

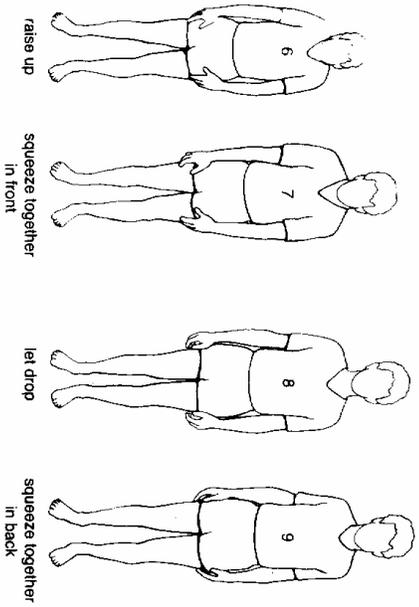
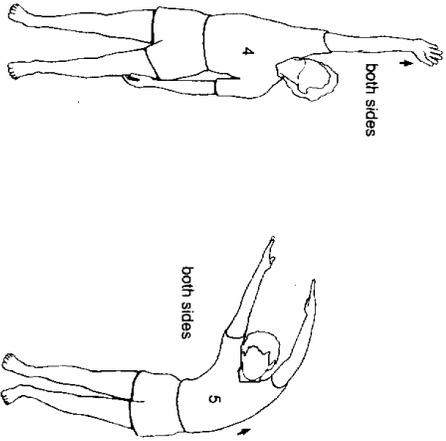
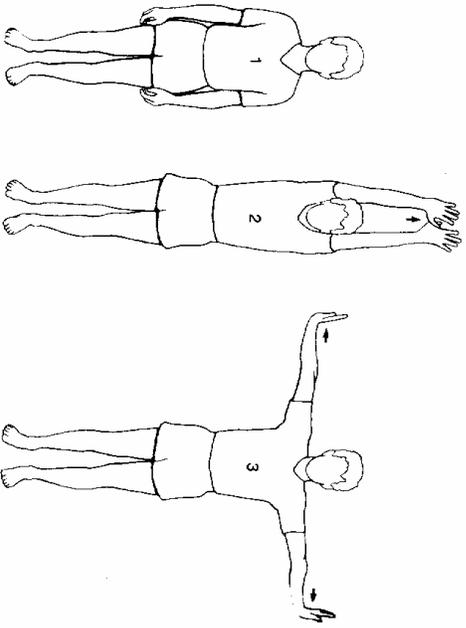
National Myositis Convention, Orlando 09/12 Sheralee Beebe

Basic Yoga, Chi Gong and Stretching for Health, and Prevention of Dis-ease: Exercise is loved by some hated by others, and a necessity for all. There are many philosophies and opinions, and misconceptions about exercise. Here are some pointers I feel are important for preventing dis-ease, and to help strengthen the body against Myositis.

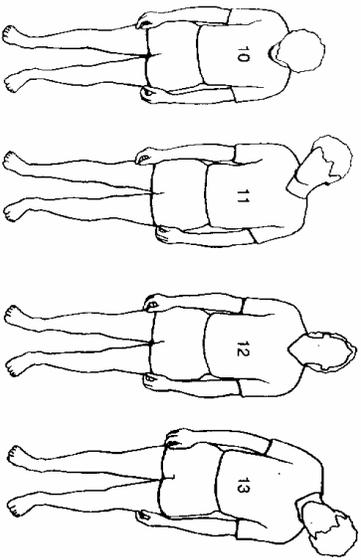
Exercise tips:

- Exercise can be gentle and uncomplicated like walking and swimming, in fact people who walk every day, can be healthier than those who practice a full intense workouts. A walk after the evening meal is good for managing weight.
- Develop a love or an appreciation for an exercise, or find an approach that works for you. In one study scientists found that rats loved to run on the wheel, around and around contented without stopping. In an experiment they allowed half the rats to choose to run on the wheel and others were locked in and had to be on the wheel. The results showed that the rats locked into running on the wheel had a considerable stress response that increased their risk of heart disease and reduced the benefit of the exercise. Exercise is less helpful if it is stressful to your mind. So find something you like not hate. Exercise can be addictive too. A ton of exercise is not necessarily better.
- Each of us is unique, there is less success in the one size fit all approach to diet or exercise. Learn about your inner needs for balance. Learn to take cues from the feeling not the thinking. If you are hard driving you may need gentleness and stillness.
- In our society we value the mind and information, and control over things. Techniques are developed and exercises are taught to participants requiring students to adhere to the rules, forms, stances, safety, frankly it can all be mind boggling. The result is dis-empowerment, the feeling of needing guidance to do exercises safely. When we are focused in our mind, we have minimized connection with the body and need to follow rules. If we can take the time and learn about our unique physical, mental, emotional, environment we can move with an inner authenticity, safe with the inner knowing and inner connection.
- The importance of stretching: stretching to release tension, releases pain, and opens the body to better energy and blood flow. Stretching is freeing, opening and fabulous for the body.
- The importance of breath work in exercise, helps to establish a rhythm with exercise, helps with relaxing for a stretch, to let go of tension, and to pump it up for cardio. Breath changes and supports each part of exercise. If we fail to breath into the belly, to prevent feeling this part of the body can become frozen, and have stuck energy, leading dis-ease in the area. Sometime emotional healing come from recovering the ability to breath into the body, into the areas where we have been cut off from feeling. If you experience an emotional release during exercise, let it be there, and breath through it, big out breaths and let it pass though. Do not hang on to it.
- The importance of balance with activity and rest....Yoga classes in the morning start quiet and end vigorous, classes at night start vigorous and end quiet, this blends with the rhythm of the body and the day, and helps with energy flow and energy production
- Get connected to the importance of body awareness of how the body feels from moment to moment and take cues of when to stretch, walk, be active, or be still.
- There are many styles of exercise, to choose from, choose what makes you feel good. If you can choose or experiment with mind body disciplines. They tend to have deeper healing qualities. I.e. yoga and its spiritual connection. Other good choices for their specific deep healing benefits are Laughter Yoga, medical Chi gong, Ai Chi in water, Tai Chi on land, Yoga, yoga in a pool, walking meditation, walking in nature etc. Studies are beginning to show that changing in the mind can help heal the body and deep healing in the body can heal the mind. Exercise for either the mind or the body should include the whole.
- Find an exercise companion or group to help with your motivation. Do not isolate.

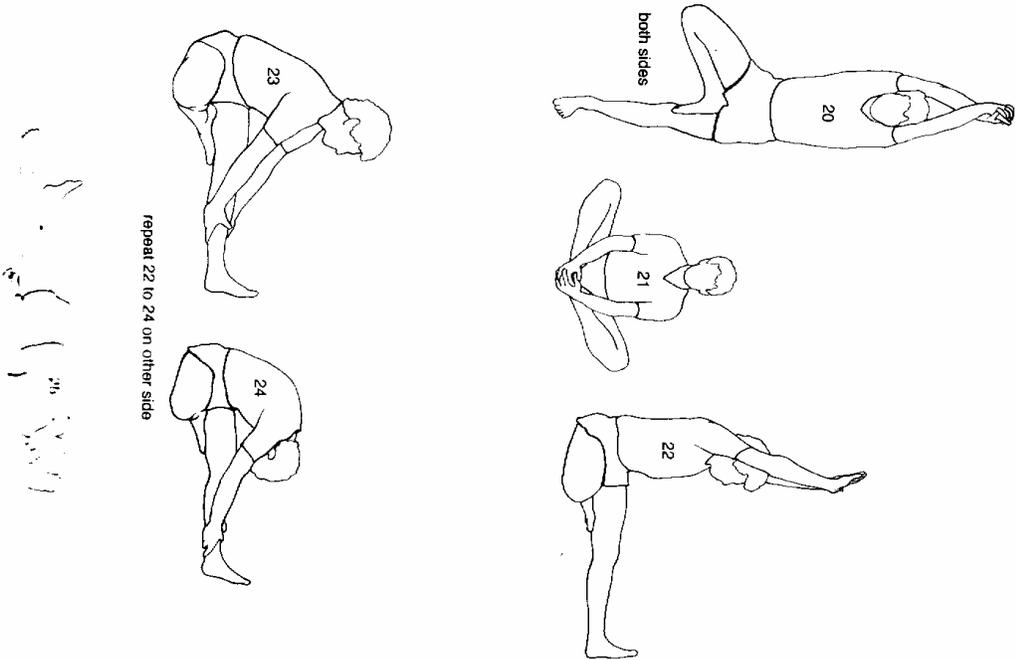
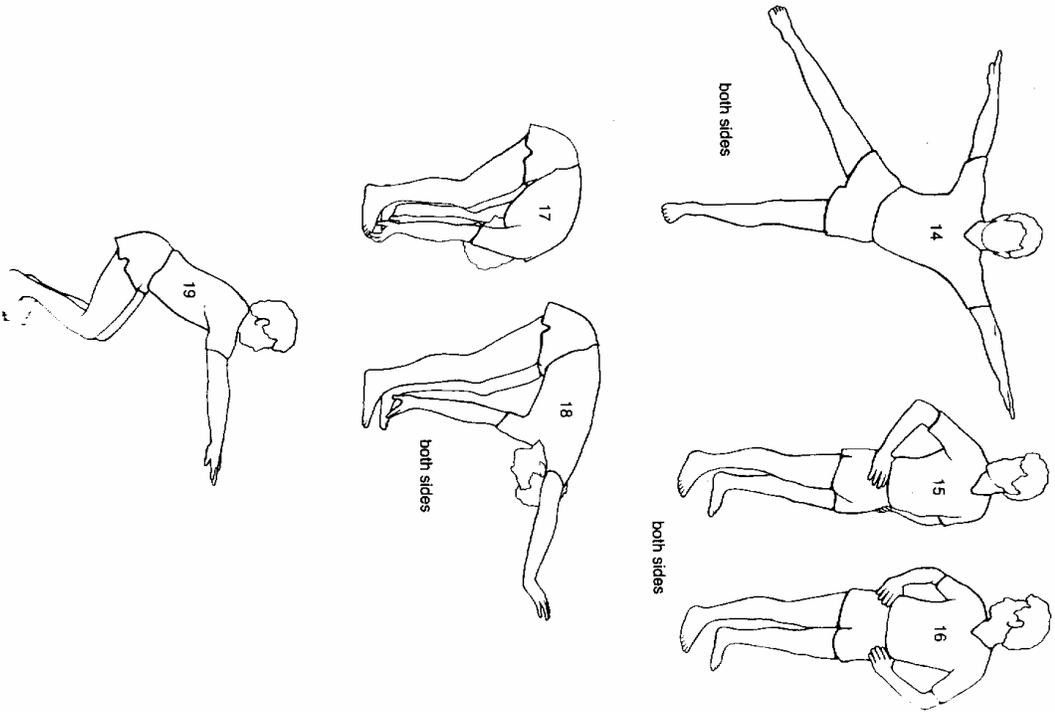
FIGURE 7
SEQUENCE OF YOGA POSTURES
 (TAPE 2, SIDE 2)



