Yoga for Everyday Living

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What is Yoga?

- Originated 5,000 years ago as a practice to unite the mind and body
- YUJ is the root of 'yoga,' meaning 'to yoke.'
- Early texts used the metaphor of a chariot being yoked to out-of-control oxen to mean the harnessing of an undisciplined mind
- Originally, only male ascetics who removed themselves from the householder lifestyle could practice yoga
- All texts were passed orally from guru to disciple.

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What is Yoga Therapy?

"Yoga therapy is that facet of the ancient science of Yoga that focuses on health and wellness at all levels of the person: physical, psychological, and spiritual. Yoga therapy focuses on the path of Yoga as a healing journey that brings balance to the body and mind through an experiential understanding of the primary intention of Yoga: awakening of Spirit, our essential nature."

Joseph LePage, M.A., Integrative Yoga Therapy (U.S.A.)

"Yoga therapy is a holistic healing art. Rather than prescribe treatments, it invites presence and awareness. Using age-old yogic approaches to deeper presence and awareness, we are able to know ourselves more fully. Out of that knowing, we are more easily moved to embrace the opportunity for change, growth, and enhanced well-being in body, feelings, thought, and spirit."

Michael Lee, Phoenix Rising Yoga Therapy

"The use of the techniques of Yoga to create, stimulate, and maintain an optimum state of physical, emotional, mental, and spiritual health."

Judith Hanson Lasater, Ph.D

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Tools of Yoga Therapy

- Yoga therapy uses a combination of mind-body practices that work together to bring greater health and wellness in all levels of being:
  - **Asana** (yoga poses)
  - **Pranayama** (breath awareness)
  - **Mudra** (hand positions)
  - **Mantra** (sound and vibration practices)
  - **Sankalpa** (intention)
  - **Bhavana** (guided imagery, visualization)
  - **Yoga Nidra** (yogic sleep)
  - **Dhyana** (meditation)

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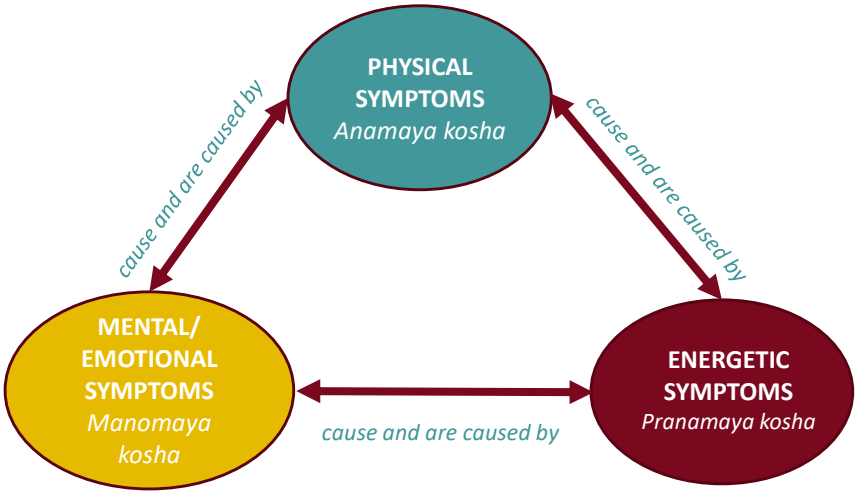
Yoga Therapy Process



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How to Practice Adaptive Asana

- Notice your inclination to push yourself in your physical practices
- Where have you heard the message that "more is better" or "no pain, no gain"?
  - *Family of origin, school, work, society*
- Challenge yourself to do **LESS** so you can receive **MORE**
- Check in with why you feel like the most challenging version is "**best**"?
- You can generally receive more benefit in a propped version of a pose than in an unpropped version
- Always ask yourself, "**What is the benefit**?" of **WHAT** and **HOW** you are practicing.
- Use **props** (blankets, blocks, bolsters, straps, chairs) to make poses easier and more comfortable.

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Function > Form

- So long as healthy and safe alignment is maintained, the **FUNCTION** of the asanas is more important than the **FORM**
- All asanas can be adapted to the individual by changing the body's relationship to gravity

Twisted Tiger

Reclining Twist

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Osteoarthritis

- Arthritis is the swelling of joints Caused by the breakdown of cartilage that covers the end of the bones; this may cause bone-on-bone compression and further degradation of the joint, increasing pain.
- SYMPTOMS: Joint pain, swelling, stiffness, loss of range of motion, often worsens with age.
- STATISTICS: Affects millions of adults in the US and is the leading cause of disability
  - In 2022, nearly 20% of US adults over 18 had arthritis
  - It is more common in women than in men

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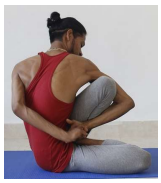
Maintaining Healthy Joints

