



Yoga & Nutrition: Recipe for Success

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Connect to Purpose



Salt Power Yoga



- Volunteered at the studio for several years “kula”.
- Giving back to the community.
- Where I completed my 200 hours.
- Breath based yoga practice.



No Disclosures

Outline

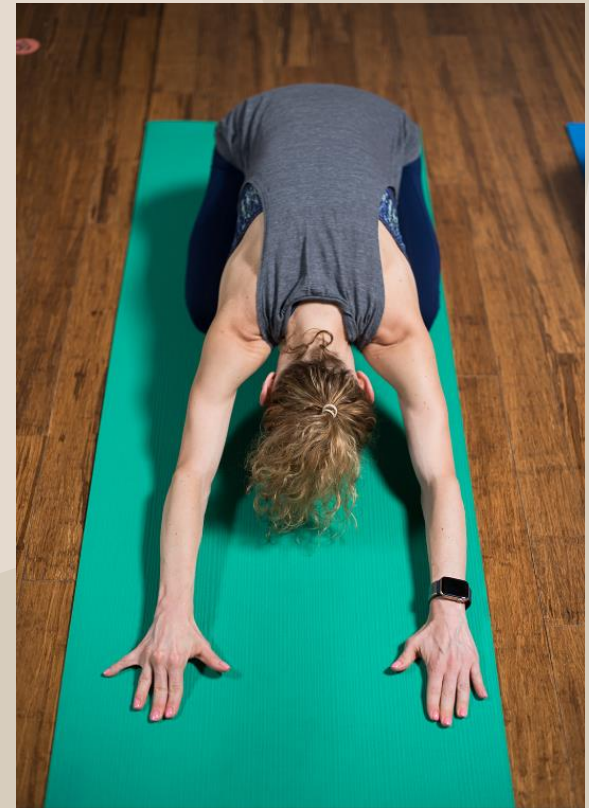
History of Yoga

Benefits to Yoga

Yoga Therapy related to Cancer/Eating Disorders/GI

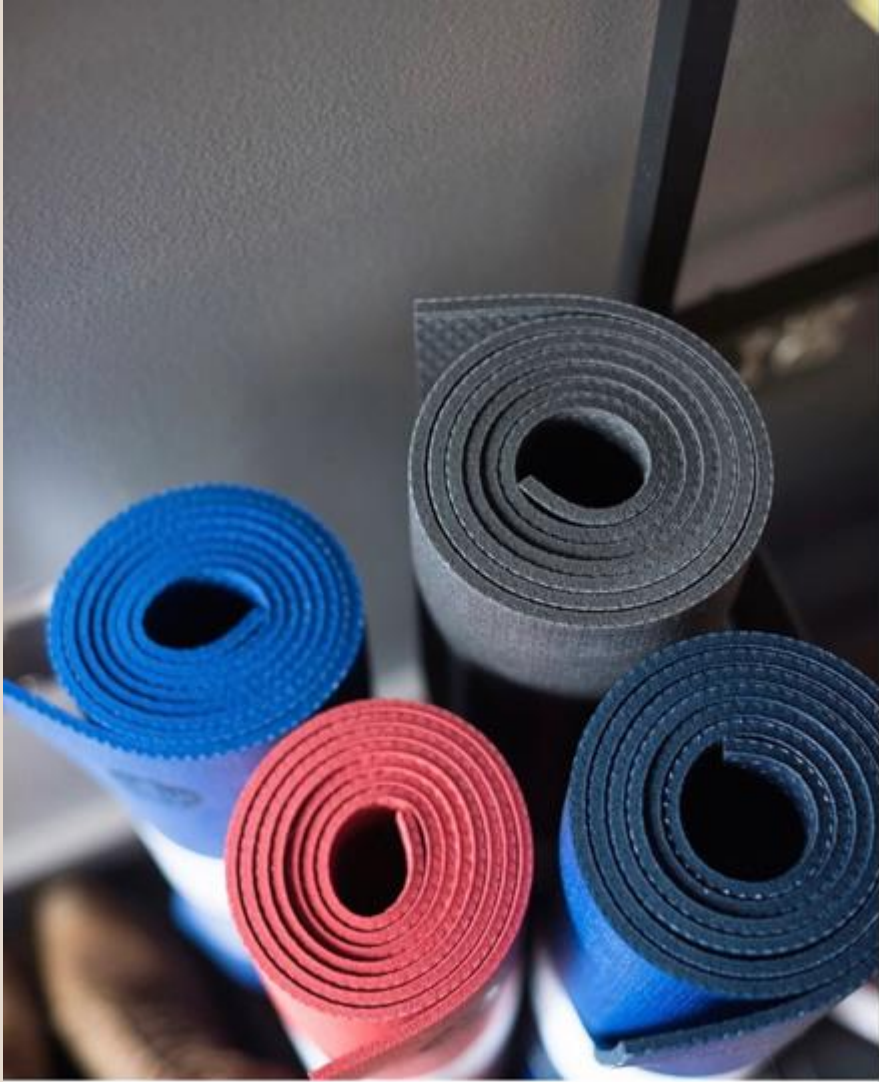
Community Resources

Activity



Objectives

- Understand Yoga Theory and how it relates to wellness.
- Define different disease states yoga has shown to benefit in combination with MNT.
- Develop a basic understanding of types of yoga.



History of Yoga

- The Union of Mind, Body, and Spirit
- 5000-Year-Old Philosophy traced back to the vedas of India, and spread to Eastern and Western Cultures
- Oldest form of exercise, movement.
- All nations, & all countries.
- Universal Language
- Yoga is not a “work out” a “work in”

Types of Yoga

- **Gentle Yoga** -Subtitle movement
- **Spiritually**-Oriented yoga
- **Flow Yoga** - Vinyasa, sequence, dance
- **Alignment**-Oriented back pain

- **Yoga Fitness**-
Incorporates weights, higher cardio, sculpting
- **Hot Yoga**- Power, vinyasa or Bikram
- **Specialty Yoga**- Groups by age group, animals (goat yoga, or puppy), support groups

Key Words

Namaste- Welcoming, greeting.

Shavasana- End pose, corpse pose, the rest at the end of yoga.

Asanas- Poses in yoga

Pranayama- Specific breathing in yoga

Chakras- Different energies

NAMASTÉ

[NOUN]

MY SOUL HONORS YOUR SOUL.
I HONOR THE PLACE IN YOU WHERE
THE ENTIRE UNIVERSE RESIDES.
