



Holistic Life Therapies	Spirit * Mind * Body	Conscious Lifestyle
	<h2 data-bbox="500 359 1162 422">Indigo Yoga Healing Arts</h2> <div data-bbox="667 457 1385 604" style="background-color: #4a7ebb; color: white; padding: 10px; text-align: center;"> <h3 data-bbox="740 491 1279 548">Newsletter Fall 2011</h3> </div>	

Yoga Therapy

If Yoga could be taken in pill form, it might become one of the bestselling drugs of all times. Yoga improves well-being, prevents and alleviates numerous health issues. Yoga deepens our connection with our body, restoring wholeness to the mind, body, and Spirit. **Yoga Therapy** is the adaptation and application of the Self-healing science of Yoga techniques and practices. Many have used the practices of Yoga for managing high blood pressure, coping with the effects of cancer treatments, or treating symptoms of HIV, depression or anxiety. But lately it's become especially popular for musculoskeletal issues like lower and upper back pain, sciatica, and shoulder, neck and hip pain.

Yoga therapy is of modern coinage and represents a first effort to integrate traditional yogic concepts and techniques with Western medical and psychological knowledge. Whereas traditional Yoga is primarily concerned with personal transcendence on the part of a "normal" or healthy individual, Yoga therapy aims at the holistic treatment of various kinds of psychological or somatic dysfunctions ranging from back problems to emotional distress. Both approaches, however, share an understanding of the human being as an integrated body-mind system, which can function optimally only when there is a state of dynamic balance. ~ Georg Feuerstein, Ph.D.

Modern Yoga Therapy can be traced back to the Yoga master T. Krishnamacharya, who produced students that became the West's most influential teachers of therapeutic Yoga, including his son TKV Desikachar and BKS Iyengar. **Pamela Hollander, M.A., founder of Indigo Yoga Healing Arts**, has practiced and studied the ancient science of Yoga for 45 years. Pamela began practicing Yoga and meditation at age 5. She has only had three teachers, all traditional yogis: The first was Swami Satchitananda, founder of Integral Yoga; the second was another of Krishnamacharya's primary students, Shri. K. Pattahabi Jois (deceased) of the Ashtanga Yoga Research Institute in Mysore, India, and the third Yoga Master was Tim Miller, one of Pattahabi Jois' original American Certified Ashtanga Yoga students. She is a disciplined student and practitioner, and has been teaching others the healing science of Yoga since 1974.

INDIGO YOGA HEALING ARTS focuses on a **Holistic Healing** approach to healing involves working on all four levels: **Mental, Emotional, Physical and Spiritual**. The state of our bodies, minds and Spirits are a reflection of life situations which cause us to respond on each level, whether we are conscious of it or not. Different aspects of our Selves act independently on one or more of these levels, and each affects the other. Traditional Eastern Yoga practices are combined with Western Spiritual Psychology techniques, working on the mental and emotional levels, for the healing of the Soul and Spirit. Our Mission is to help you find psychological wholeness and Spiritual integration, which leads to healing the whole Self on every level.

Anyone can practice Yoga Therapy, even if you feel that a typical yoga class is too much for you. Yoga Therapy uses blocks, belts, and other props to help students perform classic yoga poses. Instructions are individualized, with adjustments made for age, experience, body type, physical condition, and medical problems.

The many outside and inside stresses which can cause imbalance include:

- Criticism of Self and Others
- Working Long Hours
- Depression
- Lack of Daily Routine or Work
- Job Dissatisfaction
- Inability to Express Emotion
- Feeling Helpless to Change
- Financial Burdens
- Habitual or Excessive Worry

Factors which will increase Health and Vitality include:

- **Job Satisfaction**
- **Happy Marriage or Partnerships**
- **Regular Daily Routine or Work**
- **Feeling Financially Secure**
- **Taking Regular Holidays**
- **Satisfying Sex Life**
- **Feeling Optimistic about the Future**
- **Ability to Make and Keep Friends**
- **Ability to Express Feelings Easily**

BENEFITS of a consistent YOGA PRACTICE

- ♥ **Relieves stress**
- ♥ **Develops focus and concentration**
- ♥ **Develops balance and mental equilibrium**
- ♥ **Develops discipline and a love of learning**
- ♥ **Increases self-awareness and self-confidence**
- ♥ **Increases flexibility, coordination and strength**
- ♥ **Improves performance in other sport activities**



How can MASSAGE THERAPY help me?