- **HOW YOGA HELPS:** Yoga can help people with arthritis improve fitness, range of motion, posture, strength, balance, and the frustration of living with chronic joint pain.
  - Consistency is the key to making progress
  - Be sure to warm up and cool down thoroughly
- **MOVEMENTS TO AVOID:**
  - Deep weight-bearing joint bending
  - Joint hyperextension
  - Excessive single-leg balances
  - Extreme hip rotation and backbends
  - Rapid or careless transitions between poses
  - Long-held weight bearing on painful joints
  - Deep forced twists
  - High impact jumping our bouncing

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Yoga Protocol for Healthy Joints

"I am pain free" "I am pain free" "I am pain free" State Sankalpa	 Belly Breathing	 Mukula Mudra *on painful parts of body*	 Chair Toe Lifts	 Chair Ankles
 Chair Knees	 Chair Wind Relieving	 Chair Fingers	 Chair Wrists	 Chair Elbows
 Chair Shoulder Shrugs	 Shoulder Pro/Retract	 Shoulder Circles	 Chair Yes / No	 Chair Nose Circles
 Chair Lateral Bend	 Chair Cat/Cow	 Chair Twist	 Body Scan	"I am pain free" "I am pain free" "I am pain free"

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Anxiety

- Anxiety is a feeling of fear, dread, or uneasiness in response to stress caused by uncertainty, overwhelm, lack of sleep
- SYMPTOMS: Uncontrolled worry, irritability, lack of control, trouble focusing, solving problems, muscle tension, restlessness, dry mouth, and insomnia
- STATISTICS: In 2024, 43% of US adults reported feeling more anxious than in the previous year

HOW YOGA HELPS:

- Promotes mind/body connection, calms racing thoughts, eases muscle tension, promotes compassionate self-talk, improves focus and single-tasking, and helps bring the mind into the present moment.

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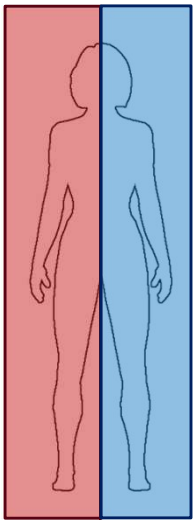
Sympathetic & Parasympathetic Nervous Systems

- Right nostril dominant
- Left brain hemisphere
- The active state, needed to stand up and get moving
- Increased heart rate, blood pressure, and body temperature
- Increased respiration; airways more open
- Decreased digestion and elimination
- Increased cortisol, testosterone, and endorphins

Often referred to as the **STRESS RESPONSE**



- Left nostril dominant
- Right brain hemisphere
- The resting state, needed to fall asleep
- Reduced heart rate, blood pressure, and body temperature
- Decreased respiration rate; oxygen sent to brain
- Increased digestion and elimination
- Decreased cortisol and testosterone

Often referred to as the **RELAXATION RESPONSE**

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Six Responses to Stress

- DENT© Model (Dynamic Experiential Narrative Theory) from psychological coaching explains the six responses to trauma, stress, anxiety, and triggers:
  - FLIGHT - Lower body tension, nervousness
  - FIGHT - Upper body tension, anger, frustration
  - FREEZE - No response, chronic tension, isolation, disassociation
  - FAWN - Codependence, people-pleasing, ignoring own needs, guilt, anger, poor boundaries, submission
  - FLOOD - Uncontrollable emotional reaction
  - FATIGUE - Shutting down, sleep, depression
- https://thedentmodel.com/the-six-responses-to-stress/
- https://www.psychologytoday.com/us/blog/addiction-and-recovery/202008/understanding-fight-flight-freeze-and-the-fawn-response

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FLIGHT

- Often first reaction
- When we want to FLEE, the lower body prepares to move.
- When that doesn't happen, lactic acid accumulates in the lower body

- Low back pain, tight hamstrings, tight hips, poor standing posture
- Nervousness, anxiety, hypervigilance

FIGHT

- In situations we want to FIGHT, the upper body tightens to either to prepare to fight or as protection
  - Headaches, TMJ, neck, upper back, shoulder pain, protective posture
  - Anger, frustration, self-criticism

FREEZE

- Since it is not socially acceptable to fight or flee, the body instead FREEZES
- Like a deer caught in headlights, we don't do anything and clamp down on the body and emotions
  - Chronic tension, slow digestion
  - Internalize reaction, hypervigilance, isolation, distraction

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FAWN

- Emotionally FAWN over others, ignoring your own needs
  - Codependence, deflection, lack of boundaries, acquiescence, people pleasing, 'put on a happy face'
  - Guilt, repressed anger, surface-level engagement

