



YOGA AND THE NEUROSCIENCE OF STRESS

With Sannyasi
Bijam

31ST OCTOBER 2020

9AM - 13.30PM

ZOOM €30

Understand the neuroscience of stress and trauma.
Explore the indications & contra-indications of yoga
practices for people living with or vulnerable to
mental health difficulties.

Discuss & practice appropriate tools from the yoga
toolkit

Approximately one in four will experience something identified as a “mental health problem” at some point in our lives, affecting not only the person but their family and friends.

Stress is our response to events. Chronic stress is cited as involved in the causation of diseases and disorders in every system of the body. Sometimes bodily disease in adulthood can be a result of harmful childhood experiences.

Trauma – the negative results of experiencing harmful events involving our bodily or mental integrity and safety.

Previous notions of health and disease have tended to separate the mind from other organic processes. As yoga practitioners we know that body and mind are not separate. Research has shown that yoga practices can help heal stress and trauma: but some of our practices can trigger unwelcome responses. Vulnerable people can be attracted to yoga classes and it is important to understand how to help, or how not make things worse.

**Please book with Michelle Waters
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