



# AIAM HOLISTIC PULSE

September 2022

## SUMMER QUARTER CALENDAR

Quarter Begins.....July 6<sup>th</sup>

Add/Drop Deadline.....July 10<sup>th</sup>

Labor Day\*.....Sept. 5<sup>th</sup>

Quarter Ends...Sept. 26<sup>th</sup>



\*AIAM closed for holiday

## NATIONAL YOGA MONTH

September is National Yoga Month.

What do you think of when it comes to yoga? There are many misconceptions about yoga and its purpose. Maybe you think it's just for hippies, already fit people, think there are religious ties to it, or maybe you've just never thought much about it at all. We're going to talk about benefits of yoga and try to dispel some of the myths.



***"Yoga is not a work-out it is a work-in, and this is the point of spiritual practice to make us teachable to open up our hearts and focus our awareness so that we can know what we already know and be who we already are."***

**~ Seattle Yoga News ~**

## YOGA

Let's begin this section with a brief intro to yoga. Yoga can be intimidating when you see the images of super flexible people or sitting in quiet repose. The truth is that yoga is for anyone, though if you have some medical conditions, please speak with your doctor(s) before attempting this or any other type of exercise.

Yoga began as a meditative practice in the East. Yoga is a Sanskrit word for "yoke" or "union". Yoke means to draw together, and in this case, it is the yoking, or drawing together, of body, mind, soul, and universal consciousness. Here in the US, yoga has become more of a fitness lifestyle phenomenon. It is a practice that is for anyone of any background. There are many health benefits, mental, physical, and emotional. Yogic texts date from 800 BC to 400 AD. Western modern yoga is generally the practice called hatha yoga. In this style the

emphasis is on the postures (asanas), breathing exercises (pranayama), stress relief, physical fitness, and wellness. Traditional yoga has a focus that is more inward and spiritual, while the modern western yoga is more physical.

References: [What is Yoga?](#) [Yoga for Beginners](#)

So, let's get to some of the benefits of yoga:

1. **Improve strength, balance, and flexibility.** With the slow movement and deep breathing of yoga, you increase your blood flow and warm up your muscles. Holding the poses helps build strength.
2. **Help with back pain relief.** The American College of Physicians now recommends yoga as a first-line treatment for chronic low back pain! Yoga is considered to be as good as basic stretching when it comes to relieving pain and improving mobility.
3. **Ease arthritis symptoms.** If you have arthritis, gentle yoga can ease some of the discomfort of your swollen joints. Johns Hopkins reviewed 11 recent studies demonstrating the relief (see link at the bottom of this list).
4. **Benefits hearth health.** There are several factors that can affect heart health. Adding a regular yoga practice may reduce stress and inflammation which would then contribute to a healthier heart. High blood pressure and excess weight can also be managed through yoga.
5. **Relaxation and better sleep.** Consistent bedtime yoga can help you shift into the right mindset for sleep, thus preparing your body to fall asleep and stay asleep.
6. **More energy and brighter moods.** As you get into a routine with yoga, you may notice an increase in physical and mental energy, alertness and enthusiasm, and a decrease in negative feelings.
7. **Manage stress.** The National Institutes of Health has scientific evidence that shows yoga supporting stress management, mental health, mindfulness, healthy eating, weight loss, and quality sleep.
8. **Connection with a supportive community.** Whether you choose to go to small group classes or do one-on-one sessions, loneliness reduces as you become immersed in an environment of healing and support.
9. **Promotes better self-care.** There seems to be a lot of talk these days about self-care, but not always a lot of advice on what to do. Yoga is one way you can begin to take care of your Self.



Source: [JOHNS HOPKINS 9 BENEFITS OF YOGA](#)

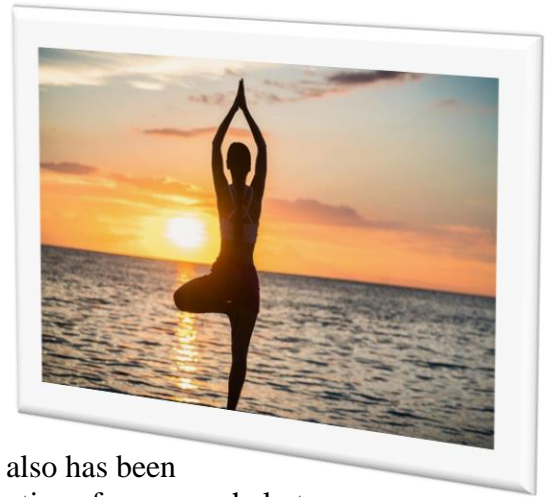
**“YOGA IS THE JOURNEY OF THE SELF, THROUGH THE SELF, TO THE SELF.”  
— THE BHAGAVAD GITA**

## MESSAGE FROM THE DEAN

### Yoga

There are many yoga practices which include physical elements of stretching and holding specific postures that help strengthen the body and improve flexibility, as well as breathing techniques, mindfulness, and meditation which affect the body and mind in positive ways.