I HONOR THE LIGHT, LOVE, TRUTH,
BEAUTY & PEACE WITHIN YOU BECAUSE
IT IS ALSO WITHIN ME. IN SHARING
THESE THINGS WE ARE UNITED,
WE ARE THE SAME, WE ARE ONE

THE GOAL OF YOGA

(No, it's not the Handstand).

The yoga pose is not the goal. Becoming flexible is not the goal. Standing on your hands is not the goal.

The goal is to create space where you were once stuck. To unveil the layers of protection you've built around your heart. To appreciate your body and become aware of the mind and the noise it creates.

To make peace with who you are.

The goal is to love, well... You.

Come to your yoga mat to feel; not to accomplish.
Shift your focus and your heart will grow.

-Rachel Brathen-

Yoga of Benefits

- Builds strength, balance, and flexibility
- Improves body awareness
- Alleviates stress
- Helps improve sleep
- Builds community
- Reduces back pain
- Calming Effect
 - Self soothing-breath work



Yoga and Research

- Anxiety
- Depression
- Pain
- Inflammation
- Childhood Disease States
 - ADHD
- Cardiovascular Disease
- Trauma
- Weight Management
- COPD
- MS
- Diabetes Type II
- Mental Health
 - Schizophrenia
 - Alcohol Abuse
 - PTSD

Yoga Combination Therapy

- GI issues
- Eating Disorders
- Cancer

Yoga and Gastrointestinal Issues

- Yoga has shown to improve symptoms of Irritable Bowel Syndrome (IBS)
- Psychological distress is high with patients with IBS.
 - This patient population is 3 times more likely to have anxiety and depression.
- Studies have been completed with both children and adult patients.
- **Recommendations:**
 - Asanas with twists can help with abdominal distention, bloating, discomfort.
 - Practice 2 times per week for 60-90 minutes

