

Psychotherapeutic Yoga

**Learning how to balance your
emotions with Pranayamas**

Ebooklet



LET'S START WITH THE NERVOUS SYSTEM

The breath is the bridge linking our mind and body. The practice of deep breathing helps to stimulate our parasympathetic nervous system, bringing us to a calm state. The job of the nervous system is to sense external stimuli and coordinate an appropriate response.

1

Central Nervous System
Brain and Spinal Cord

2

Peripheral Nervous System
Cranial and Spinal

3

Somatic Nervous System
Skeletal Muscles

4

Autonomic Nervous System
Organs

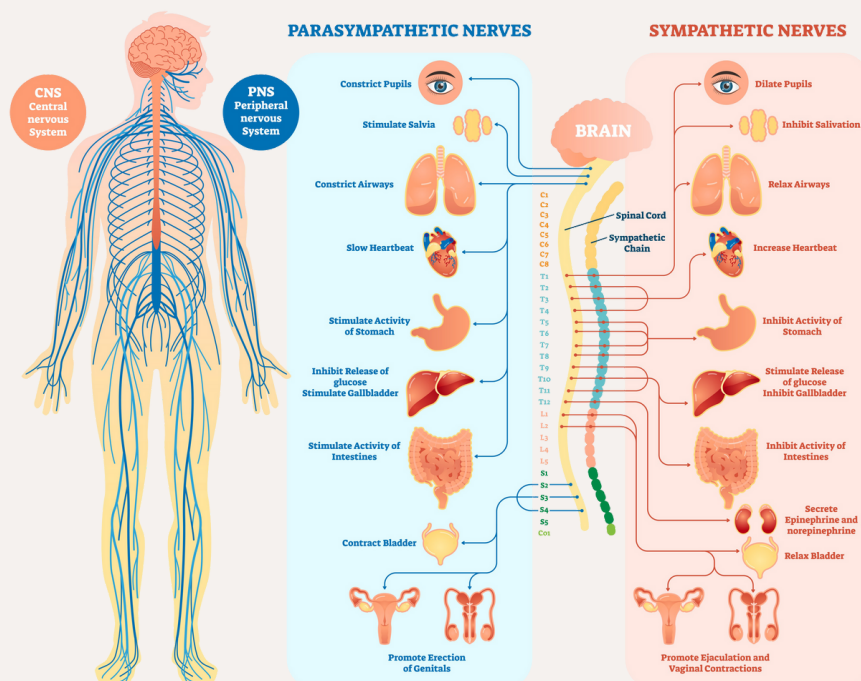
5

Sympathetic Nervous System
which coordinates our fight
and flight response

6

Parasympathetic Nervous System
which coordinates our rest
and digest response

HUMAN NERVOUS SYSTEM





What is happening when we have a fight or flight response? We are activating the Sympathetic nervous system!

What happens when your stress response never shuts off? When you are stuck in sympathetic mode, the stress response is invoked almost constantly (even at a lower intensity).

The results

- Elevated heart rate, blood pressure, sticky blood platelets, and high cholesterol set the stage for heart disease or stroke
- Suppression of digestion leads to digestive disorders
- Increased inflammation results in decreased immune function and susceptibility to illness, infection, and cancer
- Inhibition of sleep centers creates sleep disturbances and insomnia
- Increased muscular tension leads to headaches and other muscle pains
- Production of cortisol results in increased sympathetic activity and an increased sensitivity to stress
- Memory is compromised, mental alertness and energy decrease, and the pleasure chemicals dopamine and serotonin are reduced, which can lead to anxiety and/or depression

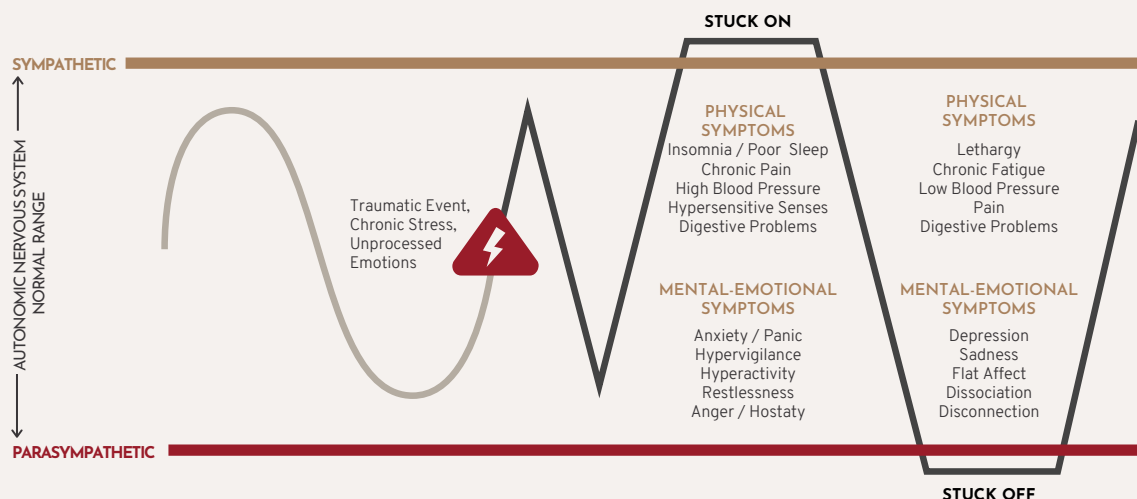


What is happening when we have a rest and digest response? We are activating the Parasympathetic nervous system!

