

# ***1610 – Breath for Function / Sensory Motor Amnesia***

**Beginner / Land Workshop**

**Sanibel, FL / Thursday, June 25, 2020 – 7:45-10:45 am – 3.0 credit hours**

(Classroom: 7:45-10:45 am)

**Faculty: Camella Nair, Swami, C-IAYT – Breath for Function**

**Maria Pritz, EdD – Sensory Motor Amnesia**

## **Breath for Function**

**COURSE DESCRIPTION:** Recent studies indicate an integration between neurophysiological and neurocognitive based bidirectional practices that cultivate resiliency to change the narrative in a person's sense of well-being. We will review how breathing is linked to brain function and behavior whilst experiencing pain, illness or disability. We will examine the beneficial effects of yogic breathing techniques in both physiological and clinical settings on the neurocognitive, psychophysiological, respiratory, biomechanical and metabolic functions within the body. Studies show that breathing directly affects the autonomic nervous system, and we will practice some yoga therapy techniques that develop Eudaimonia (a Greek word, which refers to a state of having a good indwelling spirit or being in a contented state of being healthy, happy and prosperous.)

### **COURSE OBJECTIVES:**

- 1) Review current research and studies on how yoga therapy facilitates bi-directional communication between brain and body.
- 2) Explain how developing Eudaimonia fits into the therapeutic yogic system where breathing is foundational and can benefit common clinical conditions.
- 3) Identify how therapeutic breathing techniques can be incorporated into an aquatic setting.
- 4) Practice breathing techniques to cultivate Eudaimonia and self-awareness for improved function.

**FACULTY: Camella Nair, Swami, C-IAYT**, is one of the few ordained female Swamis currently teaching in the Kriya Lineage. It is an unbroken line of gurus dating back thousands of years. She pioneered Aqua Kriya Yoga 20 years ago and travels to certify teachers in this field. As a female disciple, she authored "Prenatal Kriya Yoga" which is a mystical journey into pregnancy and motherhood. A registered Yoga Therapist and Prenatal Yoga Alliance registered teacher, she has a comprehensive online home-study in prenatal yoga at [www.prenatalkriyayoga.com](http://www.prenatalkriyayoga.com).

## **Sensory Motor Amnesia**

**COURSE DESCRIPTION:** Sensory Motor Amnesia (SMA) describes inefficient patterns of muscular activation that are so habitual you can't sense or control them. Our sensory motor systems continually respond to daily stresses and traumas with specific muscular contractions, which we cannot voluntarily relax. The result is stiffness, soreness and restricted range of motions, which leads to weakness, inefficiency, poor coordination and eventually pain. Reversing Sensory Motor Amnesia addresses chronic muscle pain at its root cause – the brain – and the way in which the brain senses and controls movement. Somatic Movements are a series of very gentle, easy self-care exercises that improve movement, balance, coordination, and flexibility. Through daily repetition these exercises create improved self-awareness and self-monitoring, which increases one's ability to be self-correcting in postural habits and overall movement.

### **COURSE OBJECTIVES:**

- 1) Gain knowledge in theory of Sensory Motor Amnesia Functional Neurology, Sensory Stimulation, Sensory Integration and Somatic Movements.
- 2) Explore the theory and philosophy of SykorovaSynchro Method<sup>SM</sup> as an educational tool.
- 3) Attain apprentice skills in the progressive muscular relaxation via mental imagery protocol.
- 4) Experience and perform somatic movement/intuitive movement to release muscular tension triggered by habitual muscular contractions which cannot be voluntarily relaxed, as a tool for muscular discomfort/pain release.

**FACULTY: Maria Pritz, EdD**, is an exercise physiologist with 28 years of experience in developing and implementing health, fitness and wellness programs for corporations, health clubs, and schools. She earned her doctorate in education (specialty in Physical Education and Sports) from Comenius University in Bratislava, Slovakia. Her unique training method involves integration of multidisciplinary techniques to achieve overall health and optimized performance. She is a member of Aquatic Exercise Association (AEA) Research Council, author of health fitness articles, and presenter for national and international conferences. She has researched and developed an aquatic fitness exercise program targeting pain management (e.g. fibromyalgia, posttraumatic stress release, neuromuscular conditioning, and reconditioning of athletes).