FLOOD

- Uncontrollable wave of emotion FLOODS
- Happens out of nowhere and can be very difficult to stay mindful in the moment
- 80% more frequent with men
  - Out of control, cannot reason or communicate
  - Extremely negative feelings, lashing out

FATIGUE

- FATIGUE/FAINT occurs when other responses do not restore calm
- Horizontal position may increase blood to the brain, restoring balance
  - Need to sleep more than normal, complete exhaustion
  - Rejecting interactions, depression, inability to focus or think clearly

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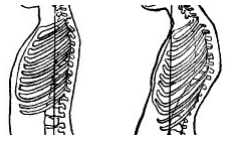
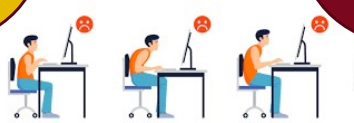
Posture ←→ Breath ←→ Mood





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What are Mudrās?

- Mudrā is also commonly translated to mean seal, lock, or gesture
- Mudrās form a bridge between the physical body and the nervous system
- They stimulate the nerve endings, nadis, and chakras in the hands that correlate to different brain areas and body systems
- They redirect prana back into the body in specific patterns to elicit a specific response

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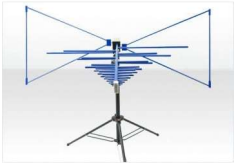
Think of Mudrās Like…



An antennae that is picking up a subtle signal and amplifying it to create change.

A remote control that is maintaining balance between the physical and energetic bodies.

Or a radio that is tuned to a specific frequency to elicit a response in the body, mind or emotions.

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Yoga Protocol for Anxiety

"I am calm" "I am calm" "I am calm" State Sankalpa	 Belly Breathing in Constructive Rest	FLOOR FLOW (3 x per side):  INHALE: Extend Arms Overhead	 EXHALE: Knee to Chest
 INHALE: Knee Out to Side	 EXHALE: Knee Across Twist	 INHALE: Knee Extends Up	 EXHALE: Knee to Chest
 INHALE: Extend Arms Overhead	 Windshield Wipers (right)	 Windshield Wipers (left)	 Legs on Chair (15 min)
 Slow Exhalations	 Adhi Mudra	"I am calm" "I am calm" "I am calm" State Sankalpa	 Namaste

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Using Sankalpa in Yoga Nidra

- Explain to students how they are to create their intention in succinct, clear language
  - "A short, positive healing affirmation made in simple present tense beginning with 'I am' or 'I *verb*' ".
- It is repeated at the beginning three times silently to implant this intention in the consciousness, like planting a seed into fertile soil. It is repeated at the end of the practice again three times silently to water the seed.

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Purna Hridaya Mudra

- **Seal of the Strong Heart**
  - Interlace fingers inside of palms, touch thumbs together and reach them towards chest so that a heart shape is formed with the hands.
  - Opens you to a sense of sense of self-resilience. Use to connect with the deep emotions of the heart.
  - Setting Your Sankalpa: Hold this mudra while you contemplate the challenges you are facing right now.

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Padma Mudra

- **Seal of the Lotus**
  - Place hands together at the heart, keep thumbs and little fingers together, open other fingers and create cup shape between palms.
  - Elevates heart energy, integrates body and mind. Use to stay open while healing your emotional heart.
  - Setting Your Sankalpa: Hold this mudra while imagining the best possible outcome for your challenge

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Vajrapradama Mudra

- **Seal of Unshakable Trust**
  - Clasp fingers and open palms toward heart; point thumbs upwards. Hold a few inches away from the chest.
  - Builds confidence, security, opens the heart very gently. Use when frightened or anxious or filled with self-doubt.
  - Setting Your Sankalpa: Hold this mudra while creating your "I am" statement encompassing your goal.

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Digestive Distress

- Over 60% of adults in the US report having digestive distress in the past week
  - Under Digestion - Constipation and gas caused by unhealthy diet, stress, medications
  - Over Digestion - Acid reflux, nausea, diarrhea caused by unhealthy diet, stress, medications
- Caused by:
  - Food intolerances, autoimmune diseases, infections, and medications
- Treatments:
  - Drinking enough water, diet, exercise, medications when necessary

HOW YOGA HELPS: Repetitive movements of the torso (Cat/Cow, Twists) alternatively squeeze and soak the digestive and eliminatory organs, activating peristalsis

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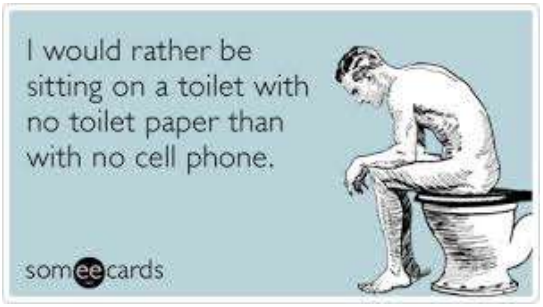
Good Toileting Habits

