



Adjusting Yoga Practices for Persons with Traumatic Brain Injury: **Active Asana,**

Part 2 of 3

Presented by

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Benefits of Yoga:
Increased Balance
Strength
Emotional Regulation
Community support
Resilience

Active Asana

A Traumatic Brain Injury (TBI) is caused by a bump, blow, or jolt to the head that disrupts the normal function of the brain.

Yoga & TBI

Challenges after TBI include;
headache, light sensitivity, vestibular (balance)
challenges, cognitive fatigue, emotional
disregulation, personality and behavior change, and
isolation

Background: Traumatic Brain Injury & Yoga

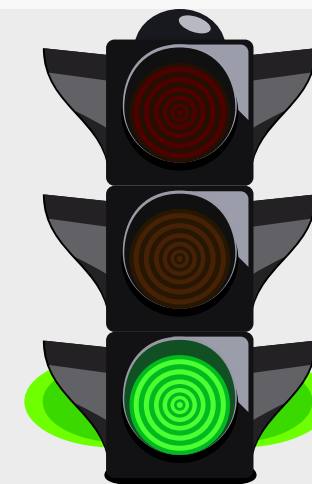
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Continue

Have FUN & be yourself
Encourage feeling, thinking & modifying
Trust your students

Speak clearly & set-up HOW to do postures
Guide transitions, slow & deliberate
Use kindness & compassion

Meditation, Asana, and Pranayama
Use Props



Active Asana



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Contraindications

No absolute contraindications, please consider each unique student

Cervical Spine/Neck

- Minimize compression, hyperextension, and twisting

- Encourage strengthening and awareness

Inversions

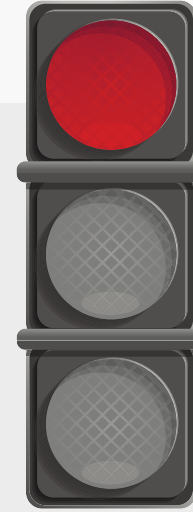
- Avoid strain to neck/head, be aware of changes in blood pressure

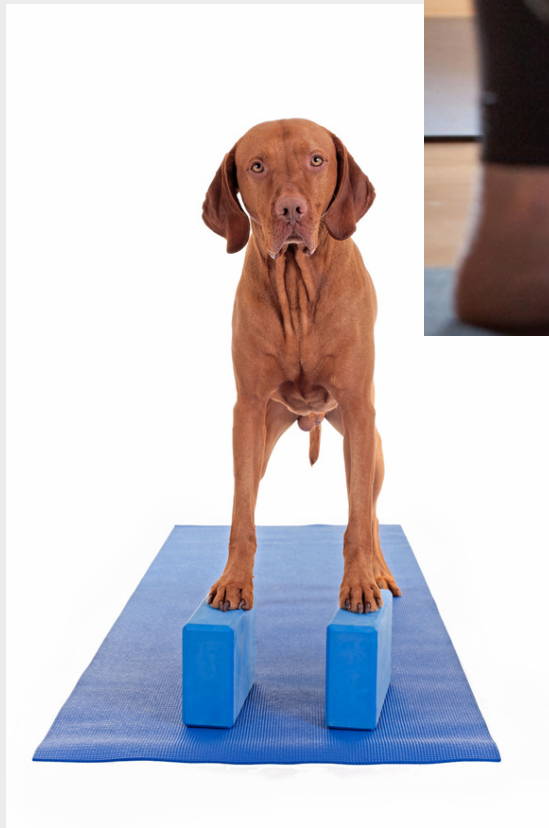
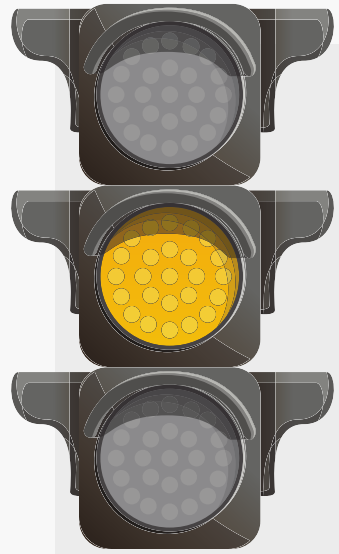
- Enter and exit incrementally

- Build variations throughout class

- Offer adjustments to folds by using blocks, bolsters and blankets

- Ground if/when dizzy





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Transitions, Transitions, TRANSITIONS
Clear and simple is best

