

Homework for Module Four/Fall Training of the Advanced Level Spanda® Yoga Movement Therapist Training: an IAYT Accredited Program

Anatomy

1. In your own words (i.e. please allow what you read and study to go into you and take the time to struggle with owning what you can take in just now and don't copy text from a website) and to the level of specificity of interest to you, briefly explain muscle contraction. Why do you think it is important for a yoga teacher/therapist to know about this?
2. In your own words, and to the level of specificity of interest to you, what is a stretch reflex and what is its purpose? Why do you think it is important for a yoga teacher/therapist to know about this?
3. Explore your physiological tone throughout one day or a portion of a day. Note in relation to your experience of tone, your level of alertness to and awareness of the world around you. Choose two events from that time period and comment on whether your tone matched, exceeded, or was less than the level of tone necessary for the circumstance? Also, comment on what affected your sense of tone overall in terms of food, time of day, weather, location, volume of sound, with whom you were in relationship, your internal state of being (e.g. upset stomach, heartache, feeling offended), etc. Do this for more than a day if you like . . . ☺

Adapting Practice

4. You'll share your findings when we come back together. Choose:
 - A. A purpose for a practice: Example: Primary complaint goal - to gently loosen a stiff but not injured low back.
 - B. A real or virtual person and describe that person's delimiting practice factors. Example: Julie, a pleasant 63-year-old woman with both artificial knees, and wrist weakness, presenting with low back stiffness.
 - C. A practice from the classical asanas (use those within the Spanda vocabulary. Refer to *Every Woman's Yoga* and/or SYMT posture list.) Example: Child's Pose (*Balasana*)
 - D. Adapt the posture practice formally for your student/client. Example: Julie sits in a chair and rounds over a bolster on her lap with her arms resting on a table with a folded blanket placed on it for comfort.

Be prepared to describe why you made the choices you made. Example: She should not deeply flex her knees, so I decided to use a chair to remove that risk. To give her low back (especially her erector spinae muscles) a gentle stretch, I had her bend forward and gave support to her arms as they would ordinarily rest on the floor in the classical pose. I also placed a bolster on her lap to mimic the thighs which would be folded under her if she were in the full Child's pose on the floor.

- E. Adapt the posture practice functionally for your student/client using movement and/or other positional adaptations and additional tools such as visualization, sound, imagery, etc. from your developing yoga therapy tool box outside of classical asana. Please experiment! Just one example (but the options are near infinite): Julie relaxed on her back with a folded blanket under her head and a small bolster under her knees and another under the lower part of her sacral area. She did diaphragmatic breathing and imagined the long strands of muscles in her back gradually loosening with each exhalation like spaghetti as it softens when placed in boiling water. She next made an “aaaahhh” sound with each exhalation as I placed a light sandbag on her lower abdomen (she showed me just the right spot). She made the soft sound as she visualized a treasure chest filled with valuables sinking gently through warm turquoise Bahamian water to the sandy ocean floor (her image).

Sound and Mantra

If you do not already have these mantras committed to memory, please learn the Gayatri and Mahamrityunjaya Mantras. Here are some links you might enjoy!

Gayatri with Pandit Rajmani Tigunait: https://s3.us-east-2.amazonaws.com/wisdom-library/2016WL_Mantras+of+the+Tradition_Gayatri_Mantra_Recitation.mp3

Gayatri with SwamiJ: <http://www.swamij.com/Sounds/gayatri.mp3>

Gayatri as a lovely chant: <https://www.youtube.com/watch?v=SarlTxrAbIY>

Maha Mrityunjaya with Pandit Rajmani Tigunait: https://s3.us-east-2.amazonaws.com/wisdom-library/2016WL_Mantras+of+the+Tradition_The_Maha_Mrityunjaya_Recitation.mp3

Maha Mrityunjaya with SwamiJ: <http://www.swamij.com/Sounds/mahamrityunjaya.mp3>

A good repetitive Maha Mrityunjaya chant: <https://www.youtube.com/watch?v=XXRcHfrL7SQ>

Basic Neurological Patterns (BNPs) Review

This assignment has three very interesting parts. You'll get the most out of this assignment if you spend some time with the various parts of it over time.

- A. Using the BNP materials in your notebook, review the 8 patterns we explored. Give yourself time to embody each pattern. Write down your questions, eureka moments perhaps, and any observations you'd like to share when we meet. You'll turn in what you write and share what you wish with the group.

