CIC #1: Rehab Professionals: Bridging the Past with the Future

Co-chairs:
- Staffan Elgelid, PT, GCFT, PhD
- Matthew J Taylor, PT, PhD

Conventional rehabilitation professions make a natural bridge to yoga therapy in our physically oriented culture. Join members of the rehabilitation professions (OT/PT/SLP/RD/RT, etc.) that are incorporating yoga therapy into their practices, and all yoga therapist/teachers that interact with rehabilitation professionals as they share ideas and form community to connect the various professions. In the three and half hours, you’ll hear six peer-selected short presentations on how to most effectively build bridges via rehabilitation relationships. Topics will include best practices, innovative collaborations, new models of care, and how to interface effectively between the yoga world and conventional rehabilitative medicine. In the second half of the session we will model an interprofessional review of a case study followed by discussions on how best to demonstrate and practice interprofessional at the expanded all-day Rehab CIC in 2018. You will also have a chance to make connections with the other attendees, build long lasting connections with like-minded colleagues, and participate in planning how to maintain the group beyond the meeting time. Coming together in community, we leave connected and better prepared to help bring forth the best possible future.

CIC #1a: Treating Sciatica in Asana

Olivia Barry, PT, E-RYT500

Objectives: Share with yoga therapists some ways to treat nerve radiculopathy symptoms creatively in yoga poses. I will address Sciatica in general and how to treat its different manifestations through the shin and foot. I will prepare a second treatment area for the cervical/upper extremity region, though realistically I don’t think there will be time for both.

Description: This approach combines yoga asana with physical therapy principles for treating symptoms affiliated with disc herniations, nerve entrapments, and diagnoses like Sciatica and Carpal Tunnel Syndrome. In some ways yoga easily addresses nerve issues because quantity of movement alone will help nerves be freed from entrapments. However there are specific techniques to focus on one nerve or another, and even more refined, the various branches of one nerve. Sometimes yoga therapy becomes very slow and restorative and actually nerve entrapments call for uninterrupted movement. I hope to shine some light on this facet of treating injuries.

Interest to the Community: I’m hoping to contribute knowledge about neurology to the yoga therapy community. The typical yoga teacher training does not address nerve issues, but actually it’s very difficult to treat musculoskeletal issues properly without addressing neurological contributions to injury, discomfort, etc. I find that review of these movements is necessary for memorizing how to help particular nerves, so though this information will be new for some, it could be a good review for others.

CIC #1b: Eat Lunch in the Hospital Cafeteria, and A Few Other Lessons I Learned in Establishing Therapeutic Yoga Programs in A Hospital Based Settings

Kelli M. Bethel, PT, C-IAYT, 500E-RYT

Objectives: Participants of the Rehabilitation Professionals CIC will find this presentation valuable because it addresses how to affectively interface between the therapeutic yoga world and the rehabilitative world. At the conclusion of the presentation, participants will have learned methods to create innovative collaboration between hospitals systems and yoga therapy. For newly trained yoga therapist seeking to practice in a hospital based system, they will learn methods to enter the system other then through the rehab department. Rehabilitation professionals who integrate yoga therapy into their practice have unique opportunity to bridge patient care from rehabilitation to yoga therapy. We are in a unique position to truly educate the medical team and patients about how yoga therapy can and should be part of the integrative health care model. Having spent a decade working in delivering therapeutic yoga in two very different hospital settings these are some of the lessons learned.

Description: In the CIC Discussion, the following lessons will be shared: 1. Start With What You Do Well. 2. The quickest way into the hospital setting may not be through the front door or the rehabilitation department, it could be through the hospital cafeteria. 3. Are You Aligned? 4. Not all health fairs/promotional events/ support groups are created equal. 5. If you don’t know how to use social media ask a 15 year old.

Interest to the Community: This presentation is of interest to the Rehabilitation Professionals CIC because it will highlight some of the ways they may wish to begin to bridge build in their communities. Additionally it will allow for sharing of ideas that other practitioners may have found helpful in their settings and situations, as well as provide a support network for all of us.

CIC #1c: Yoga Therapy for People with Parkinson’s Disease. The importance of a holistic approach

Jean Danford

Objectives: To understand the complexity of PD its many different presentations. To understand the function of the neuro transmitter Dopamine and its relationship to mood and emotional balance as well as in motor function. To understand the importance of including breathing and relaxation into a specialised practice for the relief of anxiety, fear and depression in those with PD, and how this can be worked alongside physical practices.

Description: I have been working with people with Parkinson’s Disease for 9 years, and have recently published a book on Yoga Therapy for Parkinson’s Disease. Most books and research on the subject are limited to the value of yoga to build strength, maintain mobility and to improve balance and proprioception. Less attention is given to the mental and emotional effects that come from lower levels of Dopamine. Mood, anxiety, depression and fear are just as important for the life and health of those with PD, and these will impact on the disease progress, and how symptoms are experienced.
Interest to the Community: I would like to share my methodologies: Realistic options for relaxation time within the program. Physical comfort Inner awareness Energy awareness Positive imaging Methodologies for taking the participant to the depth required for a significant change to be made in the brain.

CIC #1d: Yoga tools for Rehabilitation professionals working with amputees: Clinical approaches to transformative outcomes that empower your patients

Marsha Therese Danzig, M.ED, RYT 500, E-RYT, SomaSoul Movement Therapist

Objectives: Rehab professionals will find this presentation valuable because it teaches them to seamlessly integrate simple, effective yoga & breathing techniques into their amputee patient care plan for improved outcomes for phantom pain reduction, increased range of motion, core strength, better balance if using a prosthesis and patient wellbeing.

Description: In this ten minute presentation, we will practice the Yoga for Amputees standard protocol which covers basic yoga breathing, seated yoga poses and meditation designed to address the unique needs of your amputee patient. My vision for this repeatable protocol is that it becomes the standard of care for every amputee patient facing the challenge of creating a new normal after limb loss. Amputees don’t just lose a limb or limbs, they lose independence, confidence, time, health and mental/emotional stability. An integrated rehabilitation plan which includes yoga rekindles an amputee’s sense of integrated wholeness. Taught by someone who has been there and knows first hand what it is to come back to life after limb loss.

Interest to the Community: There are 185,000 amputations yearly in the US with 3,000 people losing limbs weekly. Diabetes and cardiovascular illness make up 80% of amputations, costing $10 billion annually. Amputation due to war injury has other referred injuries and psychological symptoms which compound trauma and physical rehabilitation. Research is showing that yoga is highly beneficial and cost effective. My passion in sharing yoga with amputees is to greatly improve the quality of life for amputees.

CIC #1e: Yamas and Niyamas as Guides to Interprofessional Communication

Marlysa Sullivan, MPT, C-IAYT, E-RYT 500

Objectives: Participants of the rehab professionals CIC will find this presentation valuable because it addresses the application of the yamas and niyamas as a framework to facilitate and enrich interprofessional communication to help benefit interdisciplinary bridge-building and create a model of care connecting yoga and conventional rehabilitation.

Define and discuss the framework of the yamas and niyamas as a methodology to improve interprofessional collaboration and to create interdisciplinary models of care connecting yoga and conventional rehabilitation practice.

Participants will leave with an understanding of how to apply the yamas and niyamas for building collaborative and respectful relationships with one another and conventional rehabilitation professionals.

Participants will leave with methods of self-inquiry, embodied practices and group dialogue to explore the yamas and niyamas and their application in fostering respect and collaborative relationships.

Description: The yamas and niyamas provide a framework which can enhance interprofessional dialogue and collaboration. Integrating these yoga principles into how we interact with one another, both within our field and interprofessionally, will enrich our ability to take part in new interdisciplinary models of care connecting yoga and conventional rehabilitation. The session will begin with a brief talk to define this framework as it pertains to fostering respect for one another and the broader medical community. An emphasis will be placed on exploring this approach for assisting communication, dialogue and interprofessional collaboration. A brief self-inquiry and body-sensing exercise will be led for an embodied and personal experience of the yamas and niyamas. Group discussion will follow and focus on exploring how our individual and embodied experience informs the way we connect to others. We will explore the utilization and application of specific yamas and niyamas of interest to each group.

Interest to the Community: The yamas and niyamas provide a methodology that can inform interprofessional collaboration emphasizing respect for one another. These practices help us to build bridges and create interdisciplinary relationships in the co-creation of a model of care connecting yoga and conventional rehabilitation. As yoga therapy becomes a more recognized profession, creating dialogue based on these principles will help us to align with and demonstrate respect for one another and the broader medical community.

