners. Hopefully can find some people in your area.

You guys are very welcome. I hope somebody found some rest out of that. Like I said be careful if you did fall asleep or sometimes you fall asleep and you come in and out, again like I said that is very normal and kind of [indiscernible]. Sometimes you will be paying attention of the next thing you know you missed the whole Lotta little bit of it. Great, I'm glad some people got some rest on that. I'm sure you all really needed it. So, again, [indiscernible] easy to find. So there if there are any other questions?

Thank you everyone. Thank you to our speakers, [indiscernible] and Dr. Hing. Thank you so much for preparing this wonderful presentation.

[Event Concluded]