

Yoga Therapy for Anxiety

PROGRAMS FOR 2023

YOGA THERAPY FOR ANXIETY

*Using the tools of Yoga to cultivate healing,
self-compassion, self-love & self-
forgiveness*

*Integration of physical, emotional, mental,
social & spiritual bodies*

*Regulating the endocrine system through
breath work (Pranayama), Movement
(Asana) & Nutrition*



Statistics: Analyzing Anxiety Disorders in Adults



15,000,000

American adults have social anxiety disorders



is the percent of people with social anxiety disorder report symptoms for 10+ years before seeking help

1/3

Clocking in at over \$42 billion a year, anxiety disorders cost the United States almost one-third of the country's \$148 billion total mental health bill per year.

13

the typical age of onset is 13 years old for social anxiety disorders.



is the percent of people affected by anxiety disorders in the US, the most common mental illness



Anxiety disorders are highly treatable, yet only about one-third of those suffering receive treatment.

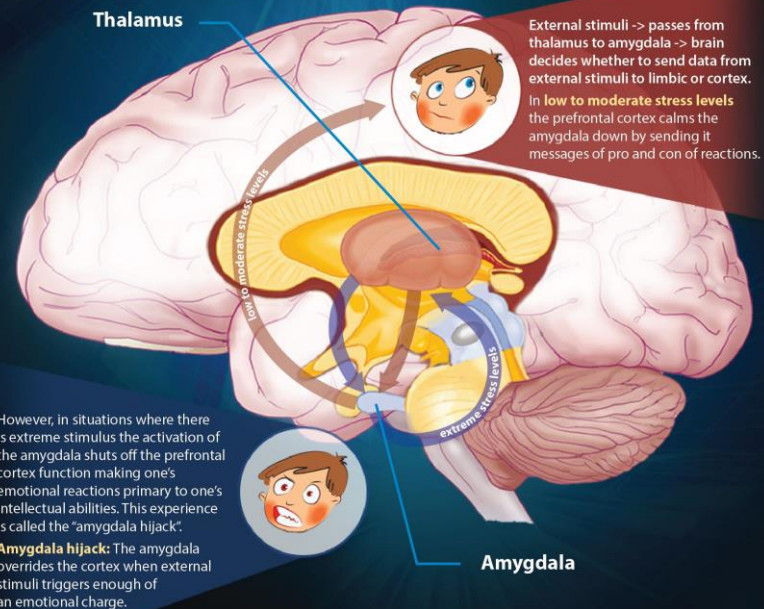
WHAT IS ANXIETY CONT

- Anxiety can be messengers (notice what they are telling you) Usually based around fear
- Anxiety is a disorder that can be rooted in outdated judgments on one's safety. This happens when we transfer feelings and emotions from another experience onto our presence. Transference is really another form of projection. Transference leads to patterning when it's negative, contentment when it's positive.
- THERE IS ACUTE (now)& CHRONIC ANXIETY (long term)
 - PAUSE AND NOTICE IN YOUR BODY WHERE YOU FEEL ANXIETY
 - WHAT THOUGHTS, FEELING OR SENSATIONS COME UP FOR YOU?



THE AMYGDALA HIJACK

The amygdala in the limbic system is a storehouse for emotional memories and is responsible for survival instincts, such as "fight or flight". When the amygdala is hijacked, it also causes many different anxiety disorders.



HOW OUR BRAINS ARE AFFECTED BY STRESS AND ANXIETY.

ANXIETY IN THE BRAIN CAN PRESENT AS

- CHEMICAL
- PHYSICAL
- EMOTIONAL
- MENTAL

Pause and notice how anxiety presents in your body

The amygdala hijack exhibits three signs:



Yoga Sequences that can help with anxiety and stress. To set up your area, try to be in a quiet safe space for your practice. Collect whatever props you want to use (blocks, straps, bolster, blanket, etc) Practice loving kindness with yourself. Allow a time and space without distractions.

<https://www.tummee.com/yoga-sequence/KTboV>

<https://www.tummee.com/yoga-sequence/FHvP5>

This sequence below is for back pain that is sometimes caused by stress & anxiety

<https://www.tummee.com/yoga-sequence/cg89w>

If you enjoyed this sneak preview of Yoga Therapy for Anxiety, you could book a One-on-One session [here](#) or to purchase this complete program click [here](#)