

Appendix 1. Therapeutic Yoga Program

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| <p>Group goals: The goal of the group yoga sessions is to offer openness and space to the body to facilitate the release of pain and tension due to the symptoms of endometriosis. Through specific asana (postures), pranayama (breath techniques), visualization and mantra (chant) students will be guided through practices that encourage the building of self-awareness around recognizing and managing pain, connecting with the body, breath and mind in a self-empowering way. There will be an emphasis on relaxation and pacification and offering tools that can assist with this self-care.</p> | |
| <p>Each of the 8 group therapeutic yoga sessions will include: asana, pranayama, bhavana and mantra</p> | |
| <p><u>Asana</u></p> | <p>The postures listed below will be used with modification or support where appropriate, along with both dynamic and static form. The goal is to release tension and manage the pain therefore dynamic movement can facilitate shifting of discomfort whilst staying in a posture can create openness and space to effectively breathe into the affected area.</p> <p>Dynamic movements may emphasize the use of sthiti (spinal extension to create space) in standing and seated forward fold postures where appropriate.</p> <p>Standing – Virabhadrasana, Utthita parsva konasana, Parsva uttanasana, Prasrita pada uttanasana, Adho mukha svanasana</p> <p>Kneeling – Parighasana, Anjaneyasana, Cakravakasana, Balasana</p> <p>Sitting – Upavista Konasana, Baddha Konasana, Purvatanasana</p> <p>Lying – Dvipadapitham, Jathara Paravrtti (Paravrtti), Jathara Paravrtti (Pasrva), Apanasana, Supa parsva padangusthasana, Svasana, Supta baddha konasana</p> |
| <p><u>Pranayama</u></p> | <p>breath techniques that emphasize a langhana (pacifying) effect will be used. There will be an emphasis on long exhale to pacify and promote space.</p> <p>Ujjayi breath - ‘ocean breath’ sound, to assist with internal focus of breath movement, create sound focus to assist with pain management.</p> <p>Sitali breath – cooling breath using tongue mudra on inhale and nostril exhale.</p> <p>Anuloma Ujjayi – ujjayi and nostril technique working with pacification of heat in body through the ida nadi.</p> |

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| | <p>Nyasam – hand gesture, often placed on body to connect with certain area and flow of breath.</p> <p>Nadi sodhana – alternate nostril breath to affect balance in the nadis and energetic system.</p> |
| <u>Bhavana</u> | <p>Visualization is an effective technique to counter pain and take focus away from negative feelings, creating new thoughts and focus. The following bhavana ideas will be used in the group classes:</p> <p>Water – as a cooling, flowing focus, creation, protector Moon – soft nurturing, healing, removes disease Lotus – rising from the mud, life potential, not being affected by life’s difficulties, creativity</p> |
| <u>Mantra</u> | <p>There will be the inclusion of simple chant including humming to extend the length of the exhale and to send positive vibration through all systems.</p> <p>The following mantras will be used – these are all pacifying mantra that convey a langhana (pacifying) effect.</p> <p>om aham om santi santi santih om namah haaaa</p> |