My beloved child,
Break your heart no longer.
Each time you judge yourself,
You break your own heart.
Swami Kripalu/Carolyn Delluomo

LifeForce Yoga® Principles:
- Attention to the breath
- Safe attention to body sensations – brings the mind present
- Cultivation of both compassionate equanimity and self-awareness (2 pillar of yogic practice and goals of psychotherapy)
- Cultivation of witness consciousness (in neuropsychological terms, engaging the cerebral cortex in self-regulating the emotional limbic brain) In IFS terms – a portal inward to Self.

Yogic Breathing Practices (pranayamas and kriyas):

**Seated**
- Bhastrika - bellows breath. Energizing
- Dirga pranayama – 3 part diaphragmatic breath. Calms
- Kapalabhati – skull shining breath. Energizing
- Kumbhaka – internal breath retention (4-6 counts energize, >6 calm); external breath retention is calming.
- Nadi Shodhana – alternate nostril breathing. Brings balance. Right nostril breathing energizes, and left nostril breathing calms.
- Analoma Viloma – alternate nostril with retention. Calms and energizes.
- Ujjayi pranayama – ocean sounding breath. Calms and energizes

**Standing**
- Breath of Joy – Energizing
- Victory Goddess – Energizes.
- Pulling Prana – Energizes.
- Breath to Stimulate the Nerves – Energizes
- Uddiyana Bandha & Agni Sura (Nauli) – Energizes
- Mountain Breath – Calms
- Hara Kumbhaka – energizes

Asanas:
*Warm up practice*
- Cat/cow
- Table side stretch
- Thread the Needle
- Flying cow
- Sphinx with mantra (vam)
- Downward-facing Dog
LifeForce Yoga® to Manage Your Mood and Welcome Your Parts

**Integrative practices**
- Sun Salutation (with mantra, bhavana (visualization), and kapalabhati)
- Padahastasana - Separate Leg hands to Feet Pose (with maha mudra and mantra)
- Virabhadrasana variation - Warrior (with mantra)
- Danurasana – Bow (with mantra)
- Seated Yoga Mudra (with mantra) or Headstand
- Pachimottanasana – Seated Posterior Stretch (with maha mudra)
- Pachimottanasana/Halasana – Forward Bend/Plough
- Satu Bandhasana – Dynamic Bridge (with mantras)
- Reverse Plank (with Kapalabhati)
- Ardha Matsyendrasana – Supine Twist
- Double Wind-relieving (with Kapalabhati on release)
- Savasana (with mantra)

**Primary Mantras**
- Energizing Bija Mantras for Chakras: Lam, Vam, Ram, Yam, Ham, Om, Ng
- Calming Mantras for Chakras: Oh, OOO (as in You), ah, ā, ē, mm, hing

Mantra                                               Bhavana (Visualization)

**Dhi-Ri-Ha**

Evoking strength, sometimes brings up difficult emotions

**Sha-Ma-Ya**

“Sha” – Shanti, shalom, a soothing tone
“Ma” – Word for mother in many languages, feminine sound
“Ya” – Seed sound for the heart

**Ma-ha-ra**

Image for Calm Strength

“Ma” – Word for mother in many languages, feminine sound
“Ha” – force, Sun (as in Ha-tha Yoga)
“Maha” – Grand, royal, great
“Ra” – Seed sound for Sun (ram), Manipura Chakra, masculine sound

**Ma-ha-ya**

Image for strong love/compassion

“Ma” – Word for mother in many languages, feminine sound
“Ha” – force, Sun (as in Ha-tha Yoga)
“Maha” – Grand, royal, great
“Ya” – Seed sound for the heart.
RESOURCES

Trainings and Classes that Specifically address Depression
LifeForce Yoga for Depression workshops & LifeForce Yoga PractitionerTrainings 520 349-2644
Yogafordepression.com
Richard Miller’s IRest Yoga Nidra workshops, retreats, books and tapes, www.irest.us.
Phoenix Rising Yoga Therapy, (800)288-YOGA (9642). www.pryt.com
Breath~Body~Mind Workshop with Dr. Richard Brown & Dr. Patricia Gerbarg, www.haveahealthymind.com

Good practice CDs and DVDs: