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Yoga-based stress management: Introducing yogic principles and practices for stress relief

Yoga, as we now know, has proven to demonstrate enormous benefits in many different spectrum and aspects of life. In the past 30 years, research in mind-body medicine has placed yoga as a leading approach to promoting greater balance and relieving stress. Many contributors to this work involves several researchers and physicians including but not limited to Dr. Dean Ornish, who adapted an Integral Yoga Hatha class (calling it stress management) as part of a lifestyle change program to reverse heart disease; Jon Kabat-Zin used hatha yoga as a mindfulness of movement practice at the Stress Reduction Clinic of the University of Massachusetts Medical Centre; and Herbert Benson described “relaxation response” based on his study of transcendental meditation and other yoga techniques, eventually founding the Mind and Body Institute at Harvard Medical School. There is a growing research that recognizes stress as an important health concern. They continuously support the efforts to bringing awareness of the benefits of yoga in the medical community. Yoga fosters a renewed sense of the body and mind, developing the skills to transform our physical, mental and emotional responses. The yogic approach to stress management is an adaptation of the yoga practices and philosophy (such as Hatha and Raja yoga); making these tools accessible and relevant to people from different backgrounds in a variety of settings. Hatha yoga includes centering, stretching, breathing, and meditation, and Raja yoga includes developing self-awareness and using the power of the mind to manage change. It was concluded that a combined methodology is the most effective.

Biography

Lucy Lila Nelson is a Wellness Specialist and Workshop Facilitator with a wide variety of background and schooling. She is trained in various mind-body modalities such as a Yoga Teacher (Level I and II, Stress Management), Positive Psychology Practitioner and Life Coaching Skills, Interfaith Minister, certified in whole-food plant-based (WFPB) nutrition, Wellness Coach, Mindfulness-based Eating Awareness Educator (MB-EAT), Emotional Freedom Technique Practitioner (EFT), and Yoga Dancer.

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