

In A Nutshell
August 2022

Yoga

Yoga is an ongoing practice rather than an end in itself. The word 'yoga' means to yoke or join together—uniting the mind, body and spirit. Joining physical poses with the breath, action with thought, and awareness with intention can bring peace to body, mind and spirit.

The simple practice of breathing, something all of us do every day without thought, becomes a powerful tool when you can become aware of how your breathing affects every part of your body.

Each pose is designed to support the body's joints, muscles, structure and function. Every pose can be modified to its simplest form and can be practiced in a variety of positions. You can be standing, sitting in a chair or wheelchair, or even lying on the floor or in bed -- wherever you are most comfortable at that point in time.

Each body is different - in its shape, strength, flexibility, mobility, height, weight, tension, energy level and ability – at any given time. Yoga is a flexible practice that can be modified to accommodate all of these variables.

Adaptive Yoga adapts the instruction and practice of yoga to each body in a safe, comfortable, 'makes sense' way. Yoga can be accessible to everyone no matter how your body is at any m Practicing yoga can give you tools to help manage everyday tasks that include balancing to stand or walk, strengthening and alignment for standing up and sitting down on a chair, toilet or bed, and core strength for everything you do. The relaxing benefits of yoga may also help manage the unique challenges of MS, such as lying in an MRI machine for extended periods of time, receiving injections or infusions, staying calm during an exacerbation and focusing when meeting with your health care professionals.

Studies in MS and various other medical conditions have reported improvement in anxiety, depression, fatigue, bladder function, pain, spasticity, weakness and walking.

Meditation is stilling your mind and quieting your thoughts – taking notice of them without being distracted by them. Many people incorporate meditation into their practice of yoga. The physical poses of yoga prepare your body to sit in stillness for meditation. Sitting isn't necessary, though. You can also meditate lying down.

Yoga is relatively inexpensive, generally safe, and may potentially improve multiple sclerosis symptoms. One rigorous MS clinical trial found that yoga decreased fatigue. Other studies in MS and various other medical conditions have reported improvement in anxiety, depression, fatigue, bladder function, pain, spasticity, weakness and walking. For general health, yoga may improve arthritis pain, reduce blood pressure, and promote weight loss. The effects of yoga on these conditions may secondarily benefit those with MS because these conditions may worsen disability and lower quality of life in those with MS."

[Yoga Course for Multiple Sclerosis Eases Fatigue, Anxiety in Pilot Study | 'LoveYourBrain' Combines Yoga With Group Discussions | Multiple Sclerosis News Today](#)

[Yoga and MS | National Multiple Sclerosis Society \(nationalmssociety.org\)](#)

Just For Fun

The first two links offer yoga videos that might be helpful and something you can do from home.

The third link lists yoga offerings here in The Villages. I counted about 40 at different rec centers and for different levels of yoga. Maybe there is one for you.

[Therapeutic Yoga for Multiple Sclerosis | EvergreenHealth \(neuro-spine-ortho.com\)](#)

[Your Own Gentle Approach](#)

[Clubs-Listing.pdf \(districtgov.org\)](#)