- Avoid sitting on toilet for over 10 minutes at a time
  - Increases risk of hemorrhoids and weakens pelvic floor
- Maintain proper posture (to squat or not to squat?) by slightly leaning forward and avoid slouching



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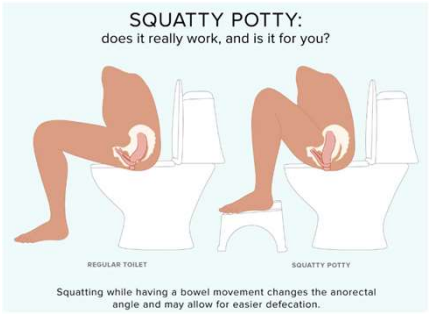
To Squat or Not to Squat?



https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC6432810/

- A 2019 study found that in countries where squatting toilets are common, there are fewer incidences of:
  - Hemorrhoids
  - Pelvic prolapse
  - Irritable bowel syndrome
  - Inflammatory bowel disease
  - Ulcerative colitis
  - Colon cancer

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Breathing is NOT 'One Size Fits All'

- Our respiratory process naturally maintains balance between oxygen and carbon dioxide and the body needs both of these in order to function
- Many factors affect our natural breathing patterns:
  - ✓ Biology
  - ✓ Trauma
  - ✓ Illnesses
  - ✓ Mood
  - ✓ Posture
  - ✓ Activity
  - ✓ Medication
- The suggested benefits here may not have the same effect on each person.
- Try the technique, monitor the effects, and adjust as necessary

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Benefits of Conscious Breath

- Breathing fuels consumption of oxygen and glucose to energize muscle contractions, improve glandular function, and improve mental processes
- Helps the organs detoxify the lymph and blood by promoting circulation
- Neutralizes lactic acid
- Purifies the nadis and 6000 miles of nerves in body are kept clear
- Forms a bridge between conscious and unconscious mental states
- Tames unconscious worry so that energy can be redirected into other activities
- Calms overstimulated senses and quells desires and mental obsession

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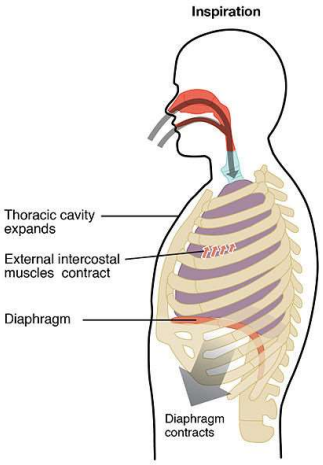
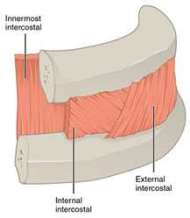
What Happens During Inhalation?





- Outer intercostal muscles contract
  - Elevates ribs and sternum
  - Increases volume of thoracic cavity
- Inner intercostal muscles relax
- Decreases thoracic pressure draws air in
- Diaphragm contracts and flattens, pulling downward
  - Increased pressure on abdominal organs
- 'Forced inhale' during exercise (and some pranayama) may also contract the scalenes, pectoralis, serratus, sternocleidomastoid, anterior, and latissimus dorsi muscles

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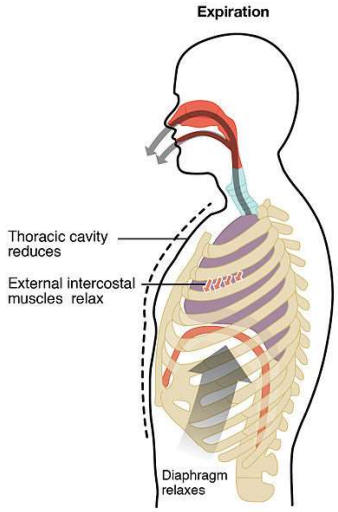
What Happens During Exhalation?



- Outer intercostal muscles relax
  - Depresses and retracts the ribs
  - Decreases volume of thoracic cavity
- Diaphragm relaxes and domes upwards
  - Decreased pressure on abdominal organs
- 'Forced exhale' during exercise (and some pranayama) contracts the anterolateral abdominal wall, internal and innermost intercostal muscles

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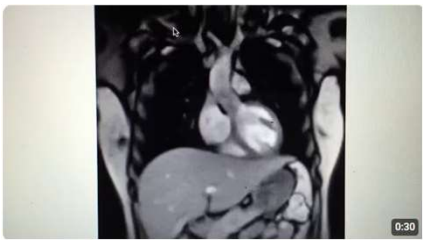
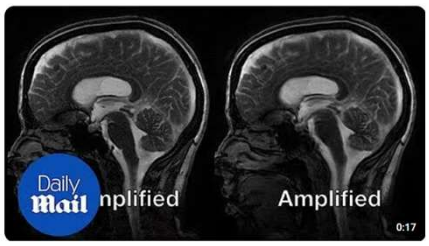
MRI of Diaphragmatic Breath