Yoga Asanas for GI Issues



Seated Twist



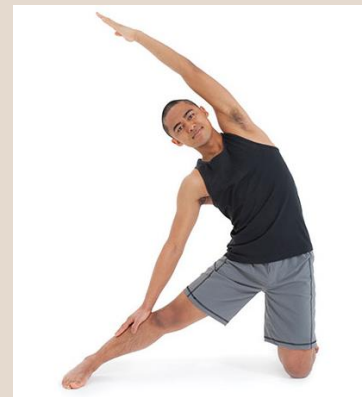
Reclining Abdominal Twist



Supported Bridge



Happy Baby



Gate Pose

Yoga and Cancer

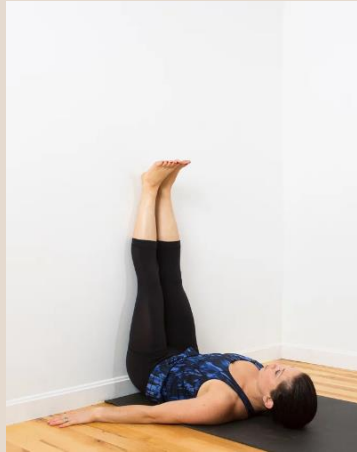
- Adjunct to therapy
 - Reduces stress, anxiety, & pain
 - Improves mood
 - Can help improve quality of life
 - Help with treatment side effects
 - Pain
 - Fatigue
 - Nausea
 - Insomnia

- Most research has been done with breast cancer

Type of Yoga Recommended

- Mild chair
- Restorative
 - 1-3 times week
 - 10-15 minutes day

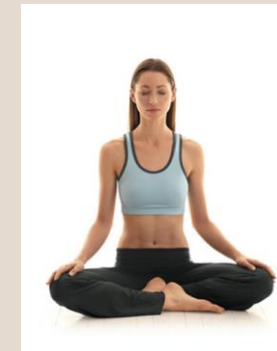
Poses to Consider during Cancer Treatment



Waterfall



Supta Baddha Konasana



Seated Pose

Yoga and Eating Disorders

- Can help with body acceptance.
- Assists with decrease anxiety and depression.
- Help clients become more in-tune with their bodies.
- Many Inpatient and Outpatient Programs for ED use Yoga as part of therapy.

Poses & Styles to Incorporate with Therapy of ED



- Sun Salutation Sequence- Focusing on the inhaling and exhaling.
- Restorative Classes
- Yin- Holding Poses Longer
- Non-Heating Classes
- Studios without Mirrors
- Practice \geq 2 times a week

Breath Work

- Common theme with introducing yoga into a lifestyle to help reduce stress and anxiety.
- Yoga incorporates breath work
 - Box Breathing
 - Using counts of 4
 - Exhales are longer than inhales
 - Focuses on the movement of the diaphragm to calm us down.

Online Resources

- Youtube
- [Yoga with Adriene](#)
- Podcasts Salt Power
- Glo.com
- Yogajournal.com
- Facebook events/Live stream
- Peloton
- Apple Fitness
- Insurance Plans/Employee Benefits
- Company Wellness Series



Community Resources

- Community events center
- Community College
- Apartment complex
- Eventbrite app
- Meet up app
- Parks, yoga by the water.
- Private sessions (thumbtack)
- Studios in the community (Mindbody)
- Military or Student Discounts
- Classpass app
- <https://www.eatbreathethrive.org/yoga-for-eating-disorder-recovery>



Setting up for Success

Equipment

- Yoga mat
- Water/Water bottle
- Sweat towel (size of a hand towel)
- Block/s
- Comfortable, supportive, stretchy, breathable clothing
- Bolsters
- Blankets (if practicing restorative, yin)
- Straps



Final Tips

- Yoga has shown to benefit people with multiple disease states, and help reduce stress, & improve body image.
- Yoga can be for everyone! Pets and Kiddos!
- Not all treatment plans are the same.
- Almost every pose can be completed on our backs or sitting in a chair.

