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Yoga Therapy for Health & Well-Being

### **Free Recorded Audio Yoga Nidra Meditation Practices**

My friend and colleague, Corinne Peterson, MPH, LMT, RYT, iRest® Yoga Nidra Meditation Teacher has put together a number of yoga nidra meditation practices to support first responders, educators, and social service professionals—please see the list below. The practices range in length from 6-to-38 minutes and can be accessed at:

[https://www.dropbox.com/sh/ti70uj9h5bcdke6/ABvWnrE-pXH6URMQj-6k\\_Jja?dl=0](https://www.dropbox.com/sh/ti70uj9h5bcdke6/ABvWnrE-pXH6URMQj-6k_Jja?dl=0)

Corinne practices in Evanston and can be reached at [corinne.peterson@gmail.com](mailto:corinne.peterson@gmail.com) and via her website: [www.corinnepeterson.com](http://www.corinnepeterson.com).

- Emotions & Inner Strength Yoga Nidra (26min)
- Grief Yoga Nidra (35min)

#### **Sleep Yoga Nidra Folder**

- General Sleep - Long (38min)
- General Sleep - Short (14min)
- Going to Sleep (30min)
- Waking in the Middle of Sleep (32min)
- When Wake Up Too Early (27min)

#### **Taking a Break Folder**

- After Work Transition (19min)
- Breath - Finger Sliding (7min)
- Inner Strength (7min)
- Shaking it Out (6min)
- Tension & Ease (8min)
- The 5 Senses (6min)

### **Books and Articles on Yoga, Compassion Science, and Meditation**

***Yoga as Self-Care for Healthcare Practitioners: Cultivating Resilience, Compassion and Empathy.*** Aggie Stewart. Singing Dragon: London and Philadelphia, 2019.

All first responders, educators, and social service professionals will find value in this book, which provides the fundamentals of yoga practice and ideas for personal practice and micro practice.

**“Joint Ventures: Helping Those With Rheumatoid Arthritis Live Well,”** Aggie Stewart, MA, RYT-500, CYT. *International Journal of Yoga Therapy*, 23(2), 91–100. (See separate PDF)

***Restoring Prana: A Therapeutic Guide To Pranayama and Healing Through the Breath for Yoga Therapists, Yoga Teachers, and Healthcare Practitioners.*** Robin Rothenberg. Singing Dragon: London and Philadelphia, 2019.

***The Emotional Life of Your Brain.*** Richard Davidson and Sharon Begley. New York, NY: Plume—Penguin Group, 2013.

***Yoga as a Practice for Cultivating Resilience and Well-Being***  
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***Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body.***

Richard Davidson and Daniel Goleman. New York, NY: Avery—Penguin Random House, 2017

***Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being.*** Linda

Graham, Foreword by Rick Hanson, PhD. Novato, CA: New World Library, 2013

***Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom.*** Rick Hanson

and Richard Mendius. Oakland, CA: New Harbinger Publications, 2009

***Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence.*** Rick

Hanson. New York, NY: Harmony Books—Penguin Random House, 2013

***Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness.*** Rick Hanson

with Forrest Hanson. New York, NY: Harmony Books—Penguin Random House, 2013

***Self-Compassion: The Proven Power of Being Kind to Yourself.*** Kristin Neff. New York, NY:

HarperCollins Publishers, 2011.

See also Dr. Neff's TED Talk, The Space Between Self-Esteem and Self Compassion:

<http://buildthefire.com/videos/the-space-between-self-esteem-and-self-compassion/> and her talk

on the science of compassion: <https://www.youtube.com/watch?v=y0gtnOXAp-U> and her Center

for Mindful Self-Compassion: <https://centerformsc.org>

***Compassion: Bridging Practice and Science.*** Singer, T. and Bolz, M. eds. Munich: Max Planck Society, 2013 (See separate PDF)

Research on Yoga to Alleviate **Workplace Stress Reduction**: “Effective and viable mind-body stress reduction in the workplace: a randomized controlled trial.” **Wolever, RQ**, et al. *J Occup Health Psychol.* 2012 Apr;17(2):246-258. doi: 10.1037/a0027278. Epub 2012 Feb 20. (See separate PDF)

***Research-Based Perspectives on the Psychophysiology of Yoga.*** Editors: Shirley

Telles and Nilkamal Singh of the Patanjali Research Foundation in India

Yoga has evolved into a popular fitness practice across the globe. With the various schools of practice, it is imperative for practitioners to study both traditional texts and emerging scientific research in this area. *Research-Based Perspectives on the Psychophysiology of Yoga* is a unique reference source for the latest academic material on the physiological effects of yoga and cultivating a deeper understanding of yoga practice through the intersection of traditional texts and contemporary research. Including a range of topics such as occupational health, neurobiology, and women's health, this book is ideally designed for professionals, practitioners, students, educators, and academics interested in the effects, challenges, and benefits of yoga practice.

Available in print and electronically: <https://www.igi-global.com/book/research-based-perspectives-psychophysiology-yoga/178724>

Read a complementary copy of the Preface: <https://www.igi-global.com/pdf.aspx?tid=187460&ptid=178724&ctid=15&t=Preface>

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## General Yoga and Yoga Therapy Organizations

### **The iRest Institute**

The iRest Institute is an educational non-profit that provides events, teacher trainings, and educational content based on the ancient teachings of Yoga Nidra meditation but presented in a form made accessible for modern day living. iRest is designed to bring the healing benefits of yogic and meditative practices to a wide variety of people.

<https://www.irest.org/about-irest-institute>

### **International Association of Yoga Therapists**

IAYT supports research and education in yoga and serves as a professional organization for yoga teachers and yoga therapists worldwide. Its mission is to establish yoga as a recognized and respected therapy.