ORGAN MOVEMENT

- https://www.youtube.com/watch?v=EhXP2gxDCyQ&pp=ygUmbXJpIG9mIGhvdyBkZWVwIGJyZWF0aGluZyBtb3ZlcyBvcmdhbnM%3D

BRAIN MOVEMENT

- https://youtu.be/3Ursf81QoC8?si=fp-fJ843vurcizvH

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Breath Rate & Aging

- NORMAL RATE:
  - 15 x per minute : 900 x per hour : 21,600 x per day
  - 2 second inhale/2 second exhale
- Yogis believe we only have a certain number of breaths in a lifetime and that slowing down the breath slows the ageing process; related to heart rate
- Lung cells contract as we age and can take in less oxygen, pranayama slows this process
- Texts suggest 80 rounds of (inhale-pause-exhale-pause) breath in early morning, noon, evening and midnight
  - 15 min per day minimum

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Yoga Protocol for Under Digestion

(Helpful for constipation, bloating, and flatulence)

"My digestion is balanced" "My digestion is balanced" "My digestion is balanced" **State Sankalpa**	 **Apana Mudra** encourages bowel movement	 **Belly Breathing in Constructive Rest**	 **Belly Massage** from right groin up to right ribs, across diaphragm to left, down to left hip and across belly to right
SQUEEZE & SOAK SERIES: Encourages elimination and release of flatulence			
 **Wind Relieving Flow**	 **Wind Relieving Pose**	 **Seated Twist**	 **Flapping Fish**
 **Reclining Twist**	 **Reclining Bound Angle** relaxes abdominal organs	"My digestion is balanced" "My digestion is balanced" "My digestion is balanced" **State Sankalpa**	

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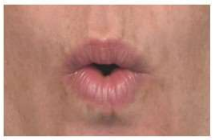
Yoga Protocol for Over Digestion

(Helpful for GERD, nausea, and diarrhea)

"My digestion is calm" "My digestion is calm" "My digestion is calm" **State Sankalpa**	 **Kaki** inhale through pursed lips, exhale through nose; cooling and helpful for GERD and nausea
 **Adho Merudanda Mudra** for abdominal cramps and nausea	 **Queen's Pose** relaxes abdominal organs

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Fatigue

- Fatigue is extreme tiredness that impacts all areas of well-being caused by stress, lack of sleep, lack of exercise, poor diet, anxiety, depression, chronic pain, and some medications.
  - Weakness, dizziness, sore muscles, headaches, digestive distress, vision problems
  - Issues with memory, focus, and making decisions
  - Feeling irritable, anxious or depressed
- A 2018 Study found that 85% of post-menopausal women and 47% of peri-menopausal women reported fatigue symptoms

HOW YOGA HELPS:

- Gentle movement, restorative yoga, pranayama, chanting, and Yoga Nidra promote relaxation and can be gently energizing when done with care.

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Nostril Dominance

- At any given moment, we breathe more through one nostril than the other
- Changes between right and left nostril every 2 to 2.5 hours
  - When **RIGHT** Nostril Dominant
    - Swelling of nasal tissue is a stress (SNS) response
    - Good time to eat as digestive fire (agni) is more active
    - Good time to exercise, analyze information
  - When **LEFT** Nostril Dominant
    - Shrinking of nasal tissue is a relaxation (PNS) response
    - Good time to meditate, be creative, sleep

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Yoga Protocol for Fatigue

"I am energized" "I am energized" "I am energized" **State Sankalpa**	 **Interrupted Inhale:** Take smalls sips of air through nose, exhale normally	 **Right Nostril Breath:** Close left nostril and breathe in and out through right nostril only	 **Chest Breath**
 **Prana Mudra**	 **Six Movements of Spine**	 **Reclining Side bend**	
 **Reclining Bound Angle**	 **Instant Maui**	"I am energized" "I am energized" "I am energized" **State Sankalpa**	

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Insomnia

- 20% of US adults have insomnia
- Caused by:
  - Anxiety, depression, pain, stress, steroid use, urinary issues, thyroid levels, restless legs and cramps, diabetes, neurological, and heart problems.
- Symptoms:
  - Anxiety, depression, pain, irritability
  - Difficulty paying attention, focusing, memory, increased accidents
- Treatments:
  - Sleep hygiene, sleep restriction, stimulus control therapy, psychotherapy, medication, light therapy, relaxation and mindfulness techniques