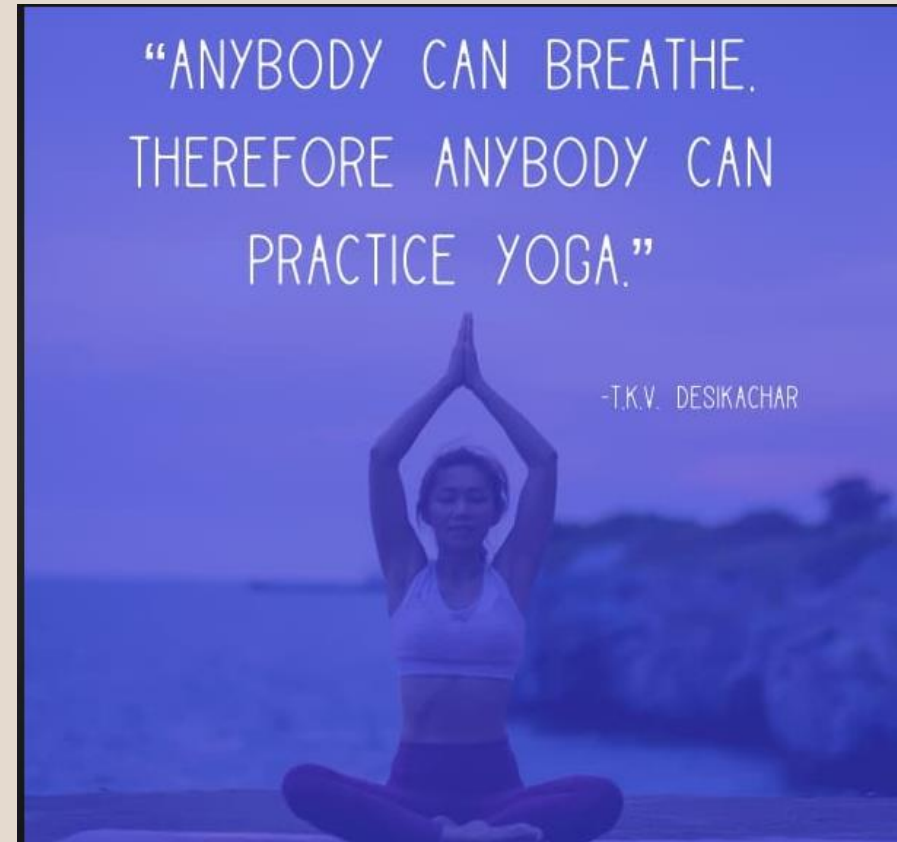


Elevating the Experience

- Play Meditation Music
 - My favorites :
 - Apple Music Pure Calm
 - Amazon Meditation Channel
 - Dim the lights
 - Light a candle
 - Use a diffuser with Lavender or Eucalyptus Oil
- Minimize Distractions
 - Remove yourself from chaos
 - Safe Space
- Go Outside!
 - Nature can also be calming
 - Balcony
 - Beach
 - Park

What I have learned from Yoga

- Acceptance of myself
- Take one step at a time
- It is okay not to know everything/control everything
- Only focus on the 4 corners of your mat
- Your mat is not a stage
- One practice will never be the same, we are constantly changing
- My favorite Mantra “You are Enough”
- “Respond” vs “React”





Questions?

Group Exercise

- Breathing
- Light Stretching
- Chair Yoga

References

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5545945/>
- <https://www.nationaleatingdisorders.org/so-youre-ready-add-yoga-your-eating-disorders-recovery-plan/>
- <https://yogainternational.com/article/view/5-yoga-poses-for-ibs-irritable-bowel-syndrome/>
- https://www.yogaalliance.org/About_Yoga/Scientific_Research_on_Yoga
- Photos Courtesy of Lizzy Telep [Sewickley Photography](#) (fellow yogi)

How can I help you on your yoga journey?

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From one yogi to another “You are Enough”



Thank you!