CIC #1f: Treating Chronic Pain: Methods for Integrating Yoga Therapy

Cheryl B. Van Demark, PT, MA, C-IAYT ERYT500

Objectives: Participants in the Rehab Professionals CIC will find this presentation valuable because it addresses:

• selected yoga therapy tools for immediate clinical application to benefit patients with chronic spinal pain

• a framework for revealing the extent of misguided learning that may be present throughout the koshas and contributing to a chronic pain experience

• a process to discern which yoga therapy tools might be most effective to move the individual toward a state of balance

Description: Correcting misguided learning in the nervous system is a vital step in the treatment of chronic pain. Subtle body yoga therapy tools are useful for discovering what the patient “sees”, senses and believes that represent areas of misguided learning shaping their chronic pain experience.

Participants will be guided through an efficient process of body scanning that reveals gaps in the patient’s somatosensory map. These gaps/areas of uncertainty can invite strong narratives to fill them, which can fuel the patient’s misguided learning. Identifying the physical locations as well as the emotional and sensory qualities of these somatosensory gaps gives context to the narrative.

The process presented provides the rehab professional with a clear route for integrating yoga therapy into the rehabilitation in ways most meaningful to the individual. Supportive case examples will be included to stimulate discussion of rationale for yoga therapy treatment options.

Interest to the Community: Challenges in treating patients with chronic pain touches all of the rehab professions. These patients consume a disproportionate share of medical resources. They receive a shotgun approach of multiple allopathic interventions directed at
peripheral tissues despite chronic pain now being understood as a centrally mediated disease process. Yoga therapy is uniquely positioned to help the spectrum of suffering these patients have habituated, so we have a professional obligation to step up!

CIC #2: Mental Health and Yoga Therapy: The real mind-body connection

Co-chairs:
- Julie Carmen, MA, LMFT, C-IAYT
- Theresa Conroy, C-IAYT

Julie Carmen and Theresa Conroy co-chair this CIC examining the wide range of work bridging yoga therapy and mental health professions.

How are yoga therapists moving into mental health without drifting outside their scope of practice? How are mental health practitioners responding to what yoga therapy offers? How has the language in both professions evolved? Learn new ways to navigate this two-way street where mental health is considered in yoga therapy and therapeutic yoga practices are integrated into mental health settings.

CIC #2a: Yoga Therapy: A Complementary Modality to Help Manage Post Partum Depression and Post Partum Anxiety

Rebecca Hackett, C-IAYT, RYT-500, RPYT

Objectives: Participants of the Mental Health community will find this presentation valuable because it addresses using yoga therapy as a complementary tool for women dealing with Post Partum Depression or Anxiety which occurs in 10–15% of women. This is a very important mental health issue that is not discussed enough and many women are scared to let someone know if they are suffering from the symptoms of PPD/PPA. There are many symptoms of PPD/PPA and also many different ways to go about treating it depending on the individual. Using yoga therapy, along with treatment from a mental health professional, can give an individual multiple options to manage their symptoms on a day-to-day basis. Using yoga therapy as a preventative measure can also be useful as it establishes routines and habits that are beneficial to the mother’s well being and places more emphasis on her care.

Description: There is so much emphasis placed on the mother’s prenatal care but not enough on the mother’s postnatal care. All want to know how the baby is doing but rarely do we focus on the mother. Yoga therapy to manage PPD and PPA is best done one-on-one in the mother’s home as soon as 3–6 weeks postpartum. I will share what can be done prior to the mother being cleared for exercise such as a well-check, postural adjustments based on current lifestyle at home, pranayama techniques, meditation and how those things can begin to establish a reconnection to the body with the mind. I will discuss some of the physical affects of pregnancy post partum and how dealing with those can indirectly provide practice in managing PPD/PPA symptoms. Once cleared for exercise, a breath centered asana practice can be designed to fit in with the lifestyle of having a newborn baby. How do we get this out to other doctors, midwives, nurses, birth workers and mental health professionals?

Interest to the Community: There are always women having babies so PPD/PPA will continue to be a health issue that needs to be addressed. Providing another modality of treatment not only provides medical and mental health professionals another option to provide their patients, but also a way the mother can feel she is getting some focused attention, and as a result, helps her manage symptoms and cope with her changing life.

CIC #2b: Stress Management from a Yoga Therapy Perspective

Andre Harali, MA, C-IAYT, USC Faculty

Objectives: This presentation is specially designed to offer a new understanding of stress from a Yoga Therapy perspective. We will explore the roots of stress accordantly with the Yoga tradition and also practical tools that can be applied in our daily lives to manage stress. Based on hundreds of clinical consultations and recent scientific research, I will present different ways in which Yoga therapy can help to restore the natural homeostatic state of the body-mind, enhance quality of life, promote balance and harmony, increase body-mind awareness and breath efficiency, as well as mental and physical endurance of those suffering from stress through non pharmaceutical approach.

Description: We will start with a brief explanation about how the Yoga tradition understands stress and the Yoga therapy tools to manage stress, then I will provide scientific evidences to collaborate with this approach. At the end I intend to offer them a brief practice (breath work) so they can experience the effects of the practice before we open for questions and group discussion.

Interest to the Community: There is a connection between stress and illness. Theories of the stress–illness link suggest that both acute and chronic stress can cause illness and may lead to permanent changes in physical, physiological, psychological and behavioral responses. Stress is linked and can significantly contribute to the emergence of the top 4 Lifestyle Diseases such as Heart disease, Cancer, Respiratory disease and Diabetes. These diseases kill more people every year than all other causes of dead combined.

CIC #2c: Yoga Therapy as Self-Therapy: Turning Inward for Answers and Intuition

GuruMeher Khalsa, E-RYT 500 Teacher, Life Coach

Objectives: Participants in the Mental Health CIC will find the presentation valuable because it empowers clients and students to use Yoga Therapy as a form of self-therapy in Mental Health areas. By doing prescribed Pranayam, Asana and asking yourself 4 simple questions, you can access your inner guide to find out what the problem is and what you need to solve it. This is the basis for my mind-body connection method and book, Senses of the Soul. Pranayam and Yoga allow you to break free from your mind so you can experience a state of raised consciousness. When you are in this state, self inquiry is possible. The answers are inside of you. With all the chaos of modern life, this allows us get quiet, turn inward and allow for our natural intuition. We learn that we can help ourselves by growing our tool box and relying on ourselves. Like the Chinese proverb says, Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.

Description: I will lead participants through a mindfulness practice which will include breath and inquiry. The results bring deep peace and inner awareness. I am currently collaborating with local psychologists and yoga instructors to bring this relief to more people. I am a senior Yoga Teacher and Life Coach. I have taught yoga students for over three decades and also train yoga teachers. As a Life Coach, I have brought Yoga and Pranayam into my private practice to help people with challenging emotions. Likewise, I saw that the awareness and opening that happens on the yoga mat can invite emotional change and relief. Combining Yoga and Coaching has allowed me to
create a system of self-healing which teachers and students use the method and book to heal themselves and others. By doing certain Pranayam, Asana and asking yourself 4 simple questions, you can access your inner guide to find out what the problem is and what you need to solve it.

**Interest to the Community:** Yoga Therapy as Self-Therapy can give individuals the tools they need to feel better, faster in the convenience of their own homes, without the cost and time of visiting a yoga studio or therapist’s office.

Whether they are suffering from a bout of anxiety, depression or just a bad day, they can turn inward to find out what the problem is and what they can do about it.

Senses of the Soul can be a temporary or permanent solution, to help themselves either between sessions or all on their own.

**CIC #2d: Kumbhaka: To Hold the Breath or Not to Hold the Breath. That is the Question**

Ashley McKeachie, C-IAYT, E-RYT 500, YACEP

**Objectives:** Most chronic pain patients demonstrate challenges in their breathing patterns. We encourage them to focus on the inhalation and exhalation, and to never hold their breath. But are their certain clients that can benefit from honoring the space between the breaths? Participants of the Mental Health CIC will find this presentation valuable because it provides personal accounts of chronic pain patients who have experienced the benefits of “kumbhaka.” I will facilitate a dialogue that empowers yoga therapists to use this technique to help reduce the symptoms associated with chronic pain.

**Description:** I have worked in a Functional Restoration Program in Santa Ana, CA, since 2014, and I have found that each patient has a unique response when practicing various pranayama techniques. My curiosity began while studying the Hatha Yoga Pradipika, which emphasizes the importance of retaining the breath to steady the mind, reduce impurities, and weaken diseases. I started to practice kumbhaka on my own, as a technique to reduce my own chronic pain, and I found a new sense of mental spaciousness and emotional peace. When I introduced the practice of kumbhaka to some of my patients, I was pleasantly surprised to witness the wide range of positive effects. I am excited to share the specific breathing techniques I have incorporated into my patient’s personal yoga sequences, and demystify the practice of kumbhaka.

