Yoga for Physical and Mental Health: 
Exercise and Relaxation Techniques for the DRS

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Abstract

The Driver Rehab Instructor has a stressful job: In addition personal issues, work life includes juggling schedules, evaluating and making the best judgement call possible, and putting self at risk every time one gets behind the wheel with a client. It is vital that the DRS learns techniques for his/her own exercise practice and stress relief.

Yoga is a healthy way of life that has spread around the world to include men, women, children of all ages and ability. It encompasses both physical and mental aspects. Exercises can be tailored to each person’s body size and health condition, to improve flexibility, strength, balance, sensory feedback, and coordination. Yoga doesn’t just mean putting your body in contortions. It teaches you how to work at your own ability. The mental health aspect includes calming and meditative techniques to help focus and prioritize tasks.

As the saying goes, “Take Care of the Caregiver”. This course will allow participants to learn techniques to improve his/her own physical and mental stamina. Yoga is the “Union” between physical strength, pliability, and mental focus. This 3 hour seminar and practicum will teach Yoga based concepts to improve the wellbeing and driving experiences for the Driver Rehab Specialist.

No matter where you are with your health or body shape, come with a positive spirit and comfortable clothes (shoes optional). Get ready for a mindful and refreshing day!

Schedule outline- 3 hours

All discussions are tied to how the DRS can improve his/her own health and stress management, improve mental focus and physical agility, to better balance life and work.

1 hour- lecture and discussion on physical and mental exercises; the science behind the Yoga concepts

2 hour practice exercises and mental clearance techniques:

- Introduction to exercise concepts and Yoga postures, practice exercise techniques in chair, floor, standing positions.
- Discussion regarding exercise technique for each participant body type and health condition. The session will be slow, comfortable, and catered to each person for full comfort. Individual questions to be answered and body mechanics adjusted.
- Practiced correct breathing and relaxation techniques
- Discussions and practice meditation and calming variations
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Learning objectives

1. Participants will learn a variety of exercise techniques, including slow gentle stretches, core control, trunk, upper, and lower extremity strength and flexibility, joint range of motion, stabilization.

2. Participants will be introduced to meditation practice for mental focus and calming.

3. Correct diaphragm and abdominal breathing techniques and relaxation activities.

4. Stretching and breathing methods for chest, rib cage, rib mobility.

5. Slow gentle stretches and exercises will be instructed for all participant body types.

6. For those who want more challenges, we can also discuss upgrading your exercise activities.

Get ready for refreshing mindful fun!

Presentation

Scientific/ Therapeutic Components:

- Autonomic Nervous System
- Sensory Integration
- Behavior changes, confidence building
- Strengthening/ Stretching/ Balance
- Yoga
- Meditation

National Institute of Health:

- Meditation: https://nccih.nih.gov/health/meditation/overview.htm


Yoga Alliance: https://www.yogaalliance.org/Learn/About_Yoga/Yoga_Research

Warm Up:

Joint ROM

Blood and Nerve Circulation

Muscle Stretch

Sounding out- Activating internal organs/ Oral motor/ Oh, Ah, pursed horse lips, pah pah
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Internal vibration: AOMMMM, Musical Notes

Increase confidence and fun/ happy/ silly feelings

**Breathing controls/ sound and breath capacity**

- Stomach > ribs > chest
- Throatal
- Mouth/ Tongue Cooling breath
- R/L Nostril Mountain breath

**Yoga Movements:**

- Shoulders, wrists, hands
- Neck
- Trunk
- B LE stretches
- Feet / ankle mobility/ strengthening
- Sitting on chair/ floor
- Standing
- Bending/ folding
- Transitions
- Standing balance
- Single leg balance
- Lying down: Sidelying, supine, prone, arches

**Meditation component:**

- Walking / Moving Mindfulness
- Mindful eating
- Belly breathing/ ribs/ upper chest
- Breath observation: Nostril R/L Mountain
- Quiet breathing
- Sitting still/ body alignment
- Body scanning

**Application/ Integrate yoga and meditation components:**

- Into DRS life routines
- Teach your clients techniques
- Concept of Core Radiance
- Outlook on life/ Approach each situation with introspection/ reduce automatic adverse reactions
- Approach to self-care, self-inspection (body scanning, thought process), reduce self-criticism, and criticisms of others, no regrets, positive realistic goals, increase calming, strategies, confidence and independence.