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LEARNING OUTCOMEY

- Define yoga and understand the evidence-based benefits for adults with ABI
- Define mindfulness and understand the evidence-based benefits for adults with ABI
- Identify best practices in adapting yoga for the ABI community
- Identify access to ABI-friendly yoga and mindfulness programs



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- NICU stays in 3 different states
- Hospitalized December 7-April 3
- 20+ surgeries/complex procedures
- Critical illness; chronic condition



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THE CRASH REEL
THE FALL AND RISE OF SNOWBOARDER KEVIN PEARCE
PREMIERES MONDAY JULY 15, 9PM
HBO

LOVE YOUR BRAIN FOUNDATION

LOVE YOUR BRAIN YOGA

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Acquired Brain Injury: ABI

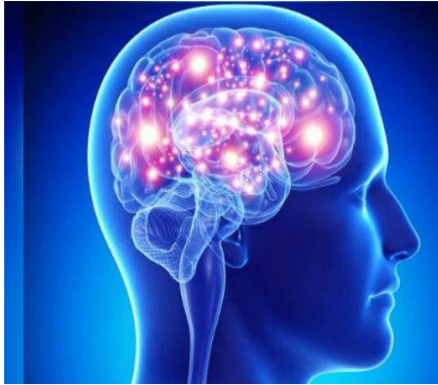
Traumatic Brain Injury
Alteration of brain function caused by external forces, such as car accidents, falls, sports injuries, assaults.

Non-Traumatic Brain Injury
Damage to the brain as a result of internal factors including stroke, infection, disease, tumor, exposure to toxins, or lack of oxygen (anoxia)

ABI can lead to cognitive, physical, or emotional challenges, significantly impacting daily activities and quality of life.

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MORE ABOUT ACQUIRED BRAIN INJURY



- At least 2.8 million people sustain a TBI each year
- At least 5.3 million Americans live with a TBI related disability.
- Silent Epidemic
- Chronic Illness



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Acquired Brain Injury

- **Resiliency**
- **Neural Plasticity**



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This is your brain



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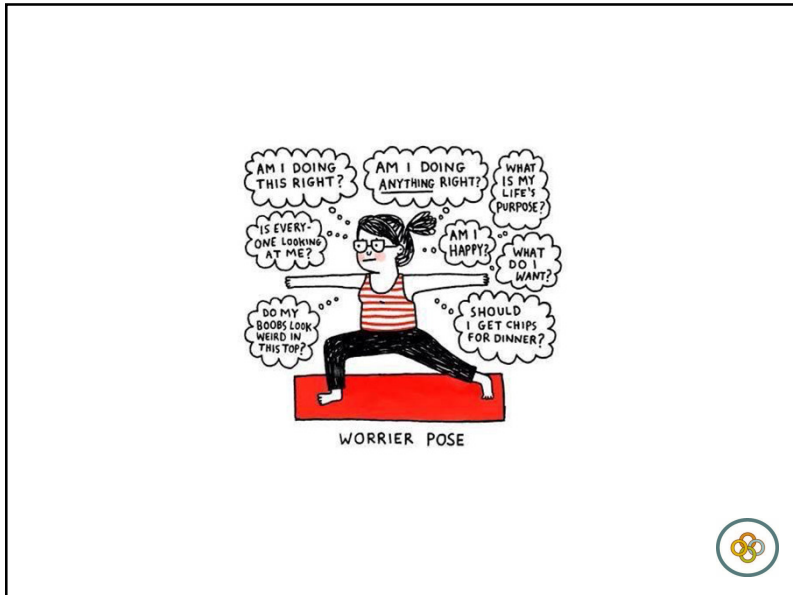
What is
Meditation?

Mindfulness focuses on intentional awareness of the present moment.

Meditation is a process of learning how to pay attention



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WHAT IS YOGA?

- physical movement (asana)
- breathwork (pranayama)
- meditation (pratyahara, dharana, dhyana)
- moral observations (yamas and niyamas)
- complete wellbeing (samadhi)

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WHAT IS THE EVIDENCE?