**Interest to the Community:** This CIC is for yoga therapists who offer personalized yoga sequences to their clients that feature pranayama as one of the most important parts of the yoga practice. In learning about the benefits of kumbhaka, participants will feel more confident to explore the possibilities of pranayama, which have the potential to make enormous changes in a client’s life.

**CIC #2e: Integrating Yoga Therapy into acute inpatient psychiatry unit: Approach, Challenges and Benefits**

Dr. Jayashree Pathak, MBBS, C-IAYT, PGDYTD

**Objectives:** Participants of the mental health and yoga therapy CIC will find this presentation valuable because it describes:

1) Rationale for choosing inpatient psychiatry unit for yoga as an add-on therapy.

2) The process of integrating yogic practices and lifestyle modifications into an acute inpatient psychiatry unit.

3) The range of disorders among the patients in the unit for whom the yoga therapy is being implemented and experiences therefrom.

4) Challenges encountered in implementing yoga therapy such as locked up facility, lack of control of environment, no use of external aids for yogic postures, safety of both the yoga therapist and patients etc.

5) Limitations of conventional treatment for patients such as not obtaining symptom relief despite of maximum dose of medication, not obtaining remission, side effects of medication, and multiple hospitalization for the same symptoms.

6) Benefits obtained by the patients through add-on yoga therapy.

**Description:** The various mental disorders for which patients are admitted into an acute adult inpatient psychiatry unit are depression, psychosis, anxiety, heroin dependence, alcohol use, PTSD, substance use, panic attacks, schizophrenia, etc. Inpatient psychiatry unit presents several challenges in implementing yoga therapy.

I will share my experience and ideas with participants of the “Mental Health and Yoga Therapy CIC?” on ways to maximize benefits and overcome some common challenges while implementing yoga therapy into acute inpatient psychiatry unit.

Patients’ clinical state was evaluated for adequacy to participate. The yoga therapy was individualized for safety and efficacy and included breathing practices and asanas. While in the program, the patients continued with their medication.

I will describe the key challenges I encountered and seek ideas from participants. I will also share the patient self-reported and clinically observed benefits through yoga therapy.

**Interest to the Community:** According to CDC mental illness is a major public health problem affecting 25% of U.S. adults. The economic burden of mental illness in the USA is substantial. Yoga is the great science of mind. This CIC is for those yoga therapists who would like to integrate yoga therapy in inpatient psychiatry unit. I am equally keen to learn from other members of community of their experience in this field. It is worth noting that mental health practitioners are open to integrate evidence based yoga therapy.

**CIC #2f: Delivering a Pranayama based modality to individuals with no yoga experience in mental health programs**

Linda Varnam, C-IAYT

**Objectives:** Although Pranayama, meditation and breath awareness are proven positive approaches to healing for clients dealing with mental health issues there can often be little or no previous experience of yoga in this population. Lack of funding and other barriers can also mean that there is a limited time for the Yoga Therapist to introduce Pranayama successfully. It can be challenging to empower individuals to develop their own practices in a way that is meaningful to their daily life and healing. The participants in the mental health CIC will find this presentation valuable as it addresses key ideas and promotes discussion on the successful delivery of a Pranayama based modality for clients with no yoga experience who are seeking treatment for mental health issues.

**Description:** I will present a perspective based on my 10-year experience delivering a 7-week breathing modality within a residential treatment program for clients with little or no prior experience of yoga. I will facilitate discussion and present ideas on what I have found successful as well as barriers that have arisen in the process. The inten-
tion will be to inspire other professionals to embrace the valuable tool of Pranayama within the clinical setting. I will present key points that I have found helpful including, the careful use of language, the breaking down of Pranayama without watering down, ways to encourage home practice, ways to empower the client to develop a practice that supports daily living and healing.

**Interest to the Community:** This presentation will be of interest to Mental Health CIC participants as due to socio-economic barriers many clients seeking treatment for mental health issues do not have prior experience with yoga. Mental health care professionals may relate to this as a common barrier to the use of Pranayama. Key ideas will address specific points that can be of help to develop and deliver Pranayama programs with success. There will be time for discussion and valuable input from participants.

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**CIC #3: Yoga for the Cancer Community: A Gathering of Practitioners**

**Co-chairs:**
- Kathleen Ross-Allee, YTRX 500-C, IAYT 500, ACE
- Robyn Tiger, MD, C-IAYT, RYT-500

The rate of cancer survivors is increasing and yoga is a natural bridge that can provide support for people during and after treatment. There are an increasing number of yoga professionals drawn to serving this growing need. Yoga therapists in this emerging field must be able to apply the tools of yoga in the context of a therapeutic relationship. Equally important, is the need to embrace a constantly changing health care environment and a new paradigm of health and well-being while keeping a watchful eye on the research as we interface effective new models of care. It is imperative to develop innovative collaborations while integrating and benefiting from practiced skills and knowledge. In this session, you will hear from colleagues who have brought their abilities and compassion to support the cancer community. This gathering is a unique and intimate opportunity to share stories, to discuss resources and forge new relationships as we draw inspiration from one another. Coming together, we leave better prepared to uphold the best possible future for our communities.

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**CIC #3a: Using Therapeutic Yoga to Address the Unique Needs of Men with Prostate Cancer**

Tyla Arnason, Certified Yoga Instructor

**Objectives:** Working within the True NTH Lifestyle Management program (funded by Movember and Prostate Cancer Canada), this is a presentation of a yoga and mindfulness protocol designed for men with prostate cancer. The yoga, offered once weekly within a larger physical activity program, helps address the side effects associated with diagnosis and treatment. As well, a discussion of the training provided to instructors who join the program will be presented. Participants of the Cancer Community CIC will find this presentation valuable as it addresses the need for further education and resources for a specific cancer group that is currently underserved in the community. Furthermore, teachers and therapists will learn about training available that will equip them with the skillset and comfort level to address pelvic floor needs in each week’s class. Specifically, participants will learn about the poses and breathwork, while staying within their scope of practice as a yoga teacher/therapist.

**Description:** In this short time, I’ll discuss with my colleagues the particulars of the True NTH program and training, the positive outcomes and experiences in creating a safe, educational environment where men learn to empower themselves with individualized tools; yoga and mindfulness as well as specific pelvic floor work that aids them in attending to the distressing side effect of incontinence. I’ll share the key framework of the program including the 12-week progression, adaptive postures, breathwork, mindfulness practices and, principally, our unique pelvic floor focus using voluntary, pelvic floor work. Additionally, we will address the “group effect”, discussions and questions that arose from each class, and assessment of changes in pre/post class questionnaires.

**Interest to the Community:** There is a gap in resources available to men with prostate cancer, particularly when compared to those of other cancer groups with similar occurrence rates. I’ll share the in-depth training given to the instructors, both online and in person, that is provided by Thrive Health Services (Culos-Reed). This includes the evidence-based background on the role of physical activity and yoga for men with prostate cancer, and class materials that are provided to the instructors for the 12-week program.

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**CIC #3b: The Role of Yoga for Addressing Motor Learning Constraints During a Cancer Diagnosis**

Lara Benusis, M.A., C-IAYT, E-RYT 500

**Objectives:** Cancer survivors face biopsychosocial constraints from the moment they are diagnosed. Their self-concept is thrown into disarray and a once familiar relationship to their body of learned codes is altered in an instant. Many cancer survivors seek out yoga and other complimentary therapies to support themselves during a cancer diagnosis and long into their recovery. Yoga has the potential to facilitate an embodied practice through an empowering and safe integrative experience. These practices can provide a way to navigate a renewed identity by regaining agency through self-care.

The field of motor learning addresses the fundamental inquiry about how people learn and relearn movement. The PT and OT fields have used the information from motor learning to strengthen their therapeutic practices and yoga professionals could benefit from this knowledge.

This presentation will provide translatable content from the motor learning field and will offer a new perspective for yoga therapists to consider when working with the cancer community. Participants of the Cancer Community CIC who are interested in expanding their approach of working with cancer patients, survivors, and their caregivers will find this presentation valuable because it will provide key insights and an evidence based action plan. This CIC presentation will encourage yoga therapists to consider how learning and relearning are fundamental skills that are facilitated through yoga. The concepts from motor learning will potentially provide a new perspective for how yoga teachers may consider the needs and application of yoga for this population.

