



# MayaKosha Healing

## **The interweaving of therapeutic support and body based interventions.**

Yoga therapy is becoming increasingly popular as an intervention for mental health, stress, pain and trauma issues (Macy, Jones, Graham & Roach, 2015).

Yoga incorporates practices that promotes the integration and exploration of the internal and external world of an individual (mind, body, emotions and relationships). It increases control and understanding of our; emotions, mind-body responses, proprioception as well as internal stress and relaxation mechanisms.

It has been long suggested that yoga supports people to live in more homeostatis, balance and harmony: personal internal happiness and external coherence without reactivity (Setty, Subramanya & Mahadevan, 2017). A metadata study by Macy et al. (2015) suggested that by incorporating meditative yoga practices into psychological treatments (by a trained yoga instructor) positive outcomes are associated for those suffering from depression and anxiety. Outcomes include reduced stress, increased regulation, control, sleep and overall understanding of the self and the mind-body relationship.





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Pat Ogden (2015) explains that the body carries the legacy of trauma and attachment dynamics. These are stored unconsciously and consciously in procedural habits of movement, posture, regulation and the nervous system responses. By incorporating body awareness into therapeutic practices, the interventions can better address the physical, psychological and emotional effects of adverse experiences on an individual, so that a more holistic and resilience-based approach to healing is provided. Deirdre Fay (2017) explains "Integrating yoga, meditation, and trauma and attachment treatment gives us a healing prescription that honours the deeply painful wounds, while urging us to remember that it is not all that we are."

Studies demonstrate that yoga, mindfulness and meditation can positively impact mental, emotional and physical well-being (Macy et al., 2015; Setty, Subramanya & Mahadevan, 2017; Spinazzola, Rhodes, Emerson, Earle, & Monroe, 2011). Body based practices reduce blood pressure and cortisol levels, decreases stress, improves sleep, increases focus, and improves relationships with the self and others. Body based therapies provide holistic and accessible resilience tools for individuals to learn and apply to their everyday life, so they can reduce stress while also increasing interoception, regulation and overall wellbeing. Somatic interventions are powerful tools to combat stress and trauma responses. They can be used in conjunction with therapy or as standalone supports. Body based interventions include (but not limited to):

- Breathing techniques
- Movement and yoga
- Body scans
- Muscle relaxation
- Visualisation
- Gratitude, acceptance and compassion
- Meditation
- Mindfulness



## References

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