

## Take Refuge in your Yoga Practice YogaFit®

### COMMON REACTIONS IN OUR NEW NORMAL:

- Concern about protecting oneself from the virus because they are at higher risk of serious illness.
- Concern that regular medical care or community services may be disrupted due to facility closures or reductions in services and public transport closure.
- Feeling socially-isolated, especially if they live alone or are in a community setting that does not allow visitors because of the outbreak.
- Guilt if loved ones help them with activities of daily living.
- Increased levels of distress if they have mental health concerns before the outbreak, such as depression, live in lower-income households or have language barriers, experience stigma because of age, race or ethnicity, disability, or perceived likelihood of spreading COVID-19
- Increased frustration and irritability can be a common reaction to stress. With the current pandemic, many aspects of our daily lives are more stressful than usual. For example, grocery lines may be slower, work tasks may require quick adaptation, and time may be increasingly devoted to new roles or obligations brought about by social distancing measures, such as child care or homeschooling.

### BENEFITS OF YOGA:

- Balances stress-response systems, reducing sympathetic overactivity, and increasing parasympathetic under-activity.
- Reduces overactivity in the limbic systems and dysfunction in emotion regulatory circuits.
- Increases the capacity of higher brain centers to modulate lower brain centers.
- Improves cognitive functions and correction of mis-appraisals of threat.
- Activates interoceptive inputs to key brain regulatory centers: limbic system, thalamus, prefrontal cortex, insular cortex, and hypothalamus.
- Improves efficiency and integrates top-down and bottom-up neurophysiological networks.
- Reduces internally generated, ruminative anxious thoughts and worries.
- Enhances feelings of connectedness, bonding, and safety via interoceptive autonomic pathways and prosocial, antianxiety neurohormone release

### YOGA TOOLS:

#### *Brahamari (Bee's Breath)*

Sitting comfortably, with our back tall and shoulders relaxed. Take a few natural breaths, and close your eyes if that's comfortable. Keeping the lips lightly sealed, inhale through the nostrils. Exhaling, make the sound of the letter M, essentially a humming sound. Sustain the sound until you need to inhale. Then repeat: Inhale through the nose, then hum like a buzzing bee as you exhale. There is an option to close the tragus as we exhale.

#### *Breath of Joy*

Inhaling stretching arms overhead, exhaling, sweeping arms toward the floor, releasing any tension or negative energy you might be holding. The Breath of Joy awakens your whole system. It increases oxygen levels in the bloodstream, temporarily stimulating the sympathetic nervous system, circulating more prana, and gently stoking agni (inner fire).

#### *Bhu Mudra (Mother Earth Mudra)*

**For more information, visit [yogafit.com](http://yogafit.com) Would you like to host a training? Email [host@yogafit.com](mailto:host@yogafit.com).**

