

**Graduation thesis 2020**

# **Yoga Therapy for Stress Management**

**Krishnamacharya Healing & Yoga Foundation**

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# YOGA THERAPY FOR STRESS MANAGEMENT

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**Abstract:** In modern society, stress is one of the world's leading causes of mental and physical deterioration. Among its effects we can find an increase of chronic diseases, high blood pressure, problems with metabolism, digestion, appetite and sleep which leads to a poor quality of life. This study examines the effectiveness of Yoga Therapy in reducing and managing stress in a sample of nine Care-Seekers from Australia, Argentina and Japan. The Care-Seekers were given a Questionnaire and a Record Form to fill out so that the Care-Providers could consequently use a Radar Chart and personalize a Yoga Therapy Practice for each of them. Meetings were held during a three month period of the research. The results show that all Care-Seekers had a positive change not only by reducing their stress levels but also by being more conscious about themselves. This shows that even in a short period Yoga Therapy is effective for managing stress and improving people's lives. Since nowadays people are more aware of their health, we suggest everyone should consider including Yoga on a regular basis.

**Key Words:** Yoga Therapy, Stress, Stress Management, Healing, Cikitsa, Krishnamacharya Tradition, Personal Practice. Care Provider, Care Seeker

**Note:** For this study, the knowledge obtained from the Viniyoga Therapy Training Course 2017-2020 at KHYF, Chennai, India, following the Tradition of Krishnamacharya was applied. As a way to present our research, as well as protecting the privacy of the Care-Seekers, actions were taken which ensured ethical guidelines were followed. These include maintaining one-to-one sessions that provide a safe environment for the Care Seekers, and strictly following all instructions from the Research Consent Form. Additionally in the results, the Questionnaire, and the Radar Charts, the Care Seekers' name was replaced with a fictitious one making sure their privacy is being protected.

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## 1. Introduction

Stress is a widely known phenomenon in modern society and is considered to be responsible for our poor quality of life. It is also known to be the cause of reduced work efficiency, and an increase of chronic diseases, high blood pressure, and problems with metabolism, digestion, appetite and sleep. It can affect our mental, emotional and behavioral balance. When we are under stress we don't feel well. We are out of harmony with ourselves and the world, we are nervous, afraid or unhappy.

A classical definition of stress is that it is a reaction caused by an external or internal stimulus called a *stressor*. The stress response, also known as “fight or flight” response, appears when we have circumstances that force us to act, change, or adjust to keep things in balance, thus giving us an extra burst of energy so that we can either fight or run away from the threat. The response to each stressor varies greatly depending on the individual's genetic and psychological factors.

Our body is prepared to deal with stress and to maintain our health through the homeostasis function of three systems:

1. The Autonomic nervous system that regulates the function of internal organs and body tissue in response to stress and environmental changes.
2. The Endocrine system that controls hormone secretion.
3. The Immune system that prevents foreign substances from entering the body.

However, when stress situations are repeated over and over again, or during a long period of time, the autonomic nervous system, the endocrine organs and the immune system are unable to respond and adapt to protect the individual, resulting in different types of suffering. In other words, when we cannot deal with stress in a proper way, stress will accumulate in our system creating physical, emotional and mental illnesses.

Therefore, considering that stress is one of the most common issues affecting our current world, we believe that Yoga Therapy should be explored and studied to counter such a disturbing affliction. Consequently we have designed our research to demonstrate that stress can be managed and reduced with the help of Yoga Therapy. This entailed the development of three different Yoga practices for the treatment of the Care-Seekers, at three different stress levels. It is important to keep in mind that Yoga is not based on a formula, it doesn't have a linear process; in the same way, healing is not a linear process and occurs at different levels. Following this idea, our thesis addresses the improvement of the Care-Seekers' stress level based on the application of Yoga Therapy.

Our approach in this research is based on the Krishnamacharya Viniyoga Therapy Tradition. The definition of Yoga Therapy, or *Cikitsa*, was given by Acharya



T.Krishnamacharya: “*the process of removing suffering from a person.*” There are five aspects of Yoga Therapy as mentioned by Dr. Kausthub Desikachar in the Yoga Therapy Training Course 2017-2020 (S.H.I.N.E)

-Self-empowerment: The person has to take responsibility for its own healing, from the beginning to the end.

-Holistic: The tools are holistic in therapeutic Yoga meaning each part is considered as a whole.

-Individualized: Specific to the context in a one-to-one relationship Therapeutic Yoga focuses on the individual; Yoga Therapy must treat each person differently.

-Non-invasive: The Care-Provider will use the resources of the body and the capacity of the Care-Seeker; there is no external invasion.

-Evolving: Yoga is an evolving process.

Since it is understood that the main goal of Yoga is to influence the state of the mind, we seek to change the attitudes and actions of the person that inhibit the natural healing process. Therefore Yoga *Cikitsa* is about helping people feel better about themselves, gain more clarity about their lives, and become more effective in their actions and most importantly, connect to a deeper source. According to the Viniyoga tradition, the healing process develops in a one to one relationship between Care-Provider and Care-Seeker, where there is a commitment to develop (Care-Provider) and sustain (Care-Seeker) a personal practice. For this relationship to be effective there must be mutual confidence, trust, being open to new information, and an open heart to heart connection. Only then healing can take place.