Over time, should one be stuck in sympathetic functioning, the body will try to conserve itself by recruiting the parasympathetic nervous system. This shows up as anxiety cascading into depression - the end stage of sympathetic burnout. People in this condition have exhausted their sympathetic systems so much, their bodies resort to a default parasympathetic state.

The results

- Being tired, apathetic, and tendency to get depressed easily.
- Behavior patterns such as fearfulness, apathy and even despair
- Low energy states



EMOTIONAL SHORT ROUTE VS. LONG ROUTE

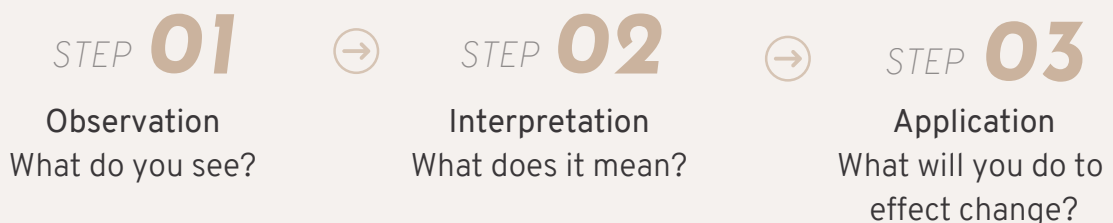
SHORT

Stimuli enters, we have an intense emotional response in the lower brain. If we have not strengthened ability to activate our prefrontal cortex, we find ourselves in a heightened state quickly.

LONG

Stimuli enters, we process it with our logical centers of the brain and decide how to respond. *This gives us a strengthened sense of emotional regulation.*

Three steps (in this order... always)



HOW CAN WE CONTROL THIS?

- 1 Science, understanding what is happening
- 2 Yoga tools:
 - Pranayamas/Breathwork: it is what we are reading in this e-booklet but it exists also other powerful tools as:
 - Yoga Poses for regulation of The Parasympathetic Nervous System
 - Yoga Poses for the regulation of the Sympathetic Nervous System
 - Mantra, Meditation, and Journaling
- 3 Talking about what you're feeling, letting go, dissociation of the "I", The Theory of the Constructed Emotions
- 4 The help of a professional for severe illnesses

WHY PRACTICE PRANAYAMA

Pranayama is the life force in the body or the vital energy. We can control it by the breath “Prana”. “Ayama” means control. Pranayama means literally the control of breath. The Pranayama helps to achieve a healthy body and mind. It is also beneficial to:

- Vitalize your body
- Improve breath capacity
- Brings clarity to the mind and focus
- Calms the mind, reduce stress, control emotions
- Connect to who we are

Pranayama is the fourth ‘limb’ of the eight limbs of Ashtanga Yoga mentioned in verse 2.29 in the Yoga Sutras of Patanjali. It is advised that pranayama should be part of an overall practice that includes the other limbs of Patanjali’s Raja Yoga teachings, especially Yama, Niyama, and Asana.

BREATHING MECHANICS



- The lungs have an elastic property
 - As muscles pull and expand the lungs, air flows into them
 - When the muscles relax, the lungs return to original size and air is expelled
-
- *Never force the breath as the membrane of the lungs is very fragile.*
 - *Do not make inhale longer than exhale*
 - *Do not make retention longer than exhale*
 - *Contraindications for pranayama ratio include conditions such as heart issues,*
 - *asthma, emphysema, bronchitis, headache, glaucoma and cervical disk problems*
 - *In pregnancy, lengthening exhale and short suspension are OK, avoid lengthening inhale and keep retention short.*

TRADITIONAL BREATH RATIOS



Samana

means “Equalizing”,
it will have a balancing effect



Brahmana

means “to accelerate,
expand, empowered”,
it gives an energizing effect



Langhana

means “to slow down”,
it will help you to create
a calming effect

Ujjayi breath – The Ocean breath

Equalizing Inhale and Exhale will generally have samana effect. *Step by step:*

- 1 Sit in a comfortable position.
- 2 Inhale through the nose, exhale like saying a long “Haaaa” but with the mouth closed. The outflow of air goes through the throat muscles and the nasal passages. If you do it correctly, a sound should similar to the “ocean waves” should come out.
- 3 Inhale deeply and exhale deeply doing this practice. Once you have mastered this on the outflow, use the same method for the inflow breath, gently constricting your throat as you inhale.

The Ujjayi breathing technique is part of the Ashtanga Practice but it is also an excellent tool for meditation.

Brahmana ratios

2-3-3-0

Emphasizing Inhale and Retention will generally have a Brahmaṇa effect. Inhale for 2 seconds, hold for 3, exhale for 3. (no hold at the end). Repeat for 5 minutes. If you feel low in energy, lack of motivation, tired, sad, use this pranayama to give you energy!