HOW YOGA HELPS:

- Gentle movement to ease pain in body before bed
- Inversion to initiate relaxation response
- Mindfulness practices will calm racing thoughts

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The Power of Vibration

- Every part of our bodies, thoughts, emotions, moods, words, cells, and organs are alive with vibration
- The atoms that make up our cells are constantly vibrating
  - When they vibrate in HARMONY = HEALTH
  - When they vibrate in DISSONANCE = DIS-EASE
- We are constantly surrounded by sound; the words we speak, the voices we hear, the music we listen to, the ambient noises around us all create vibration
- This vibration is not only HEARD but also FELT and ABSORBED into our bodies at physical and subtle levels
- Our nervous system is constantly processing these vibrations and they can have a major impact on our health and our mood

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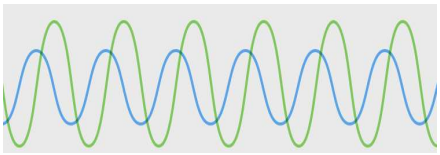
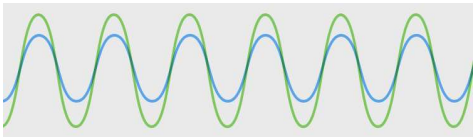
Harmony or Dissonance?

Chanting creates an immediate shift at an atomic level:



We go from resonating in
DISSONANCE

To resonating in
harmony



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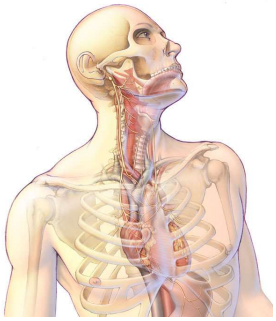
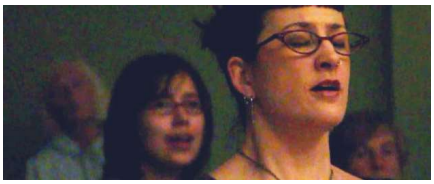
Chanting & The Vagus Nerve

- The acts of chanting, both listening and vocalizing, stimulate the vagus nerve through muscle movements in the mouth
- The nerve also connects to vocal cords and receives some information from the outer ear
- Slow exhales while chanting also triggers the relaxation response





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Vowel Spiral

- The Vowel Spiral is a sound practice that uses vowel sounds (plus humming) to move vibration around into different areas of the torso and head.
- It is used for relaxation, mindfulness, to increase awareness,a and to direct prana.
- Rather than chanting loudly, reserve some of the energy for yourself by directing it inwards to create a stronger sensation of vibration.
- A relaxed inhale directed into the belly prevents the shoulders from rising.
- A slow and smooth exhale creates a smooth tone and builds control over the diaphragm and breath.
- This is an excellent practice to do alone when you are feeling stressed or hurried, before bed, or before other meditation or yoga practices to help you center and ground.

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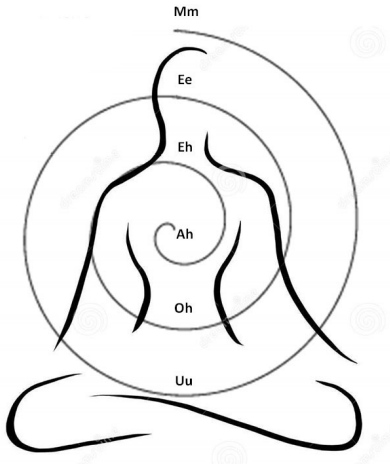
Vowel Spiral

- Place hand over area of body indicated and chant at natural speaking pitch



1. ***AHH*** *at the* ***Heart***
2. ***EHH*** *at the* ***Throat***
3. ***OOO*** *at the* ***Belly***
   (lips round, jaw forward)
4. ***EEE*** *in the* ***Head***
   (smile wide and show teeth)
5. ***UUU*** *in the* ***Pelvis & Legs***
   (lips round, jaw forward)
6. ***MMM*** *at the* ***Crown***
   (tongue tip at roof of mouth)
7. ***AHH*** *at the* ***Heart***