Stay on your mat
Soft lighting
No music or music without words

Spasticity & Hemiparesis
CPR & Seizure awareness

Sample Class



Active Asana

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Laying Down/Seated

Introduce pranayama
Warm-up & connect

All-Fours

Engage core
Build upper body strength
Practice transitions

Standing

Balance
Building lower body strength
Be playful
Empower students

Laying Down/Seated

Cool down
Integrate learning & allow processing
Meditation

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Sample Practice



Sample Class



Supine/Seated

Introduce pranayama
Warm-up & connect

All-Fours

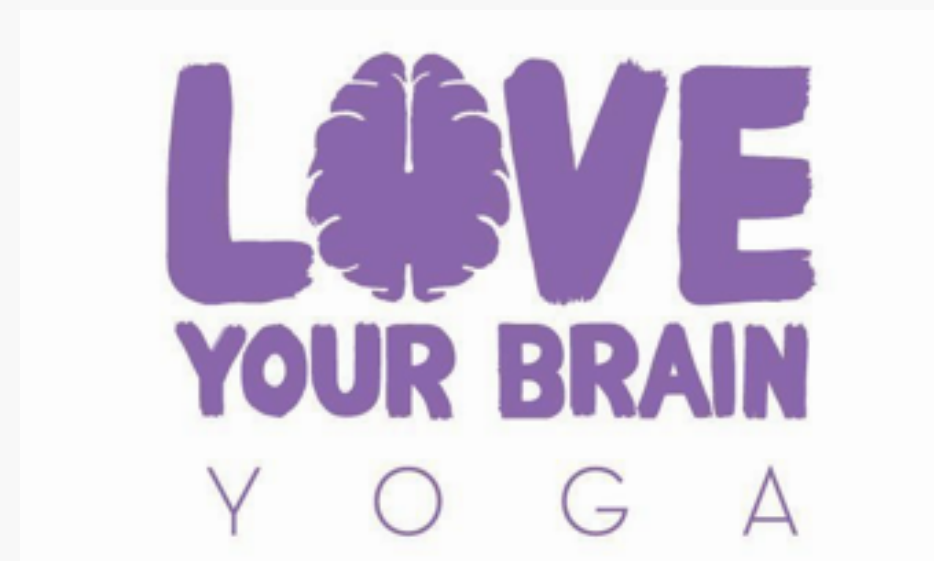
Engage core
Build upper body strength
Practice transitions

Standing & Balance at the Wall

Balance
Building lower body strength
Be playful
Empower students

Supine

Cool down
Integrate learning & allow processing
Meditation

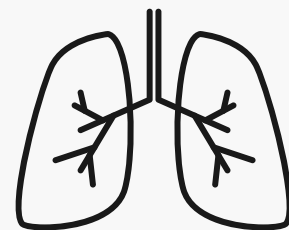


Active Asana

6-week gentle yoga series for individuals with TBI and their support people.

90 min classes, each following the same structure:

10 minutes:
Breathing exercises



To enhance nervous system regulation and attention control

45 minutes:
Gentle Yoga



To improve strength, flexibility, and balance

15 minutes:
Guided Meditation



To enhance attention control, mood, and nervous system regulation

20 minutes:
Facilitated Discussion and Psychoeducation



To build community connection, and skills in resilience

Each week is progressively themed around a factor empirically shown to promote resilience (i.e. physical fitness, mental flexibility, realistic optimism, facing fear, social support, meaning and purpose)

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TBI Specific Training & Programs

- Upcoming online 20-hr Teacher Training
- Sign up for LoveYourBrain Mindset
- MindfulMarch Meditation Challenge

Active Asana



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Thank you!



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Books

"The Red Book" - Traumatic Head Injury: Cause, Consequence, and Challenge by
Dennis P. Swiercinsky
Waking: A Memoir of Trauma and Transcendence by Matthew Sanford

Studies

- "A retrospective study on the acceptability, feasibility, and effectiveness of LoveYourBrain Yoga for people with traumatic brain injury and caregivers"
- "Yoga after Traumatic Brain Injury: Changes in Emotional Regulation and Health-Related Quality of Life in a CaseStudy"

Videos

"The Crash Reel" - The story of Kevin Pearce, LoveYourBrain's Founders, and more.

Enjoy Learning more!

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RESOURCES