- B. Choose a pattern that resonates with you just now, one that feels useful to you or just peaks your interest. For about a week (give or take) keep it in mind and body 😊 as you go about your day. How can it be a support for you? How might bringing it up in your body's way or organizing make your life a bit easier, more manageable, more expressive, or in any way better? Capture by writing down/drawing/someway recording your observations to turn in and share with the group as you are comfortable sharing.
- C. Go out into the world and observe people doing a task or exercise or repetitive movement like typing or walking, washing dishes, driving, playing tennis, etc. If they let you, record with your phone.
 - 1) Observe what pattern or patterns seem to be in place or are recruited primarily in the activity. Note this down.
 - 2) Ask yourself: does this movement seem efficient and effective in terms of its goal or objective? Is there anything that looks like it could be more efficiently done? Are there any impediments to performing this movement? Is there any lack of comfort? Is there anything I notice in how they are using their body that could cause pain either in the immediate or longer term? Note this down.
 - 3) Would the BNP that precedes the one you are observing help this mover to greater efficient use of their body? Explore this possibility in your own body and if the person you observed is available, with them as well if you like. What, if any, pattern(s) would? Please write down or otherwise record your observations to share and turn in.

Radical Healing Completion

5. Please read all of *Radical Healing*. If you have been doing the reading as assigned, at this point, in *Radical Healing*, you will have read:
 - The Introduction: Origins of a New Vision
 - Section One Introduction: Nature's Medicinals
 - Ch 1 Herbal Traditions
 - Ch 4 The Meaning of Diagnosis
 - Ch 5 Body Map: from beginning up to p177.
 - Ch 7 Nutrition
 - Ch 8 Detox: A Lighter and Clearer You
 - Ch 9 Movement and Exercise
 - Ch 10 Energy and Breath (read in two parts)
 - Ch 11 Healing as Transformation

Chapters 2, 3, and 6 are optional. Homeopathics and Cell Salts in Chapter 2 are outside of our scope, but Dr. Ballentine presents them as examples of his larger framework of healing so you may want to read this. Flower Essences in Chapter 3 can be valuable as ways to keep client's focused on the inner work or soul work required to heal at times, so you may enjoy this chapter. I have been trained in Flower Essence Therapy at FES in California, so ask me about it if

you are interested. Chapter 6, Multilevel Diagnosis and Constitution: What's Your Mind-Body Type is Dr. Ballentine's take on these body reading systems. Again, we are not going to go into, say palmistry as a subject, but the larger notion of observation and body reading according to a developing system of yoga therapy is what we are about in our work. So you may find his take on multi-level diagnosis relevant to your developing observational skills.

To complete the reading, please continue on with:

- Ch 5 from where you left off (in some editions this is p. 177) to the end of the chapter
- Ch 12 Reweaving

Pathophysiology

Readings from *Pathophysiology Made Incredibly Easy*, 5th edition or later. Lippincott Williams & Wilkins (ISBN 978-1-4511-4623-3), 2013.

Please read these sections of *Pathophysiology Made Incredibly Easy*. A lot of information is packed into this book. Think of this as a *survey* rather than an in-depth view. Get an idea of what the body systems' functions are. Get an idea of the profile of the disorders to which we are paying closer attention. You'll see below the disorders listed that will be our focus.

You may at some later point want to deepen your study of body systems or disease states. For now, get the overview or gist of the assigned reading. We won't focus on all of the various disorders presented in this book, however at some point, now or down the road, please familiarize yourself with them. There is also an Appendix of Less Common Disorders you may find interesting and a good reference tool. I think the authors do a good job of expressing so much multifarious information in such an abbreviated way. The reader doesn't need to have a background in biochemistry to understand the text. Although I recognize some of you do have this background, it's not a prerequisite for yoga therapist training. ☺

You may also want to read the review of each chapter and try the "Quick Quiz" provided (for the parts covering what you read.)

Chapter 1: Pathophysiology Basics

Familiarize yourself with pp. 1-4 to end of "Telophase"

Read with care pp. 4-16

Chapter 2: Cardiovascular System

Familiarize yourself with pp. 17-20 to "Color Blind for the most part"

Read with care:

- **Coronary Artery Disease (CAD)** found on pp. 29–34.
- **Hypertension** found on pp. 43-48.