**Description:** 1) Introduction to motor learning concepts 2) Review the benefits and modification of yoga for cancer survivors during the time of diagnosis 2) Educate CIC participants on the use of yoga for the promotion of wellness and downstream benefits 3) Relate the use of yoga for long-term symptom management with motor learning concepts 4) Empower teachers to consider integrating motor learning concepts within their therapeutic practices.

**Interest to the Community:** This brief presentation will introduce yoga professionals to the foundational concepts of motor learning. It will highlight key aspects to consider when developing programs for their students and identify useful strategies to employ during a survivor’s recovery trajectory. Participants will come away with some new information and a new perspective to consider when developing
a yoga program for cancer survivors because they will have an increased awareness of the unique motor learning needs of this population.

**CIC #3c: Inspiration and Insight from a Yoga Therapist and Cancer Survivor**

Sharon Holly, C-IAYT, YTRx-800c

**Objectives:** 1a) Participants of the Yoga for Cancer Community will find this presentation valuable because it will inspire and help them realize the impact they can have on improving quality of life for those dealing with the traumatic effects of cancer and treatment. 1b) It will address how to reach the cancer community in a way that is mutually beneficial…enriching their own life while enhancing the lives of others. 1c) Learning to trust one’s own instincts, drawing from one’s own experience strength and hope where applicable. 1d) Sharing knowledge of the various organizations that exist nationally as well as possible local organizations and ideas on how to find and work with them.

**Description:** I will share how I came to work in this community through my own experience with cancer & how I was inspired by a yoga teacher on a retreat who was a 10-year survivor. How I began as a participant in many classes, retreats and workshops, moved into volunteering in these positions and how many have become paid positions. I will share a testimonial from a client that I worked with for 2 years before she passed away and a testimonial from her daughter.

**Interest to the Community:** I understand there can be a lot of questions, concerns & fears when working with people going through cancer. I believe I have a lot of insight to share through my experience both as a cancer survivor and Yoga Therapist over the past 5 years. In addition, I work with several organizations on their planning committees creating many events each year and have been able to keep these events affordable and/or free for the students while making sure that the teachers paid for their time.

**CIC #3d: How Yoga Therapy Fills a Gap in Post-Treatment Cancer Care**

Lee Majewski, MA, Yoga Therapist C-IAYT

**Objectives:** To familiarize the participants of the Cancer CIC with the following issues, of vital interest to the cancer healing community:
1. A significant and singular gap in cancer after-care exists, of which there is very little knowledge or discussion, and which yoga therapy is greatly suited to fill. This creates a great opportunity for those interested in developing yoga therapy services for this sector.
2. Presentation of specific evidence-based yogic tools and protocols that address specific post-treatment problems, which most cancer patients experience after they’ve undergone chemotherapy and/or radiation.
3. Differences in working one-on-one versus group setting.
4. Considerations for remote site retreat format compared to outpatient programs.

Actual outcomes from workshops led over the last four years, in India, Australia, and USA.

**Description:** After chemotherapy and radiation treatment, cancer patients are often told: “Allopathic medicine did all it could; now it’s time to go and live your life”. Typical health care establishments offer no further comprehensive support for patients at this stage, who are left suffering from severe, cumulative side effects such as anxiety, depression, brain fog, loss of memory, chronic fatigue, anger and confusion.

Lee will describe her work for filling existing gaps in cancer care, through intensive retreats. Based on her 4 years of experience developing a cutting edge 3 week, comprehensive yogic rejuvenation program for cancer patients, Lee will talk about the key yogic tools that affect specific outcomes. She will describe the critical phases encountered in the timeline of her retreat model. She will discuss some key differences between working one on one or with small groups, and the significance of an on-site comprehensive facility versus a more extended outpatient model.

**Interest to the Community:** Based on her work in India, USA and Australia, Lee will include depictions of clinical protocols, patient outcomes and yoga therapy business models that evolved through her work. It is her wish to offer the professional yoga therapy community creative fodder for the development and expansion of new initiatives, specifically for the cancer community.

**CIC #3e: Innovative model of sustainable foundational support for community-based yoga therapy classes to cancer survivors and caregivers**

Erin L. Meyer, PhD, E-RYT, YACEP

**Objectives:**
1. Participants of the Cancer Community will find this presentation valuable because it demonstrates a successful model of delivering ongoing yoga therapy to small groups of cancer survivors and caregivers.
2. This yoga therapy model is community-based and is not directly incorporated into hospitals and clinics (although most classes take place at a hospital/clinic).
3. This model allows yoga therapists to be paid well, and patients/caregivers do not need to pay anything.
4. This model builds a community of yoga-therapists and a community of cancer survivors/caregivers.
5. This model has been shown to be sustainable with long-time teachers and students attending classes consistently.

**Description:** I have been teaching small group yoga therapy classes to cancer survivors/caregivers since 2006. Classes were inconsistent and sporadic until a central support foundation was established. Several components make this model successful. The central foundation pays for insurance and half the amount of the therapists’ invoices. The central foundation partners with other foundations to sponsor classes and to pay the remaining amount of the therapists’ invoices. The foundations advertise/recruit for the classes. Classes are attended by survivors and/or their support system: family, friends, and other caregivers. Survivors feel courageous among their support group. Support group members may attend without the survivor. Most classes take place in hospital/clinics after hours so attendees are comfortable with the space (many people feel inhibited by a yoga studio). Attendees do not have to be a patient at the hospital/clinic where the class is taking place. Classes are small for proper intake.

**Interest to the Community:** Many yoga therapy classes are not successful because they rely on the yoga therapist to be a volunteer who is often a yoga therapy student. This model of a program is successful, sustainable, the therapists are experienced and paid well. Since the model was implemented (2012), none of the therapists have left the program and many students have attend consistently. This model allows for healing and community building. This model can work with other health-related conditions.
CIC #3f: Yoga Therapy for Cancer Hospice

Michelle Smith, MS Yoga Therapy, C-IAYT, E-RYT 500

Objectives: Participants will find this presentation valuable because it addresses how to use yoga therapy to help manage death. Facing a terminal cancer diagnosis is challenging for patients and their families. Yoga therapy offers tools to help. Physical postures, including mudras, to be discussed are: savasana, reclined spine twist, reclined side bend, reclined bound angle, reclined cat/cow, seated forward fold, fish pose, supported reclined back bend, child’s pose, third eye stimulation, peace mudra, lotus mudra, and guyan mudra with a focus on breath awareness in each posture. The breathing exercises to be discussed include three-part breath and extended exhale. Meditation practices to be discussed are a visualization meditation and yoga nidra. The intention of these tools is to ultimately help the hospice cancer patient experience anandamayakosha, or a space of eternal bliss, that will sustain throughout the dying process and extend beyond the physical, mental, and emotional bodies.

Description: This presentation will canvas how the tools of yoga therapy can be used to help hospice cancer patients manage death. Modalities like yoga therapy have been integrated into the Geisinger Health System over the past 1.5 years because patients expressed that more should be done to help facilitate healing. Patients realize they need tools, beyond pharmaceuticals, to help navigate through life with a chronic or terminal diagnosis. Patients ask, “How do you manage the array of sensations, thoughts, and emotions that arise?” Yoga therapy offers a host of tools that can assist. The information will be presented in a story format to peak interest and make an emotional connection. All identifying information about the patient will be changed to remain HIPPA compliant. The patient being discussed is “Sandy” who I met approximately one month before death.

Interest to the Community: This presentation is of interest because our culture hides death. People often do not know how to manage a terminal diagnosis. In my role as an outpatient cancer home manager, I often hear, “I was told I have six months to live.” To cope with death, I was led to a yoga practice to find inner peace. I quickly realized on my mat in savasana that in stillness there is a part of my being that exists beyond the physical, mental, and emotional. In that stillness I tasted eternity.

CIC #4: Yoga Therapy: Dealing with Trauma

Co-chairs:
- Jenn Turner, LMHC, RYT
- Karen Soltes, LCSW, C-IAYT, iRest senior trainer

Due to the physical manifestation of trauma and Post Traumatic Stress Disorder (PTSD), health care providers often run into roadblocks in treatment when utilizing traditional talk-therapy modalities of treatment. The fields of neuroscience and psychological research have recently shed more light on how and why this occurs. As yoga therapists we are in a unique position to offer adjunctive treatment for the complex symptoms of trauma and PTSD. During the three and a half hour session, CIC co-chair’s Karen Soltes and Jenn Turner will share and explore ways that yoga therapists are using yoga-based healing practices to address this need as an adjunctive treatment for trauma.