We live in a constant state of flux, of change (*parināma*) and within this framework we carry inherited and conditioned patterns (*samskāra-s*) good and bad, of behaviour that are present in every aspect of our lives. These perceptions influence our thoughts and attitudes at every level. The *samskara-s*, patterns of behaviour, stand in the way as often we are operating below the level of consciousness. Therefore, stress management has become very important for maintaining our health and well being since it brings awareness to our life. Although stress is an inevitable component of our productive lives, it risks overwhelming the individual. As a result we lose touch with our true self, our true essence and this creates a state of disconnection, as if something is missing. We need to move inward, into the core of our being to discover who we really are.

With the practice of Yoga Therapy we can find our connection and balance to allow us to be fully engaged with the world, and at the same time, to have the spiritual life that we

need. Through Yoga we can stop the fluctuations of the mind so that suffering will not take control of our lives. “*Yoga citta vritti nirodha*” Yoga Sutra 1.2 Yoga deals primarily with the management of the mind: whatever happens in the mind is also expressed in the body and filtered through the mind. According to Yoga Sutra teachings, body and mind are inseparable. Dr. Kausthub Desikachar says Patanjali’s Yoga Sutra tells us that our mind is both the source of and solution to our problems. The mind plays a role in conditioning our experience of life. The same is true when dealing with disease and stress.

As an outcome of our research, we believe that our nine Care-Seekers and anyone who is willing to undertake Yoga Therapy for stress management, will become a healthier, more conscious, more balanced and better connected individual in their daily life by incorporating Yoga Therapy practices (given by the Care-Provider) with regularity.

Stress is one of the most common problems of our era, so people who are affected by it will inevitably look for answers in different ways, disciplines or methods in order to manage it. Most of them start with the options which are familiar to them (such as Western Medicine or Psychology) and then, when these don’t give the expected results, reach out to alternative therapies like Yoga Therapy. We believe that in the future this situation will change and Yoga Therapy for Stress Management will not be considered a last resource.

With an increasing popularity of Yoga around the world alongside the evidence of the uses of Yoga Therapy for Stress Management -our project being a part of it- people will be more aware that benefits can be tailored to their lifestyle, enhance their abilities and prepare them to become the best version of themselves. Yoga Therapy enables you to look at yourself objectively, improve your thinking patterns positively, become more conscious of your body and senses so that you will be able to prevent illness by noticing tension and stress that are hard to notice, among other things. In only three months, we’ve managed to see some of these improvements in our care-seekers.

Finally, Yoga Therapy can be practiced along with other therapies of your choice or any other treatment that you need to follow, another reason to believe that it will be applied in more opportunities and more seriously as part of the healing process.

## 2. Literature review

Yoga is known to be a “meditation in motion” because it directs the attention to specific parts of the body according to the asana that is being practised (Gard, Noggle, Parks, Vago, and Wilson, 2014). The same focused attention happens during *prānāyāma* when the focus of breathing is directed for example to the chest while inhaling or to the abdomen during exhalation. As well as with visualization when we connect to an image, and with mantra, when we chant and feel the vibration. The relevant aspect of this focused attention is that the mind is not distracted in any other form. The mind is working together with the body and with the breath in a stable context not allowing the negative thoughts to take place, disabling the stressors, and being engaged with the practice at that particular moment. This experience of awareness can be taken outside of the specific Yoga practice into everyday life when the Care-Seeker does the practice regularly. Then the usual response to internal or external stressors will not be a reaction, as in an automatic way, but rather will be an aware response.

Even more, as mentioned in the article “ Potential self-regulatory mechanisms of yoga for psychological health” , a regular practice has the relevance of promoting healthy behaviours, and an open attitude toward positive changes. For this reason Yoga is seen as a “wisdom- based” practice that gives us the ability to make decisions out of our own connection and experiences. (ibid) Here is where we find Yoga Therapy, *cikitsa*, a very useful type of therapy for healing.

The word *Cikitsa* comes from the root “*kit vyādhi pratikāre*”, meaning to oppose disease via therapy. *Cikitsa*, translated as Therapy, is based on the Yoga tradition of Patanjali and the Ayurvedic system of health, both of which derive from Sankhya and Upanishads teachings of Vedic India. *Cikitsa* is the art of tapping the resources deep within us to bring about change to heal ourselves. The basic principle is that disease is a symptom of imbalance, and therefore its focus is to restore balance and harmony.

Following the *Vyūha* Model in Healing, symptoms, causes, means and goals must be analyzed. With the *Heyam* (symptoms), we find the *Upāyam*(means) to get to our *Hanam* (goal). Specifically in our study our goal is to manage stress in our Care-Seekers.