Langhana ratios

4-2-6-2

Emphasizing Exhale and short Suspension will generally have Laṅghana effect. Inhale for 4 seconds, hold for 2, exhale for 6, hold for 2. Repeat for 5 minutes. If you are stress or anxious, use this pranayama to procure you a calming effect.

How to practice Ratio

- Start where your breath is comfortable and at ease
- Generally, take 12 breaths to reach the desired ratio
- Be gentle with yourself and stop should you have a dizzy effect or are short of breath



GET YOUR 25% EXCLUSIVE DISCOUNT ON OUR
PSYCHOTHERAPEUTIC YOGA THROUGH OUR 5-HOUR
FOUNDATIONS ONLINE COURSE!



Learn and create yoga sequences that positively affect your mental health and well-being, with key insights from neurobiology science, specific yoga poses, pranayamas, Ayurveda and meditation.

WHAT IS PSYCHOTHERAPEUTIC YOGA?

Psychotherapeutic Yoga focuses on traditional yoga poses and neurobiology science, that will bring a calming, energizing or balancing effect in your body and mind. It is a brain-body approach, working on the regulation of your nervous systems, significantly reducing anxiety, insomnia, stress, emotional and mental fatigue. The practice will create an environment for growth and well-being.

WHAT DO WE LEARN IN THIS COURSE?

- ✓ Body and mental connections and healing through specific yoga poses and pranayamas that will bring the right energy to up-regulate or down-regulate our nervous system,
- ✓ Introduction to Ayurveda, our doshas and how to balance them with tips and yoga poses,
- ✓ Vipassana Meditations, guided meditations how to start a meditation routine,
- ✓ How to practice set yoga flows with further self-study,
- ✓ And much more!

Learn more about the course here. Apply the coupon code **MYOGA25** for 25% discount at checkout!

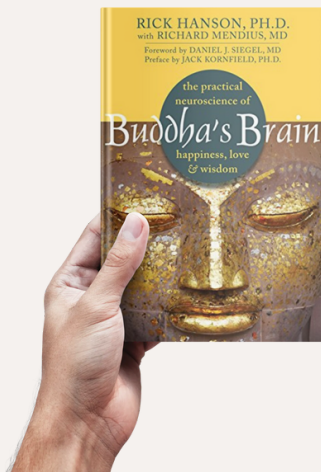
<https://myogastudio.teachable.com/p/psychotherapeutic-yoga-online-course>



Self Study

- Use each technique (Samana, Brahmana and Langana) during the week and observe the sensations. Apply each pranayama depending on your mood and energy level.

RECOMMENDED READING



Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom, by Rick Hanson.

With new breakthroughs in modern neuroscience and the wisdom of thousands of years of contemplative practice, it is possible for us to shape our own thoughts in a similar way for greater happiness, love, compassion, and wisdom. Find the book [on Amazon](#).

RECOMMENDED WATCHING

How Emotions Are Made: The Theory of Constructed Emotion. TED talk by Dr Barrett. [Watch the video here.](#)

Human: The World Within

Take a deep-dive into the universe that's inside each and every one of us. Heart, brain, eyes, blood, tears; neurons and nervous systems, "Human" uncovers not only the science behind how our bodies work, but how what's inside powers every moment of what we do out in the world. Available on Netflix.

DISCLAIMER

You should not be practicing yoga or pranayama (breathwork), if you suffer from cold, flue or fever. You should always seek medical approval if you are pregnant or suffer from hypertension, body injuries, back pain, surgery or any other physical or mental issues. Stop the exercise any time you feel dizzy or nauseous. Please consult your doctor should you have any doubt.

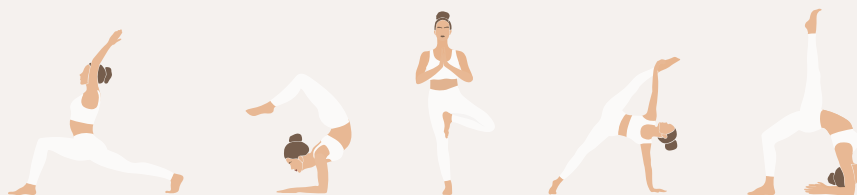
About the author



Hi, I am Lydie,

I am a Swiss native and certified in Ashtanga Yoga (200hrs), Tantra Yoga (200hrs) and Yin Yoga (30hrs). I graduated in Psychotherapeutic Yoga (200hrs) with The LISPY School. After years of teaching yoga, owning a Yoga Studio in the center of Barcelona and leading various workshops, retreats, and private/group classes, I realized that every student that came to my classes is different and many of them may have gone through different traumas and difficult time in their lives.

I am now offering Psychotherapeutic Yoga classes to optimize mental health and well-being through online classes and programs. I have developed a safe space for people to learn and create awareness in their bodies and mind. I am committed to take YOU on a journey of healing and conscious lifestyle.





MYOGA
STUDIO & LIFESTYLE

🌐 www.myogastudio.es

📍 Barcelona, Spain

✉ info@myogastudio.es