CIC #4a: Resiliency Training for Secondary Trauma

Laura Humph, LMFT, C-IAYT

Objectives: Participants of the Dealing with Trauma CIC will find this presentation valuable because it addresses the trauma that helping professions experience through the witnessing, hearing and holding space for other people’s traumas. Many yoga therapists work with other healthcare professionals who experience secondary trauma from their work, and many yoga therapists are at risk for this type of trauma response. This presentation will share a program started at the YMCA in Seattle focusing on resiliency training for staff who experienced gang violence personally as well as those who work directly with youth currently involved in gang activity. The tools and ideas offered can be utilized with other populations who have experienced trauma and secondary trauma as well.

Description: I experienced vicarious trauma at the beginning of my mental health career working in group homes, psychiatric hospitals and therapeutic day schools. As a yoga therapist I developed and learned tools that supported myself and clients experiencing secondary trauma, and have brought this work into Seattle organizations. In 2016 I began a pilot program for the staff at Alive and Free, who worked with youth involved in gangs, violence and the juvenile justice system. Through this yearlong program staff reported, on average, a decrease in pain, overwhelm and burnout and an increase in hope, coping skills and people to reach out to when in need. In this presentation I will share case studies as well as group practices that can be used and replicated. I will have people tap into their own experience of vicarious trauma, and offer mindfulness and embodiment practices to tune into ways to support their nervous system, mind and heart.

Interest to the Community: It is imperative to help the helpers. The people in the most intense mental health jobs (i.e. outreach worker, milieu staff, etc.) often are at higher risk of secondary trauma. At the same time every person in a helping field is at risk due to the amount of trauma heard on a daily basis. This presentation is for those who are at risk and for those who work with people experiencing secondary trauma, which is most yoga therapists. You will walk away with concrete tools for yourself and clients.

CIC #4b: Bridging the Gap Between Law Enforcement and Yoga Therapy

Wendy Landry, MA, MBA, C-IAYT, E-200 RY

Objectives: We all know that law enforcement officers (LEO) could use yoga therapy, but have you ever tried to serve this population and been left with less than successful attendance? Officers are exposed to traumatic events daily. These experiences leave a lasting mark on LEO emotionally and physically that runs through their professional and personal lives. Officers are required to make good decisions swiftly, but this can be difficult when their nervous system is always on high alert. This difficulty usually spills over into personal life and can exacerbate negative behaviors, like excessive drinking and high divorce rate. However, they typically will not attend a yoga session as a method of dealing with their trauma. Participants of the Dealing with Trauma Community will find this presentation valuable because it addresses the missing link to getting law enforcement personnel into yoga therapy.

Description: The idea is to discuss the qualities and characteristics of law enforcement officers from a professional and personal aspect in order to grow yoga therapy programs that are lead by therapists law enforcement personnel will trust. The only way to successfully integrate yoga therapy into police programs and get officers to show up to yoga therapy programs are for them to have a high level of respect and deep trust for the teacher. We will explore what that requires to build a successful experience.
**Interest to the Community:** The community has witnessed a high amount of controversial Law Enforcement responses that have been met with criticism. These acts have put the community on guard towards those who serve them. Officers need yoga therapy, but it must be presented in a different way in order for them to embrace the practice and benefits. Participants will get a chance to learn from a retired law enforcement officer who is a yoga therapist.

**CIC #4c: Brain Trauma Therapy: Enhancing Rehabilitation and Recovery Through Interdisciplinary Education**

Suzanne Ludlum, MS, C-IAYT, ERYT500

**Objectives:** Participants of the Trauma CIC will find this presentation valuable because it addresses how to enhance recovery for TBI patients by introducing yoga therapy principles to brain trauma rehabilitation. Brain trauma and yoga therapists will gain a greater understanding of the yoga therapy principles that apply to brain trauma treatment and how to engage each other in shared education. Participants will learn: 1. the multiple modalities used in brain trauma and TBI/PTSD therapies; 2. how to engage brain trauma professionals with educational topics, opening the door to participate in the rehabilitation of patients and receive referrals; 3. how to engage diverse healthcare professionals who complement each other’s professional expertise to develop strategies to meet the needs of brain trauma patients; 4. how to foster the development of collaborative interprofessional education.

**Description:** Through my experience as a brain trauma patient at one of the county’s leading TBI/PTSD centers, I was treated by professionals from many different therapeutic disciplines and learned that few had heard of yoga therapy and none knew how to engage it to improve brain trauma recovery. I will discuss how, as a part of my recovery, I offered in-service sessions to clinicians that resulted in the clinician having a better understanding, from a neurological and yoga perspective, of the relationship between yoga practices and improved emotional resilience, memory, and executive functioning, and how brain trauma therapists and rehab professionals: 1. gained a deeper understanding of the yoga therapist’s approach that improves functioning on all fronts; and 2. learned yoga techniques for self-regulation and self-awareness and how these can foster healing for the brain-injured trauma patient.

**Interest to the Community:** According to the U.S. Centers for Disease Control and Prevention, 1.5 million people in the U.S. suffer from a traumatic brain injury each year. Causes include car accidents, sports injuries, veterans wounded in wars, among others. Introducing yoga therapy into the brain rehab center can elevate the broader team’s knowledge base and expand the yoga therapist’s community reach. Interdisciplinarity provides professionals and patients better access to yoga therapy practices.

**CIC #4d: Trauma Sensitive Yoga for Ethnic and Racial Minorities: Restorative Yoga and Meditation—Self Care Practices for Managing Race Based Traumatic Stress**

Gail Parker, Ph.D., C-IAYT, E-RYT 500

**Objectives:** An area of traumatic stress that is underrepresented is ethno-race based traumatic stress. Participants of the trauma community will find this presentation valuable because it discusses the utilization of Restorative Yoga and meditation as self-care strategies for people dealing with ethno-race based trauma. Ethno-racial trauma refers to the events of danger related to experiences of discrimina-

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<th>SYTAR Accepted Common Interest Community Proposals (continued)</th>
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<td><strong>CIC #4e: Yoga Therapy as a Tool for Community College Student Retention: Offering Trauma Center Trauma-Sensitive Yoga at Erie County Community College</strong></td>
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<td>Lidia J Snyder, LMSW, RYT, TCTSY-F</td>
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<td><strong>Objectives:</strong> Adverse Childhood Experiences (ACES) have a significant impact on mental and physical health throughout one’s lifetime. Attendees of this presentation will come to appreciate how ACES play a role in community college student performance and retention and the utility of on-campus yoga therapy group sessions. Objectives include: 1) defining ACES and their intersection with higher education; 2) gaining an understanding of student demographics, particularly as they relate to degree completion; 3) appreciating the particular challenges facing many Community College students and administrations; 4) recognizing targeted yoga therapy programming as a cost-effective means to improve student functioning and performance.</td>
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<td><strong>Description:</strong> Students in the Erie County Community College Parenting and Pregnancy Assistance Program (PPAP) frequently struggle with stress, resulting in physical, mental, and behavioral challenges. PPAP provides needed assistance to improve the graduation rates, health outcomes and parenting skills of expectant and parenting teens, women, men and their families who are enrolled part-time or full-time. Particularly because of a shared history (including abuse, neglect, previous incarceration, homelessness, mental health challenges, and familial instability) participants benefit from Trauma Center Trauma-Sensitive Yoga sessions as an intervention to manage stress, while improving attendance, academic performance and ultimately degree completion.</td>
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Interest to the Community: Community Colleges serve a pivotal role and yoga therapists can facilitate student retention, achievement, and graduation. The broader community benefits when all members are allowed to thrive and reach their potential. By bringing Yoga Therapy to Community Colleges students learn self-care and stress management skills to be utilized throughout their lives. This is a model that can readily replicated in a variety of academic settings.

CIC #4: Developing Therapeutic Interventions In High Trauma Communities

Larry D. Turner, PsyD RN, CADC

Objectives: Trauma begins and ends at a cellular level that is expressed in the symptomatic behaviors of the impacted individual. Participants of the treating trauma community will be exposed to a developing proactive community approach to treating continuous traumatic exposure in an urban setting. Areas on the south side of Chicago have daily incidents of traumatic events that expose children and other residents to chronic states of hyperarousal. It is also of interest to note in the American Psychological Association’s (2016) survey on stress in America, it was found that “adults in urban areas have a significantly higher stress level than those in rural/urban areas.” Areas like the south side of Chicago have few clinics or other resources to treat trauma. The exposure to traumatic events in some urban areas presents plenty of opportunity for traumatic symptoms to develop, leading to various anxiety related behaviors. The use of yoga therapy combined with available resources such as a local school can serve as the template for intervention.