Multiple studies have shown that yoga can positively impact the body in many ways, including helping to regulate blood glucose levels, improve musculoskeletal ailments and keeping the cardiovascular system in tune. It also has been shown to have important psychological benefits, as the practice of yoga can help to increase mental energy and positive feelings, and decrease negative feelings of aggressiveness, depression and anxiety. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5332914/>)



Yoga is a means to help promote connection within our body-mind as well as the world around us. It is a practice which anyone can do, as it is not a religion, but a tool for self-healing and awareness. There are many types of yoga traditions. As science continues to investigate the benefits of yoga, the path of Medical Yoga is making health contributions.

Medical yoga is defined as the use of yoga practices for the prevention and potential treatment of medical conditions. Beyond the physical elements of yoga, which are important and effective for strengthening the body, medical yoga also incorporates appropriate breathing techniques, mindfulness, meditation and self-reflection/study in order to achieve the maximum benefits. (Stephens 2017).

Research is showing us that yoga practices can increase multiple neurotransmitters, help with blood pressure, stress, chronic pain, inflammation, and even change brain structure and function (Davidson & Lutz 2008).

Yoga has so many positive benefits from being “meditation in motion”, using the breathing techniques and postures to focus the mind, which itself is calming, to medical/health uses, to simply helping us cope with life’s daily stresses in small, effective ways when practiced even with short term use (Yadav 2012). It is no wonder it is one of the most popular health and wellness practices used in the U.S. today. Almost 28% of Americans have tried yoga at some point, a number that continues to grow (Ipsos 2016). Will you be one of them in 2022?

#### References

Davidson R., Lutz A. Buddha’s Brain: Neuroplasticity and Meditation. IEEE Signal Process. Mag. 2008; 25:176–174. doi: 10.1109/MSP.2008.4431873. [PMC free article] [PubMed]

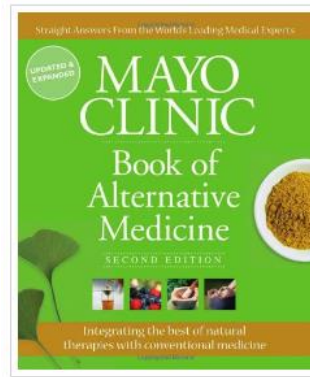
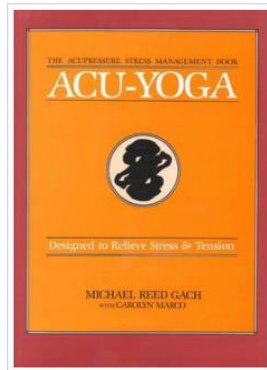
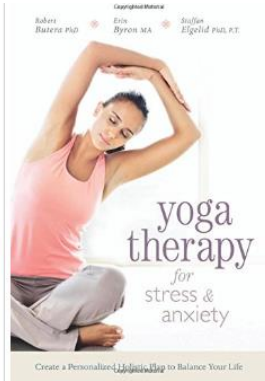
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Stephens, Ina. Medical Yoga Therapy. Children (Basel). Journal 2017; Feb 10. doi: 10.3390/children4020012 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5332914/>)

Yadav R.K., Magan D., Mehta N., Sharma R., Mahapatra S.C. Efficacy of a short-term yoga-based lifestyle intervention in reducing stress and inflammation: Preliminary results. J. Altern. Complement. Med. 2012;18:662–667. doi:10.1089/acm.2011.0265.



## Library Spotlight: Healing Yoga



### **Yoga Therapy for Stress & Anxiety**

### **Acu-Yoga: Self Help Techniques to Relieve Tension**

### **The Mayo Clinic Book of Alternative Medicine**

You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords. You will be notified when the book is available for pickup from the lobby area. Databases, journals, nursing ebooks, and more are available at

<https://aiam.populiweb.com/router/library/links/index>

Is there a book you would like to recommend for the AIAM Library? Email recommendations to Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)

**Questions about library resources? Email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)**

# AIAM IMPORTANT DATES AND OTHER INFO

## \*\*\* AIAM IMPORTANT REMINDERS \*\*\*

- Masks are no longer required in administrative areas and classrooms; however, they are strongly recommended. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.
- In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.
- Check your AIAM email regularly for important communications from faculty and administration.
- When coming on campus, DO NOT park in front of any space with a sign. You will be towed.
- Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.

The logo features the text "#AIAMSTRONG" in a bold, dark green, sans-serif font. The letter "M" is stylized with a small plant icon, consisting of three leaves and a central stem, positioned above it. The entire logo is set against a light green rectangular background.