These disorders will not be our focus:

Abdominal Aortic Aneurysm
Cardiac Tamponade

Cardiogenic Shock
Dilated Cardiomyopathy
Heart Failure

Chapter 3: Respiratory System

Familiarize yourself with pp. 69-76

Read with care:

- **Asthma** found on pp. 86-90
- **Chronic Bronchitis** found on pp. 90-92
- **Emphysema** found on pp. 96-98

These disorders will not be our focus:

ARDS
Acute Respiratory failure (ARF)
Asbestosis
Cor Pulmonale
Pneumonia
Pneumothorax
Pulmonary Edema
Pulmonary Embolism
Severe Acute Respiratory Syndrome (SARS)
Tuberculosis

Chapter 4: Neurologic System

Familiarize yourself with pp. 121-127 to “So much to know about the somatic system”

Read with care:

- **Alzheimer’s Disease** found on pp. 127-133.
- **Epilepsy** found on pp. 135-140.
- **Multiple Sclerosis** found on pp. 148-151.
- **Parkinson’s Disease** found on pp. 155-158.
- **Stroke** found on pp. 158-166.

These disorders will not be our focus:

Amyotrophic lateral sclerosis (ALS)
Guillain-Barré Syndrome
Meningitis
Myasthenia Gravis

Chapter 5: Gastrointestinal System

Familiarize yourself with pp. 169-175.

Read with care:

- **Appendicitis** found on pp. 176-177.
- **Diverticular Disease** found on pp. 189-190.
- **Gastroesophageal Reflux Disease (GERD)** found on pp. 191-194.
- **Hiatal Hernia** found on pp. 194-196.

- **Irritable Bowel Syndrome** found on pp. 196-198.
- **Ulcerative Colitis** found on pp. 205-209.

These disorders will not be our focus:

Cholecystitis
Cirrhosis
Crohn's Disease
Pancreatitis
Peptic Ulcer
Ulcerative Colitis
Viral Hepatitis

Chapter 6: Musculoskeletal System

Familiarize yourself with pp. 215-223 to "13 ways to shake your bones."

Read with care:

- **Carpal Tunnel Syndrome** found on pp. 224-226.
- **Gout** found on pp. 227-231.
- **Osteoarthritis** found on pp. 231-233.
- **Osteoporosis** found on pp. 236-240.

These disorders will not be our focus:

Osteomyelitis
Rhabdomyolysis

Chapter 7: Endocrine System

Familiarize yourself with pp. 245-251 to "disorderly conduct."

Read with care:

- **Diabetes Mellitus** found on pp. 261-267.
- **Hyperthyroidism** found on pp. 270-274.
- **Hypothyroidism** found on pp. 275-278.

These disorders will not be our focus:

Addison's Disease
Cushing's Syndrome
Diabetes Insipidus
Goiter

Chapter 8: Renal System

Familiarize yourself with pp. 281-287 to "Vitamin D regulation and calcium formation."

Read with care:

- **Benign Prostatic Hyperplasia** found on pp. 291-293.

These disorders will not be our focus:

Acute Tubular Necrosis
Glomerulonephritis
Hydronephrosis
Prostatitis

Renal Calculi (kidney stones)
Renal Failure (acute and chronic)

Chapter 9: Hematologic System

Familiarize yourself with pp. 315-321.

Read with care:

- **Iron Deficiency Anemia** found on pp. 333-335.

These disorders will not be our focus:

Acid-base imbalances
Disseminated Intravascular Coagulation (DIC)
Idiopathic Thrombocytopenic Purpura (ITP)
Thrombocytopenia

Chapter 10: Immune System

Familiarize yourself with pp. 341-344.

Read with care:

- **Allergic Rhinitis** found on pp. 345-347.
- **Anaphylaxis** found on pp. 347-350.
- **HIV Disease** found on pp. 350-359.
- **Lupus Erythematosus** found on pp. 359-362.
- **Rheumatoid Arthritis** found on pp. 362-366.

Chapter 11: Infection

Familiarize yourself with pp. 369-272 to “Striking while there’s opportunity.”

Read with care:

- **Lyme Disease** found on pp. 381-382.

These disorders will not be our focus:

Clostridium Difficile
Herpes Simplex
Herpes Zoster
Infectious Mononucleosis
Methicillin-resistant Staphylococcus Aureus
Rabies
Respiratory Syncytial Virus (RSV)
Rubella
Salmonellosis
Toxoplasmosis
Vancomycin-resistant Enterococcus (VRE)

Chapter 12: Cancer

Familiarize yourself with pp. 399-403.

Read with care:

- **Breast Cancer** found on pp. 176-177.

- **Colorectal Cancer** found on pp. 411-414 .
- **Lung Cancer** found on pp. 426-429.
- **Ovarian Cancer** found on pp. 434-437.
- **Prostate Cancer** found on pp. 437-440.

These disorders will not be our focus:

Basal Cell Carcinoma
Cervical Cancer
Endometrial Cancer
Hodgkin's Disease
Leukemia
Malignant Melanoma
Multiple Myeloma
Testicular Cancer

Chapter 13: Genetics

Familiarize yourself with pp. 447-454.