Description: Having worked in hospitals, clinics and world disasters (Katrina 2005, Haitian earthquake 2010, Ebola crisis 2014-15), the use of yoga therapeutic interventions have always been used to assist in strengthening the mind-body response. The development and use of yoga as a therapeutic tool in high trauma Chicago neighborhoods, is being developed at a neighborhood school. This program is designed to reduce stress, improve concentration, and enhance the ability to organize thoughts. Utilizing yoga breathing, yoga postures and visualization; students can improve academic performance, learn recognize and regulate emotions and enhance physical health. By combing social-emotional learning, physical exercise and relaxation breathing; concentration and cardio-vascular functioning are improved. The administration of the school is fully supporting this intervention, even though the school building is the major resource and funding is not available at this time.

Interest to the Community: Trauma happens everywhere and the need for practical interventions shouldn’t be limited to hospitals and clinics. Divorced family members, returning war veterans, the unemployed, all suffer from high stress mind-body responses. This can severely hamper the ability to function in daily activities of life. Vicarious trauma is an additional steady contributor to dysfunctional behaviors in high trauma areas. Teachers may also be impacted by the traumatic experiences of their students.

CIC #5: Yoga Therapy for Children and Youth

Co-chairs:
- Michelle Fury, LPC, RCYT
- Erica Vigiano, E-RYT, LCSW, CACIII

Empowering Future Generations—Yoga therapy for children and adolescents is quickly gaining popularity in hospitals, therapy care centers, schools and even juvenile detention centers. As many youth struggle to learn and grow in a fast-changing world of academic pressure, social media, bullying, and violence, mind-body practices such as yoga help them explore their values, address medical and mental health challenges for kids, and find a still center in the midst of this chaos. Join yoga therapists and other members of the pediatric medical and mental health community who are integrating yoga therapy into their practices. Topics will include best practices, innovative collaborations, new models of care, and how to interface and integrate effectively between yoga based interventions and conventional methods of care. This is an opportunity to build long lasting connections with like-minded colleagues. Coming together in community, we will leave better prepared to help the next generation blossom into mindful, empowered, compassionate adults.

CIC #5a: Empowerment thru Yoga in Everyday Life for Scoliosis in Youth

Carolyn Belko, Senior Level CIYT, BS Health Science

Objectives: Participants will find this informative as it will provide specific tools in teaching yoga therapeutics to youth with scoliosis. It addresses practical applications of specific yoga therapeutics and therapeutic tools that may then be applied not only in the yoga practice of the youth with scoliosis, but in the everyday life of the youth. The yoga therapy provider will learn the yoga therapeutic techniques and be able to apply them in specific cases of youth with scoliosis.

Description: Often young teens first learn about their scoliosis and are brought to yoga, with the help of parents and health care professionals.

The worries of the parents for the youth’s future health is often transferred to the youth. It has been my experience in working with pre-teens and teens with scoliosis, that putting them at ease with their body and condition, all the while addressing it in a preventative way through empowerment, is the key.

This practicum identifies accessible yoga therapeutic techniques that may be applied both in the yoga practice room setting as well as in the home or school environment through out the day. This practical approach will serve the following objectives: 1) to help the youth to feel well and confident with themselves and the condition 2) to help to reduce anxieties, and 3) to provide application of yoga therapeutic techniques to address the scoliosis in day to day life.

Interest to the Community: With over the 25 years experience in offering yoga to the public, I have seen a rise in parents and health care professionals sending teens to yoga to provide help with scoliosis. Many times with the intent to avoid painful surgeries. Health care professionals have gained confidence in providing alternative methods of treatment to include yoga therapeutics in cases of surgical correction as well. This session will provide hands on tools to meet the needs of: the youth with scoliosis; the yoga therapeutic provider; and the health care provider, benefiting all.
CIC #5b: Partner Yoga: Enhancing Mental Health through the Parent-Child Relationship

Kristen Chamberlain, LCSW, RYT, CPP

Objectives: The objectives of the presentation are 1) to speak to the significance of the parent-child relationship when addressing the mental health needs of children; 2) to establish the benefits of yoga interventions when treating identified areas of mental health concern, (i.e. anxiety, trauma, attachment concerns, etc); and 3) to provide parent-child yoga intervention examples, outlining the benefits to the intervention, which will include specific partner yoga postures and practices. “Note: Throughout this presentation, the word “parent” will be clarified to the audience as referring to any primary caregiver.

Description: The purpose of the presentation is to introduce parent-child partner yoga as a therapeutic intervention in child mental health, utilizing pranayama, partner poses, Mindfulness, and meditation practices. Kristen will provide a brief description of her work with children and families, sharing various vignettes/examples of therapeutic parent-child yoga interventions. She will outline the potential benefits of partner yoga postures and practices in regards to regulating the nervous system in both the parent and the child. In addition, she will lead participants in 1–2 experiential yoga practices in order to enhance the understanding and impact of the therapeutic interventions.

Interest to the Community: As the mental health needs of children continue to grow, practitioners often experience challenges in finding effective therapeutic interventions that impact healthy growth and development. One of the most important therapeutic tools when working with children is the relationship with the primary caregiver. Therapeutic parent-child yoga interventions can be effective tools in identifying areas of concern, facilitating co-regulation, and strengthening trust and safety within the relationship.

CIC #5c: Self-Regulation and Classroom Engagement: Feasible Yoga Instruction for Five to Six-Year-Olds in Classroom Settings

Roxanne N. Rashedi, PhD Candidate, MA

Objectives: Participants of the Children and Youth CIC will find this presentation valuable because it addresses ways to implement yoga in the classroom. This presentation draws from a randomized delayed treatment control study, which examined a 12-week yoga intervention (24 yoga videos spread over the 12 weeks in which students practiced yoga with the aid of the videos) on self-regulation among five to six-year-olds. The study combined quantitative assessments of parent and teacher reports and direct assessments of behavior, in addition to video data of children practicing yoga and perceptual data (student interviews and teacher focus groups). Because this presentation discusses the qualitative findings, participants of this CIC will learn about teachers’ perceptions of student classroom engagement and self-regulation outcomes. Participants will gain insight into the potential challenges and benefits of implementing school-based yoga practices in a feasible, impactful manner.

Description: The idea is to provide the participants of this CIC with a conceptual framework as to how to effectively incorporate yoga in schools. I intend to share this idea by showcasing teachers’ and students’ first-person accounts. This perspectival data may more effectively tug at participants’ affective modes and inspire future collaboration, especially along the lines of bringing yoga to schools. This is incredibly important, because we need to broaden our scope as to how we offer our yoga services. Given that children spend a substantial amount of time in schools, it may be particularly effective to target schools as sites for yoga interventions. Because this presentation presents an in-depth analysis of a cross-sector collaboration—that is, across teachers, students, and the research team—Participants of the Children and Youth CIC will leave knowing about the potential challenges and benefits in bringing yoga practices into communal settings.

Interest to the Community: This presentation offers a number of participants a conceptual framework for envisioning the features of a successful school-based yoga program. It showcases teachers’ and students’ perspectives regarding the feasibility of using the yoga videos and the impact these videos had on perspectives of classroom engagement and self-regulation. Participants will leave this session with a set of principals to inform their own collaboration with schools to potentially develop a sustainable yoga program.

CIC #5d: Procedures and Practices for Yoga in Schools Research

Natalie L Trent, PhD

Objectives: Participants of the Children and Youth CIC will find this presentation valuable because it addresses evidence-based procedures and practices for conducting research on yoga in the school setting. Following this session, participants will be equipped with the knowledge necessary to help conduct yoga in schools research and feel comfortable implementing a school-based yoga program.

Description: Yoga in schools research is still a new field, but research is rapidly growing and the preliminary results show promise for the ability of yoga to improve children and adolescent psychosocial and physical health and well-being. This CIC will synthesize information from yoga in schools research to provide a step by step approach to conducting yoga in schools research. Topics will include determining the school population, increasing student and teacher engagement and acceptance of the yoga program, choosing the type of yoga program and appropriate ‘dosage’ of yoga, selection of suitable measures and questionnaires, and the proper collection and documentation of research data.

Interest to the Community: This CIC will be of interest to yoga therapists and teachers that are considering bringing yoga to youth within the school setting or are currently teaching yoga in schools, as well as researchers interested in studying the impact of yoga programs on children in real world settings. The benefits for implementing yoga within the school curriculum are far-reaching and are of great interest to yoga teachers, therapists, and researchers.