<https://www.iayt.org/default.aspx>

IAYT offers a directory of certified yoga therapists worldwide.

<https://www.iayt.org/search/custom.asp?id=4160>

### **Recommended yoga therapy/teacher education courses or programs**

IAYT also accredits yoga therapy training programs and certified qualified yoga therapists. Many of the schools that offer yoga therapy training also offer yoga teacher training.

<https://www.iayt.org/page/AccreditationLanding>

### **Yogatherapy.Health**

This website is produced by IAYT for healthcare practitioners as well as the general public. It includes information about yoga therapy, links to research, and provides answers to commonly asked questions about yoga therapy.

<https://yogatherapy.health>

### **Yoga Alliance**

Yoga Alliance is the largest nonprofit association representing the yoga community. Its mission is to promote and support the integrity and diversity of the teaching of yoga.

<https://www.yogaalliance.org>

### **Black Yoga Teachers Alliance**

The Black Yoga Teachers Alliance, Inc. (BYTA) is a collective of black yoga teachers who share a love of health, healing, and well-being. It offers an institutionalized voice in the broader yoga community to elevate the presence of black yoga teachers and practitioners in the yoga world. The Black Yoga Teachers Alliance, Inc. was established as a tax-exempt non-profit in 2016.

<https://blackyogateachersalliance.org/about-us/>



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### Yoga Therapy for Health & Well-Being

#### **Yoga Service Council**

The Yoga Service Council is a collaborative community that welcomes yoga and mindfulness teachers, social service providers, health professionals, educators, researchers, and all others who share our mission and vision. It is a 501 (c) (3) nonprofit organization formed in 2009 in collaboration with the Omega Institute.

<https://yogaservicecouncil.org>

Check out YSC's library of low-cost webinars. Webinars are free to YSC members.

<https://yogaservicecouncil.org/webinars>

#### **YogaCare/Chicago**

YogaCare catalyzes the spread of yoga in under-resourced communities to promote health. Sponsors classes in a number of communities in the Chicago metro area along with offering full scholarships to yoga teacher training programs.

<https://www.yogacareus.org>

#### **I Grow/Chicago**

Offers a ranges of community classes for children and adults and training programs

<https://www.igrowchicago.org/our-work/yoga-mindfulness/>

#### ***Yoga Chicago***

*Yoga Chicago* is a bi-monthly free resource guide for yoga activities. Our goal is to provide a forum to share information related to yoga and spirituality. Copies may be found at bookstores, natural food stores, holistic health centers, libraries, park buildings, colleges and learning centers throughout the Chicago area and parts of Indiana and Wisconsin.

<http://yogachicago.com/resources-for-challenging-times/>

### **Children/Youth**

#### **“Discover Why Kids Need Yoga as Much as We Do”**

Yoga presented in a child's language can help counter the stress experienced by little ones living in a hurry-up world. Learn the benefits of teaching yoga for kids.

<https://www.yogajournal.com/teach/yoga-for-kids>

#### **“The Secret to Teach Yoga to Kids”**

<https://yogainternational.com/article/view/the-secret-to-teaching-yoga-to-children>

#### **Planning classes for Children and youth**

<https://yogainternational.com/articles/?tag=planning+your+class>

#### **“Family Yoga: How to Practice with Your Kids”**

Practice yoga together and create a deeper bond with your kids.

<https://www.yogajournal.com/lifestyle/a-family-affair-2>

#### **Kids Yoga Stories**

<https://www.kidsyogastories.com>



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### Older Adults/Seniors

#### **Yoga for Seniors**

Founders Carol Krucoff, C-IAYT, E-RYT, and Kimberly Carson, MPH, C-IAYT, E-RYT are well-known experts in teaching yoga for seniors, training yoga teachers to teach to seniors, and in facilitating research that demonstrates the efficacy of yoga practice for seniors.

<https://yoga4seniors.com>

### Yoga and Chronic Pain Reduction

See the research page for iRest Yoga Nidra.

<https://www.irest.org/irest-research>

See also *Yoga and Science in Pain Care: Treating the Person in Pain* by Neil Pearson (Editor), Shelly Prosko (Editor), Marlysa Sullivan (Editor)

<https://www.amazon.com/Yoga-Science-Pain-Care-Treating/dp/1848193971>

### Integrating Yoga/Yoga Therapy into Traditional Practices

#### ***The Principles and Practice of Yoga in Health Care***

Editors: Sat Bir Singh Khalsa, PhD, Lorenzo Cohen, PhD, Timothy McCall, MD, and Shirley Telles, Foreword by Dean Ornish, MD

The Principles and Practice of Yoga in Health Care is a professional-level textbook with contributions by multiple expert researchers and therapists in the field. This book brings together the science and the practice of yoga therapy supports the emergence of yoga therapy as a credible profession comprehensively summarizes research findings and their practical implications for professionals who use yoga or refer patients for yoga practice includes chapter contributions by leading biomedical researchers of yoga reviews the scientific evidence base for yoga for a wide variety of medical conditions, **including ADHD** Provides brief contributions by expert yoga therapists describing practical implementation issues relevant to yoga for specific conditions. The editors include three eminent yoga therapy researchers and one renowned practitioner in the field. They have brought together an experienced team of researchers and yoga therapist contributors. This book will prove essential to yoga therapists, physical therapists, medical doctors, psychologists and other health professionals interested in yoga as a therapeutic intervention.

### Online Classes and Education

#### **Yoga U Online**

<https://yogauonline.com>

#### **The Himalayan Institute**

<https://yogainternational.com/profile/himalayaninstitutevendoryogainternational.com>

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Smartphone Apps

**Insight Timer**

**Headspace**

**Simple Habit**

**Breathe to Relax**