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Yoga therapy and multiple sclerosis

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Medical research has proven that with consistent Yoga Therapy practice students are able to increase a healthy quality of life. Yoga Therapy can minimize the degree of mental, emotional, physical suffering associated with a patient's health challenges. Yoga Therapy can be practiced either privately with a Yoga Therapist or in a group therapy session. Yoga Therapy helps students cope with stress, pain management and an overall increase in health through the mind and body. Yoga philosophy is used as a basis to discover and restore emotional imbalances caused by past trauma or misaligned expectations and belief systems. Yoga for Multiple Sclerosis programs provides advanced proprioceptive neuromuscular facilitation techniques to guide the student gently towards alignment and muscle awareness. Sequencing of poses for this group enable a full range of motion including contralateral movements to promote cognitive and muscular exercise. Poses should be both stable and comfortable. Yoga Therapy is not about obtaining a particular shape in the pose and promotes yoga as a practice and journey of self-discovery. Common symptoms addressed through Yoga for Multiple Sclerosis are fatigue, balance instability, vision problems, loss of muscular control, urinary control, cognitive impairment, pain, numbness, mental contentment. The International Association of Yoga Therapists (IAYT) requires 1000 hours of advanced training. A typical yoga instructor has 200 hours of asana (yoga pose) education. Stefanie Jillian has practiced yoga therapy since 2015. Fields of study include advanced anatomy and physiology, advanced classical yoga philosophy and psychology, advanced teaching skills, advanced sequencing for special populations and professional ethics. Stefanie completed her initial training in Classical Yoga from The Yoga Loft in Bethlehem, PA, she began Yoga Therapy training through The Yoga Life Institute in King of Prussia, PA and continued her advanced Yoga Therapy training through The Soul of Yoga in Encinitas, California. As a baccalaureate of Women's Studies and Business through UNLV, Stefanie recently organized V-Day Las Vegas MMRP 2018, a theatrical fundraising movement to raise awareness and provide yoga to victims of domestic violence. In addition, Stefanie Jillian has earned recognition through her work with children as author of the book series Yoga Philosophy for Young Hearts. Stefanie Jillian is also the only provider of stand-up paddleboard (SUP) yoga in the heart of Las Vegas, bringing the practice of yoga therapy onto the water.

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