CIC #5e: Yoga Best Practices for Children with Motor Disorders

Carissa Wengrovius, PT, DPT

Objectives: Participants of the Children and Youth Community will find this presentation valuable because it addresses how to safely use yoga techniques with a pediatric population that would greatly benefit from a yoga practice. After this presentation, participants will be able to:

1. Identify specific and safe yoga strategies when working with a child who presents with low or high muscle tone
2. Discuss the precautions when working with a child who presents with a progressive neuromuscular condition
3. Use yoga techniques that are based on motor learning principles to improve a child’s motor planning skills

Description: There are now over 1.7 million children practicing yoga therapeutically (Black et al., 2015) *. The American Academy of Pediatrics (AAP) has recently come out in support of using yoga as a safe, and potentially effective therapy for children coping with emo-
tional, mental, physical, and behavioral health conditions (Rosen, French, & Sullivan, 2015)*. With the increase in demand, there comes a serious responsibility for those who are using this intervention in their practice. For the AAP to continue to uphold their recommendation, we must practice safe techniques and understand the precautions for different diagnoses. As a Doctor of Physical Therapy and kids yoga instructor, my presentation will emphasize best practices and evidence-based strategies when working with children with motor disorders. *Reference citations available upon request.

Interest to the Community: This presentation will benefit yoga teachers, educators, therapists, and other rehab professionals who provide education and services to children with limited physical function due to a motor disorder. Participants will gain more confidence in their ability to safely teach and serve children with complex medical conditions.

CIC #5f: Yoga to Enhance Executive Function for ADHD

Lorelei Woerner, OTR/L, Yoga Therapist

Objectives: Participants of the CIC for Children and Youth will find this presentation valuable because it addresses the timely topic of using Yoga Therapy techniques to enhance executive function in children with ADHD, which is of interest to the group. Participants will find it valuable because it addresses how to prepare the over-active child (or adult) and help them settle in to a practice to achieve more balance. As a community, we will examine our many yoga tools and explore integrating them with traditional Occupational Therapy principles. We will learn strategies that work at all levels of the pancamaya model.

Description: We have seen the research that yoga helps enhance Executive Function for all ages, however getting kids with ADHD to slow down enough to focus on yoga brings challenges that go beyond sequencing of poses. Yoga Therapy’s whole-person perspective and robust methods help a person to achieve sattva. However, with ADHD, the sympathetic nervous system is engaged and there must be a discharge before being able to settle into the calming discharge. We will explore specifically methods of promoting releasing and transitioning to calming, using techniques such as: asana, pranayama, kriya, krama, and bhavana. Lorelei will also bring her nearly 25 years of pediatric Occupational Therapy perspective and discuss sensory concepts, bilateral integration, motor planning, and rhythm.

Interest to the Community: Approximately 11% of children 4 to 17 years of age (6.4 billion) and about 4% of American adults are diagnosed with ADHD, according to 2011 CDC statistics. Symptoms of inattentiveness, impulsivity, and hyperactivity interfere with daily functioning, flourishing, and sattva. The lifestyle creates a great allostatic load and stimulates stress and cortisol release, the sequelae of which has wide-spread negative impact on the body. These characteristics also inhibit efficient Executive Functioning.

CIC #6: Yoga Therapists Today: Careers with Meaning

Co-chairs:
• Laura Kupperman, MA, Professional Yoga Therapist
• Soleil Hepner, PRYT, C-IAYT

With the increasing visibility of yoga therapy as a practice and a vocation, we have remarkable opportunities to represent the field as practitioners, business owners, members of integrative health teams, researchers and, above all, advocates for our profession. Toward that end, it’s important to be able to take action in three key areas, in order to have a successful career as a yoga therapist:
1) Adopt effective business strategies in both the “live” and “online” marketplace; 2) Develop partnerships with other practitioners and institutions; 3) Embody the confidence and resiliency that are crucial to growth as a business owner and your ability to impact more people. In this session you will hear from colleagues who combine their yogic and business savvy to turn their passion into a profession. You will leave with tangible tips and tools to awaken your entrepreneurial spirit and propel your career forward. This will be the best CIC session of the conference. EVER.

CIC #6a: How to develop and market comprehensive yoga therapy programs within clinical settings using a public health perspective

Katie Allen, MPH, Yoga Therapist, E-RYT 500, C-IAYT

Objectives: Participants will find this presentation valuable because it provides the public health lens and the marketing tools required to integrate comprehensive yoga therapy programs into clinical settings.

Participants will gain correct knowledge of the current chronic disease epidemic, as well as the underlying health behaviors and risk factors that have contributed to such conditions.

Participants will learn to develop a logic model to explain the benefits of yoga therapy in relation to community health needs.

Participants will understand how both individual and group yoga therapy applications can directly address the underlying causes of chronic conditions.

Participants will learn about different types of yoga therapy programs that can be offered within numerous clinical departments.

Participants will learn how to use the public health perspective, coupled with a wide array of yoga therapy offerings to develop proposals and market comprehensive yoga therapy programs in clinical settings.

Description: We’ve been successful in educating clinical directors about yoga therapy (YT) intervention programs by utilizing a public health perspective to provide the context for the work that we do. Given the chronic disease epidemic and the ineffectiveness of current public health interventions; YT can be presented as a low-cost and highly effective strategy to empower individuals to create and sustain healthier behaviors.

This presentation will share best practices in developing YT programs within the context of a public health needs assessment. Members will be given specific examples of YT applications and how to build proposals to meet the needs of various clinical departments and organizations.

I am extremely passionate about moving the field of YT forward. As a yoga studio owner and school director I feel an obligation to share what we’ve learned to help create jobs and advance the field of YT. I’ve dedicated my life to this and my enthusiasm comes out in all my teachings and presentations.
Interest to the Community: Members will gain the terminology and context to develop and sell YT programs. By understanding disease trends, health behaviors and underlying risk factors, YT’s can utilize public health logic models to better advocate for our work. Members will also learn about the different types of YT programs that can be offered within numerous settings. In offering a wider array of YT applications within a comprehensive proposal, we will increase our chances of developing clinical partnerships.

CIC #6b: Integrating Life Style Coaching Into A Yoga Therapy Business for Personal and Professional Health

Lisa Holland, PT, DPT, WHC, C-IAYT, ERYT

Objectives: Participants of the Careers with Meaning CIC will find this presentation valuable because it addresses expanding their businesses to include lifestyle coaching as a viable care model off the mat. Objectives: #1) To offer a new perspective on supporting our clients through a customized spectrum of coaching and therapy and what the difference is in yoga. #2) To introduce the Quadruple Aim and need for a sustainable business model for population health success as a yoga therapist #3) To expand the use of yoga therapists in the provision of health and wellness by addressing the language we use for inbound marketing, client intake and management. #4) To introduce ongoing post discharge relationships with clients to support those ideals and provide each participant with at least one idea they can immediately implement to support their yoga therapy business and personal health.

Description: After owning an integrative, yoga inspired women’s health coaching and therapy practice for over eleven years I recently made a strategic effort to redesign my brand as an attitude and lifestyle approach instead of a treatment modality. Since doing so, I have been able to attract many clients who may not have been initially seeking yoga as a solution to their problem and add passive revenue streams. I will be encouraging yoga therapists to expand the vision of a yoga therapist beyond the mat by focusing on behavioral change and the objectives of the Quadruple Aim. After sharing my experiences, participants will be coached through a 1.5 min mastermind in each of the following cues “team care” “inbound marketing” “virtual support” and “post care engagement”. The goal is to empower each with a new idea on how to approach the western and eastern medical community through strategic partnership and immediately expand their service line beyond treatment based support.

Interest to the Community: Yoga therapy is becoming more popular but the value of a C-IAYT, as opposed to a licensed health care provider who is also using yoga, may not be well understood. By returning yoga therapists to providing holistic health in the spirit of abhyasa, vairagya, yama and niyama, yoga therapists can provide behavioral change and lifestyle design services. This offers a clear value in the functional medicine model which already knows they need this support but do not have the time to offer it.

CIC #6c: Strengthening your Niche - How to Stand out in a Crowded Market

Ann Marie Johnston

Objectives: As research & awareness of Yoga’s immense health benefits increases, more and more students are seeking Yoga to combat health challenges. Yet the public & health care communities still have little understanding of Yoga Therapy vs general Yoga classes... & ‘isn’t all Yoga therapeutic’ is a too common catch cry. Nearly 117 Million Americans were expected to practice or ‘try’ Yoga in 2016* and research indicates that for every current teacher there are another 2 planning to become teachers. With ‘20-day’ 200hr certificates (& even some weekend on-line courses claiming ‘you too, can be a yoga teacher), how does a highly trained & experienced Yoga Therapist stand out from this increasingly crowded marketplace?