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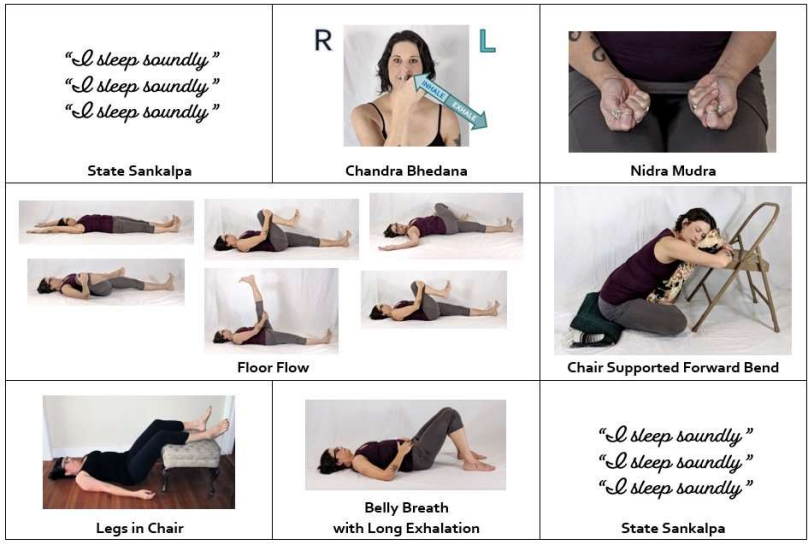
Yoga Protocol for Insomnia



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Back Pain

- Affects 8 in 10 Americans
  - 5% of those will develop chronic back pain
- Caused by:
  - Poor posture, osteoarthritis, bulging/ruptured discs, osteoporosis (stress fracture), muscle strains, spinal stenosis, sciatica
- Symptoms:
  - Sharp aching or throbbing pain around area of injury
  - If nerve involvement, referred pain down one leg

HOW YOGA HELPS:

- Gentle movement to promote joint mobility and circulation
- Improved posture and core strength over time
- Conscious breathing to ease spasms and direct prana into affected area

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Yoga Protocol for Back Pain

"My back supports me" "My back supports me" "My back supports me" Sankalpa	 Pelvic Tilt/Tuck	 Back Mudra RIGHT: Thumb to middle & pinkie LEFT: Thumb to ring	 Windshield Wipers
 Leg Extensions	 Hamstring Kicks	 Cat/Cow	 Wag Tail
 Puppy Forehead on block, breathe into back	 Sphinx	 Bridge Block under sacrum, block between and strap around knees	"My back supports me" "My back supports me" "My back supports me" Repeat Sankalpa

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Depression

- 18.4% of US adults diagnosed
  - Affects 10.3% of women, only 6.2% of men
  - Highest prevalence in young adults from 18-25 years old
  - Rates increase over 65 years old
- Caused by:
  - Previous mental illness, obesity, metabolic syndrome, high levels of pain, chronic stress, and adverse childhood events
- Symptoms:
  - Apathy, guilt, hopelessness, loss of interest, negative mental loops, irritability, insomnia, fatigue

HOW YOGA HELPS:
- Spinal mobilization improves breath in the torso and heart
- Restorative backbends promote emotional ease around heart

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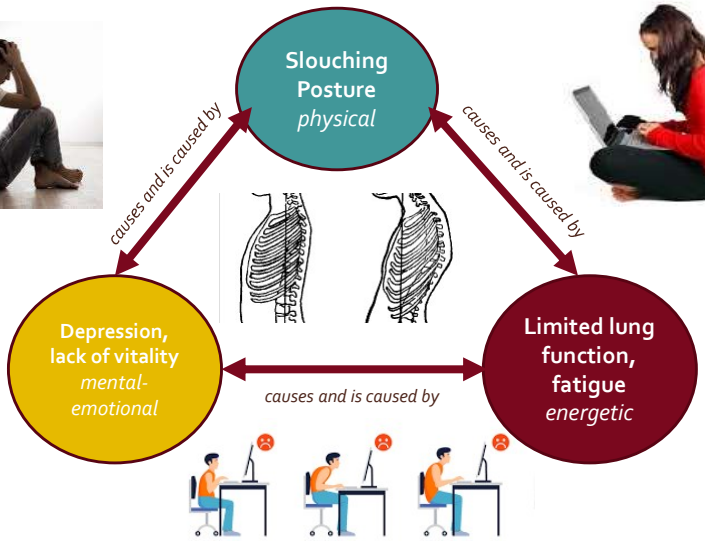
Posture ←→ Breath ←→ Mood



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Yoga Protocol for Depression

"All is well" "All is well" "All is well" Sankalpa	 Hansi Mudra	 Chest Breath
 Supported Bridge	 Heart Opener	 Bound Angle
 Kapota to Padma Mudra	 Chant AAH	"All is well" "All is well" "All is well" Sankalpa

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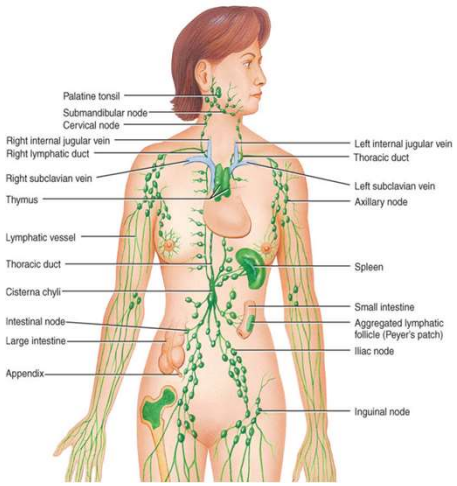
Lymphatic System