shoulder rolls: do in forward, then backward directions



neck rolls: do in one direction, then the other



The Dahn Yoga Posture Chart

This chart provides an overview of all the postures in the book which you should refer to when planning what to practice in your daily routine.

MERIDIAN STRETCHING Foundation Posture

<p>Basic Posture • 50</p> <p>Body Bounce • 52</p> <p>Whole Body Patting • 53</p> <p>Upper Body Tapping • 54</p> <p>Neck Stretch • 56</p> <p>Shoulder Rotation • 57</p> <p>Standing Stretch • 58</p> <p>Hip Rotation • 60</p> <p>Pelvic Rotation • 61</p> <p>Knee Rotation • 62</p> <p>Side Stretch • 63</p> <p>Sitting Forward Bend • 64</p> <p>Straddle with Forward Bend • 65</p> <p>Toe Tapping • 66</p> <p>Rolling Back • 67</p> <p>Abdominal Clapping • 68</p> <p>Intestine Exercise • 69</p> <p>Whole Body Stretch • 70</p> <p>Crossing Leg to Fingers • 71</p> <p>Lifting Legs over Head • 72</p> <p>Upper Body Lift • 73</p>	<p><i>Relax Jaw</i></p> <p><i>Shoulders Relaxed</i></p> <p><i>Tail curled under</i></p> <p><i>Bent knees</i></p> <p><i>11 feet</i></p> <p><i>Basic Posture</i></p> <p><i>Body Bounce</i></p> <p><i>Upper Body Tapping</i></p>	<p><i>Reduce tension</i></p> <p><i>Release stagnant energy</i></p>	<p><i>Relax Jaw</i></p> <p><i>Shoulders Relaxed</i></p> <p><i>Tail curled under</i></p> <p><i>Bent knees</i></p> <p><i>11 feet</i></p> <p><i>Basic Posture</i></p> <p><i>Body Bounce</i></p> <p><i>Upper Body Tapping</i></p>
<p>Standing Stretch</p> <p><i>T.P. Sides</i></p> <p><i>Back arch</i></p> <p>128 DAHN YOGA BASICS</p>	<p>Hip Rotation</p> <p><i>Forward</i></p> <p><i>Backward</i></p>	<p>Pelvic Rotation</p>	<p>Knee Rotation</p> <p><i>I Love my Knees</i></p>

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<p>Side Stretch</p> <p>Toe Tapping</p> <p>Whole Body Stretch</p> <p><i>Fish Exercise</i></p> <p>Crossing Leg to Fingers</p> <p><i>OR Bent Knee</i></p>	<p>Rolling Back</p> <p>Lifting Legs over Head</p>	<p>Upper Body Lift</p>	<p>Side Stretch</p> <p>Sitting Forward Bend</p> <p>Straddle with Forward Bend</p> <p>Abdominal Clapping</p> <p>Intestine Exercise</p> <p><i>Good for obesity</i></p>
<p><i>Relaxation</i></p> <p><i>Accumulation</i></p>	<p><i>Relaxation</i></p> <p><i>Accumulation</i></p>	<p><i>Relaxation</i></p> <p><i>Accumulation</i></p>	<p><i>Relaxation</i></p> <p><i>Accumulation</i></p>

JUNG-CHOONG BREATHING

- Relaxation • 84
- Accumulation • 86
- Circulation 1 • 88
- Circulation 2 • 90
- Relaxation and Accumulation • 92
- Legs Up the Wall Accumulation • 94
- Accumulation in a Chair • 95
- Circulation in a Chair • 95