Participants of the Careers with Meaning CIC will find this presentation valuable because it addresses effective ways for yoga therapists to differentiate themselves, better establish their niche, connect with & grow their community of clients & students.

*Yoga in America Study, 2016

Description: Many Yoga Therapist came to the profession because Yoga has personally transformed their life. These individuals are usually extremely passionate about Yoga’s benefits and they have made a significant investment in their training. They chose this field because they want to be of service and they want to help empower others towards better health and well-being

Despite their immense knowledge often times these individuals struggle to ‘market themselves’—and may even see ‘marketing’ as a dirty word. Sadly, without effective marketing, many of these professionals will struggle to make ends meet & fail to create the impact they hope to.

This presentation approaches ‘marketing’ simply as being the way one ‘shares their knowledge’ and lets the world know about you. Our focus will be working smarter, not harder.

In particular, the presentation will emphasize the importance of defining your niche, establishing trust and positioning yourself as a thought leader.

Interest to the Community: Helping teachers better carve their niche, stand out & build their business.

The 4 tips that I will focus on are:

1. Share your Knowledge: Creating & sharing knowledgeable articles & positioning oneself as a thought leader
2. Social Media: Efficiently & effectively using social media to connect with the ‘right’ students & extend your message
3. Word of Mouth Marketing (WOM): Harnessing the power of ‘brand champions’
4. Developing Community & Collaboration: Strengthening relationships

CIC #6d: Yoga as Medicine: Teaching Graduate Students in the Health Professions About the Tools of Yoga Therapy

Avanti Kumar-Singh, MD

Objectives: Participants of the Yoga Therapists Today: Careers with Meaning CIC will find this presentation valuable because it addresses various strategies to introduce graduate students in the health professions, including allopathic, chiropractic, and osteopathic medicine and nursing, to “yoga as medicine” and how the tools of yoga therapy can help their future patients achieve optimal health and wellness. As the popularity of yoga continues to rise in the United States and more research proving the effectiveness of yoga and meditation continues to be reported by the media, newly minted doctors and nurses will undoubtedly have patients in their exam rooms asking them about the benefits of these tools and how to integrate them into treatment. Exposing these graduate students to yoga therapy tools beyond asana, such as pranayama and meditation, will equip them with some basic knowledge and confidence to suggest these tools or working with a yoga therapist when discussing a treatment plan or writing a prescription for their patients.

Description: As a physician, I experienced first-hand the limitations of traditional allopathic medicine and thus began a 15+ year journey...
to study, research and experience traditional healing systems from a wide range of cultures. This journey took me from Brazil to study energy healing back to my roots in India to become a practitioner of its 5,000 year old ancient healing tradition of Ayurveda to my home in Chicago where I continue to study and practice yoga therapy. This journey confirmed what I had believed already—that each of us has the innate ability to attain and maintain our own optimal health... that the real healer lies within.

I feel that my deep study of yoga and training in yoga therapy has helped me fill a gap that existed in my knowledge. Learning more about the philosophy of yoga and the various models has deepened my understanding of many traditional healing systems as well as western medicine. Yoga therapy has given me more tools to help my patients heal.

My work is centered on teaching patients how to heal themselves by unleashing their innate healing power and educating students and practitioners how to support such self-healing using meditation, yoga, breath and food—which I believe is true medicine. My goal and passion is to build a movement grounded in the conviction that everyone can heal themselves. I am deeply dedicated to changing the practice of healthcare in communities across the country by demonstrating that the power to heal lies within each of us and that lasting wellness comes from accessing these innate healing powers through ancient and proven healing traditions.

**Interest to the Community:** Through a framework of “yoga as medicine”, the tools of yoga therapy become powerful and effective strategies that graduate students in the health professions can use to help their future patients. By educating these graduate students about yoga therapy, both in the classroom and on the mat, we help create a new generation of doctors and nurses—powerful allies—who will begin including the tools of yoga on their prescription pads in the exam room.

In this CIC, I will share my experience and the lessons I have learned from teaching senior medical students at the Feinberg School of Medicine about the tools of yoga therapy and traditional healing systems. We will also explore ways that yoga therapists can help educate graduate students and practitioners in the health professions to engage them and encourage them to prescribe yoga therapy to their patients. Finally, we will discuss how to collaborate with medical educators to create successful partnerships for the broader dissemination of yoga therapy techniques and principles to their students, which will ultimately benefit thousands of patients.

**CIC #6e: Yoga Therapy: Creating a Lifestyle & Doing What You Love as an Independent Healthcare Contractor**

Laura Jane Mellencamp-Murphy, C-IYAT, E-RYT 500, MA

**Objectives:**
1. Participants of the Careers with Meaning CIC will find this presentation valuable because it addresses how to create a yoga therapy business model that can be successfully integrated into the medical model to work among other healthcare professionals.
2. Share how my experience working with a healthcare provider has allowed me to feel validated and paid as an independent contractor.
3. Describe how the yoga therapy business model leads to positive change in healthcare and transforms lives in the workplace.
4. At the end of the presentation, participants will understand what steps to take to go about establishing themselves as independent contractors.

**Description:** Since 2011, I’ve been an independently contracted yoga therapist compensated through health insurance, e.g. Blue Cross and Humana. As a part of a collaborative healthcare team made up of holistic and medical practitioners, I provide deep, meaningful treatments for people who suffer from multiple, chronic diseases. This session addresses how doctors and nurse practitioners authorize/refer patients for yoga therapy sessions, the process of patient assessment/progess reporting, as well as invoicing/getting paid. Furthermore, we’ll touch on why the healthcare industry is looking for professionals that deliver healthcare differently. Working in partnership with other healthcare providers, yoga therapists have a unique opportunity to be educators in lifestyle changes with a highly personalized plans that treat the whole person-mental, physical, spiritual, and emotional wellbeing. This unique team-based approach is inspiring positive change in healthcare delivery and transforming lives.

**Interest to the Community:** As yoga therapists, we can make a living outside of the yoga studio. With providers like Inspira Health, yoga therapy has great potential and is being seen by the medical model as viable piece of treatment to be incorporated with other traditional medical therapies to ease the suffering of chronic conditions. Patients, yoga therapists and providers all benefit as a result of this holistically team-based, collaborative relationship. Yoga therapists have career options beyond a yoga studio.

**CIC #6f: Yoga Therapy in Population Health: How yoga therapy can help reduce costs, improve patient experience of care, and address the needs of whole populations**

Kristine Kaoverii Weber, MA, eRYT500, C-IAYT

**Objectives:**
1. Participants of the Careers with Meaning CIC will find this presentation valuable because it addresses the widespread crisis in healthcare, the medical community’s call for health innovation, and the compelling arguments for including yoga therapy in the strategies for healthcare improvement that have been outlined by the Institute of Medicine, the National Institute of Health, the American College of Physicians, the Institute for Healthcare Improvement and others.
2. Participants will explore how yoga therapy can contribute to improving population health and health equity, and creating a “culture of health” as outlined by the Robert Wood Johnson Foundation.
3. Participants will discuss the potential for creating a collaborative yoga therapy approach to population health and to promoting and appropriately languaging yoga therapy as an essential component of low-risk, low-cost, person centered care.

**Description:** The dysfunction of the healthcare system necessitates rethinking how health and healthcare is conceptualized and delivered. Yoga therapy and philosophy can be powerful catalysts of this rethinking. Policy influencers are calling for innovation in order to reduce costs, increase value, and achieve better outcomes for populations. This CIC will engage participants in exploring the possibility of collaboration with policy makers, researchers and community coalitions. Participants will be introduced to important facts about the healthcare crisis, the trending concept of healthcare innovation; and relevant calls from policy influencers for strategies to improve care and outcomes. Participants will then break up into dyads/triads to discuss one of the following topics and then report highlights to the group: 1. Approaching key players 2. Creating a framework for integration 3. Replicating successful programs 4. Creating a Culture of Health 5. Addressing health equity 6. Clinician self-care

**Interest to the Community:** As the field of yoga therapy expands, the yoga therapy community will benefit from promoting the widespread adoption of yoga therapy into the healthcare system across the domains of public health—treatment, prevention, aftercare, and health promotion. Creating avenues for access for specific clinical and geographic populations will increase public and professional buy-in as well as opportunities for employment.