- **Lymph nodes** filter lymph, a fluid containing immune cells, nutrients and waste products from peripheral tissues into the blood
  - Nodes are located throughout the body in the "pits" of the body
  - When antigens are present, nodes can firm, enlarge and may become infected
- **Lymph vessels** connect the lymph nodes.
- But there is NO pump (like heart) in lymphatic system



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Yoga & Lymphatic System

- Lymph vessels have no muscle walls like arteries do, movement is necessary for the lymph to flow throughout the body
- It is necessary to move the body so that the lymph is pumped through the lymphatic system

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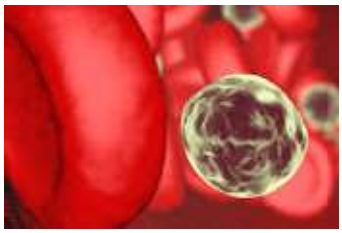
Immune Disorders

- When your immune system doesn't work as it should, it is called an immune system disorder. You may:
  - Be born with a weak immune system. This is called primary immune deficiency.
  - Get a disease that weakens your immune system. This is called acquired immune deficiency.
  - Have an immune system that is too active. This may happen with an allergic reaction.
  - Have an immune system that turns against you. This is called autoimmune disease.



HOW YOGA HELPS:

- Movement, stretching, and pranayama activate lymphatic movement
- Increases communication between the body and mind by allowing for the release of neuropeptides, boosting immunity

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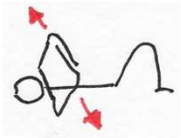
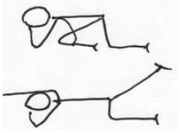
Yoga Protocol for Immunity

"I am safe and protected" "I am safe and protected" "I am safe and protected" Sankalpa	 Vowel Spiral	 Trishula Mudra
 Floor Flow	 Supine Shoulder	 Side-Lying Warrior I Flow
 Varuna Mudra	 Legs in Chair w/ hands supported	"I am safe and protected" "I am safe and protected" "I am safe and protected" Repeat Sankalpa

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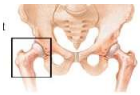
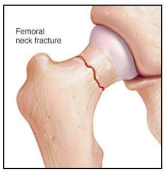
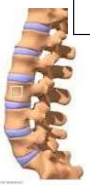
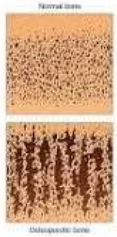
Osteoporosis









- Bone is living tissue that is constantly being dissolved and regenerated, peak bone density by age 30
  - Bones become weak and brittle (wrist, hip, spine)
  - Osteoblasts form in the direction of stress to the bone
  - Bones must be stressed more than in everyday activities
- Symptoms:
  - Back Pain, loss of height, kyphosis in the upper spine, and fractures (even from coughing or bending over)
- Who is at risk?
  - Women (menopause)
  - Breast and prostate cancers because the drugs used to treat these often affect hormones
  - Survivors of childhood cancers; chemotherapy and radiation affect bone development

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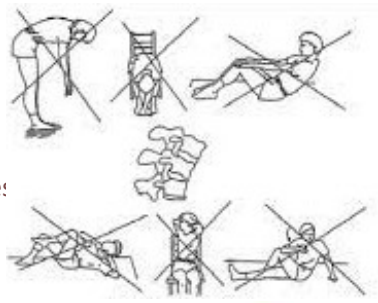
Osteoporosis & Yoga



- **AVOID:**
  - Loaded or rounded forward folds! It puts too much pressure on the muscles and discs of the lower back.
  - Sudden forceful movement! Jumping transitions between poses.
  - Forceful twisting! Using arms to increase torque in the spine can damage discs.

HOW YOGA HELPS:

- Increasing force through bones in the direction bones need to be strengthened promotes bone density
- Increased body awareness improves balance, reducing falls
- Stretching spine and hips improves flexibility making daily activities easier
- Stress reduction also help protect against bone loss

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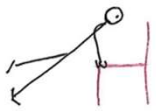
Yoga Protocol for Osteoporosis

"My body supports me" "My body supports me" "My body supports me" Sankalpa	 Prithvi Mudra	 Plank on Chair (life one leg)	 Down Dog on Chair
 Down Dog on Stairs	 Warrior II (block at wall)	 Triangle (calf on the block)	 Side Angle
 Warrior I (block at wall)	 Krishna's Sidebend	 Locust variations	"My body supports me" "My body supports me" "My body supports me" Repeat Sankalpa

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