Research shows massage can help improve blood circulation and lymph flow, relax muscles, increase flexibility and range of motion, and decrease pain. Massage reduces anxiety and stress. It can be a natural alternative or compliment to conventional medical treatments for a wide range of physical, mental and emotional conditions. Give the gift of peace and relaxation to yourself or a friend!

Benefits of THERAPEUTIC MASSAGE

- ♥ Relief from chronic pain
- ♥ Supports healing of Injuries
- ♥ Enhances sports fitness performance
- ♥ Antidote to stress & everyday pressures of life
- ♥ Regenerates & rejuvenates body, mind and spirit
- ♥ Helps you get the deep sleep needed

At INIDIGO YOGA HEALING ARTS, your healing is our number one concern. *“Healing is the process of awareness and integration of all aspects of our Selves. A safe space for this process to occur is created at Indigo Yoga Healing Arts. The result is healing on every level for a balanced & whole experience of the Self.”* ~ Pamela Hollander, M.A.

MEDITATION: An Enrichment to your Soul

While a meditative state is the natural outcome of yoga and the spiritual benefit of meditation is supreme bliss or enlightenment, meditation has several benefits at the gross body or material level. Improvement of body luster and general health-When your mind focuses on a particular part of the body, the blood flow to that part increases and cells receive more oxygen and other nutrients in abundance. Improvement in concentration - Many of the athletes and sports professionals regularly employ meditation methods. Studies have found a direct correlation between concentration exercises (meditation) and the performance level of sports professionals. Meditation strengthens the mind, it comes under control and is able to provide effective guidance to the physical body to effectively execute all its projects psychological exercises are a powerful way of improving concentration and improving mental strength.



Featured Asana:

JANU SHIRSHASANA – Head to Knee Forward Bend

In this posture, we practice letting go. By lengthening the exhalation we can learn to relax during the pose. Yoga teaches you that discomfort is okay and we learn to let go of stress in situations we view as less than ideal. Forward folds turn your focus inwards. Focus is on my inner world and it's a bit easier to let go of what's happening around me. As you extend forward into the fold, the intention is not one of force. Don't pull yourself lower than what your body is ready for. It is a perfect time to practice Satya, which is the yogic principle of truth. Be honest with yourself. Let go of expectations and although the pose may not be exactly what you had pictured, it could be exactly what you need at this time.

Therapeutic Applications and Benefits of JANU SHIRSHASANA

- ♥ Calms the brain and helps relieve mild depression
- ♥ Stretches the spine, shoulders, hamstrings, and groins
- ♥ Stimulates the liver and kidneys



- ♥ Improves digestion
- ♥ Helps relieve the symptoms of menopause
- ♥ Relieves anxiety, fatigue, headache, menstrual discomfort
- ♥ spine concave and front torso long.
- ♥ Therapeutic for high blood pressure, insomnia, and sinusitis
- ♥ Strengthens the back muscles during pregnancy (up to second trimester),

Contraindications and Cautions of JANU SHIRSHASANA

- ♥ Asthma
- ♥ Diarrhea
- ♥ Knee injury: Don't flex the injured knee completely and support it on a folded blanket.

Hold your Posture steady with a Happy Heart.- "Stirra Sukha Asana" - Breathe Deeply from the pelvic floor for at least 5 deep breathes, and longer for more therapeutic effects.

Testimonials: Working with Pamela Hollander, M.A.

"Having known Pamela for nearly 2 decades, I can attest to her depth of experience, vast knowledge, and dedication to impeccability in her actions. Anyone seeking support in their pursuit of holistic growth and wellness would benefit from Pamela's influence." ~ Daniel M., Licensed Psychologist

"I first met Pamela through the Encinitas YMCA where I took her Ashtanga yoga class. I then participated in one of her yoga retreats and went on to study yoga philosophy with her. From my point of view, Pamela approaches her work with impeccability- in her preparation, her knowledge and skill, and her execution. She brings a deep level of compassion to her clients while encouraging them to seek mastery. As I have taken classes from many other teachers, I am constantly amazed at the excellent preparation I received through studying with her." ~ Carol M., Accounts Specialist



760.420.2785

INDIGO YOGA HEALING ARTS

Ancient Practices for the Modern Human Being

Injury Recovery & Rehabilitation
Pain Relief * Stress Relief * Meditation
Swedish * Sports * Shiatsu
Reflexology * Aromatherapy
Pre-Natal * Hot Stone
HOLISTIC LIFESTYLE COUNSELING



Pamela Hollander, M.A.
Practicing Yoga since 1966
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Masters, Spiritual Psychology

For your FREE initial phone consultation, please call Pamela at 760.420.2785 or Email to: indigoYoga@gmail.com.