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YOGA AND MEDITATION HAVE MANY HEALING BENEFITS FOR TBI

and can change the structure and function of the brain

IMPROVE ATTENTION SKILLS


(COLE ET AL., MIL MED 2015)

by increasing the thickness of the pre-frontal cortex, associated with focus and decision-making


(HÖLZEL ET AL., SOC COGN AFFECT NEUROSCI 2010)

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AUGMENT MEMORY
(AZULAY ET AL., HEAD TRAUMA REHABIL 2013)
 by changing brain structures associated with memory, including the hippocampus
(HÖLZEL ET AL., SOC COGN AFFECT NEUROSCI 2010)




ENHANCE SELF-ESTEEM
(DONNELLY ET AL., BRAIN INJURY 2016)




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ENHANCE COMMUNITY INTEGRATION
(DONNELLY ET AL., DISABIL REHABIL 2016)




REDUCE MENTAL FATIGUE
 by supporting better information processing
(JOHANSSON ET AL., BRAIN INJURY 2012)



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REDUCE STRESS
(SILVERTHORNE ET AL., INT J YOGA THERAP 2012)
 by shrinking the amygdala, our fear and anxiety response center
(HÖLZEL ET AL., PSYCHIATRY RES 2011)



BOOST STRENGTH BALANCE ENDURANCE & FLEXIBILITY
(SCHMID ET AL., DISABIL REHABIL 2016)



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WHAT ARE THE BEST PRACTICES?



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- Adapt specific poses to prevent dizziness and headaches, improve balance, address spasticity and neck pain



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- Similar movements and sequences for learning & memory



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- Soft lighting, music, no scents to mitigate hypersensitivity



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- Similar movements and sequences for learning & memory
- Soft lighting, music, no scents to mitigate hypersensitivity
- Strategies to focus attention, activate the parasympathetic nervous system, and manage negative thoughts



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WHAT ARE BEST PRACTICES?

- Adapt specific poses to prevent dizziness and headaches, improve balance, address spasticity and neck pain
- Similar movements and sequences for learning & memory
- Soft lighting, music, no scents to mitigate hypersensitivity
- Strategies to focus attention, activate the parasympathetic nervous system, and manage negative thoughts
- Group discussion and empowering themes to build community and resilience



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CONNECTIONS YOGA: 6 WEEK FUNDAMENTAL SERIES FOR ABI

90-MINUTE WEEKLY SESSIONS

- Gentle Yoga
- Breathwork & Meditation
- Group Discussion




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Participant Testimonials

- *“These classes were instrumental in helping my brain communicate with my body, reorganize, and function with more integration.”*
- *“My anxiety was interfering with my focus and attention, ultimately impacting life skills/accomplishments; the yoga classes helped me focus and reset and improved my cognitive/mental abilities.”*
- *“I am especially grateful for the community and fellowship that grew from our time together; I truly cherish it. It’s reassuring to know that I’m not alone.”*
- *“The classes built my confidence. I learned a new skill. My multi-tasking skills improved. But the best part was the lifelong bond that formed with a unique group of people with unique similarities to me.”*

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CURRENT OFFERINGS/ WHAT'S TO COME

- Seeking grant funding to establish free and accessible ABI friendly yoga on an on-going, consistent basis
- Implementing yoga and mindfulness into individual cognitive rehabilitation practice.
- Online resources/programs

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Yoga Videos

GENTLE YOGA CLASS WITH FLOOR AND STANDING POSES

This 50-minute gentle yoga practice is very similar to the classes taught in the LYB Yoga program. Try this practice to connect with your inner resilience.

CHAIR YOGA CLASSES

This 40-minute chair yoga practice is very similar to the classes taught in the LYB Yoga program. Try this practice to connect with your inner resilience.

GENTLE FLOOR-BASED YOGA CLASSES WITH NO STANDING POSES

This 50-minute gentle yoga practice is similar to the classes taught in the LYB Yoga program. Try slightly more advanced poses to improve strength and balance, as well as concentration and relaxation.

This gentle 45-minute gentle yoga practice is designed to enhance emotional wellbeing and brain functioning.

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LOVEYOURBRAIN MEDITATION MOVEMENT

FINDING FREEDOM MEDITATION

LED BY NKECHI DEANNA NJAKA

FIND THE RIGHT MEDITATION FOR YOU

BY LENGTH

- SHORT MEDITATIONS
- MEDIUM MEDITATIONS
- LONG MEDITATIONS

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QUESTIONS?

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THANK YOU!

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 LoveYourBrain Yoga Certified Instructor
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