### 1) *Heyam*.

Symptoms. In the framework of Yoga Therapy according to Yoga Sūtra, there are four different kinds of suffering, even if there is only one kind present, the person is imbalanced.

- a) *Duhkham* is known as emotional disturbance. (emotional suffering, constriction around the heart, tightness in the throat) In the Yoga Sūtra of Patanjali, written approximately over 2000 years ago, the stressor, which causes suffering is known as *duhkham*.



- b) Yoga Sutra 1.31 states ”*duhkha-daurmanasya-angamejayatva-śvāsa-praśvāsa-vikṣepa-saha- bhuvah*” . This means *duhkham* is suffering and it leads to negative thinking, physical agitation, and erratic breathing. These are the other three kinds of suffering presented below.
- c) *Daurmanasya*, negative thinking/mental state.
- d) *Angamejayatva*, physical/physiological discomfort, unstable body parts, physiological imbalance.
- e) *Śvāsa- praśvāsa*, disordered breathing/disturbed breath.
- 2) **Hetu**  
Causes of stress (for this study).
- 3) **Hānam**  
Goals (to reduce stress for this study).
- 4) **Upāyam**  
Means. These are the tools of Yoga Therapy, how do we help the Care-Seeker going from the symptoms to the goals. By using them the individual will incorporate new patterns (*samskāra-s*) up to the point that the old (patterns) become weak and the new ones are reinforced daily. Those tools are:
- *Āsana*, posture
  - *Prānāyāma*, conscious breathing, discipline to regulate life force.
  - *Yāma* and *Niyāma*, behavior toward ourselves and others.
  - *Pratyāhāra*, our senses, how to use them.
  - *Mantra*, sound, vibration.
  - *Dhāraṇa*, concentration leading to meditation.
  - *Dhyānam*, meditation or contemplation.
  - *Nyāsa*, placement - the practice of touching particular parts of the body infusing them with life energy.
  - *Bandha*, locks - special technique for confining the life force in certain parts of the body.
  - *Mudrā-s*, hand or bodily gesture to conduct life energy in the body in specific ways.
  - *Ahara*, diet / *Vihāra*, lifestyle.
  - *Yajña*, rituals.
  - *Svadhyaṅya* , self-study, guided counseling.
  - *Yatra*, pilgrimage, journey.
  - *Īśvarapranidhānā*, devotional relation to the Divine/Creator.

Three great *acharya-s*, Sankaracarya, Ramanujacarya and Madhvacarya, recognize the Yoga Sūtra of Patanjali, and all of them talk about the benefits of Yoga for reducing and preventing illness. In their first commentary, *Vyasabhasa*, *Yamunacharya* and *Vedanta Desika* have the common message that Yoga, done as service to the Lord, will reduce or prevent all illness. Furthermore, Patanjali says in Yoga Sutra I - 32 "*tat-pratisedha-artham-eka-tattva-abhyāsah*", i.e. if one can select an appropriate means to steady the mind and practice this, whatever the provocations, such interruptions cannot take root (TKV Desikachar, 2008).

From the Yoga point of view a person is considered ill when either the body, mind, spiritual connection, or emotions are unstable, thus the Care-Seeker will be treated in a holistic manner. Yoga will address the physical body, the emotions, the mind, the energetic field and the connection with a superior being, altogether as a whole, therefore healing takes place at different levels. Whereas from the Bio Medicine point of view, as stated in the article "*El yoga como terapia complementaria en pacientes con estrés en Buenos Aires (Argentina)*"<sup>1</sup>, the person will be looked at from different specialties depending on the patient's problem. It could be a cardiologist, traumatologist, or any other specialist required (Sarudiansky, Saizar, 2007, p.76). Talking about dealing with stress, in any possible situation, what is happening to the individual is that stress alters the natural flow of energy creating an energetic blockage which can be resolved with the (already mentioned) tools of Yoga. These tools will allow the flow of energy into the system, calming down the cause of the illness (ibid, p.77).

It is important to highlight the fact that psychotherapists noticed their patients accepted Yoga as a useful tool for their illnesses. Both psychotherapists and patients perceive Yoga as a practice that is not contradictory with their principles or their beliefs, evenmore, they see Yoga as a complementary therapy that will help in the healing process (ibid, p.74) and also in the improvement of mental health.

The article "The effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace" by Ned Hartfield and other academics had auspicious results for the effectiveness of Yoga when dealing with stress factors and "for improving well-being and resilience to stress among a variety of populations". They cite in their discussion a study previously done with very symbolic results, " a single yoga class had a statistically significant effect on improving mood among 113 psychiatric patients. Patients were significantly less tense/anxious, less depressed/dejected, less angry/hostile, less confused/bewildered, and less fatigued after participating in a yoga class " (Hartfield and others, 2010, p.49).

We can also take into account the results of the study conducted by Manoj Sharma, presented in the article "Yoga as an Alternative and Complementary Approach for Stress

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<sup>1</sup> Yoga as a complementary therapy for patients with stress in Buenos Aires, Argentina

Management”. He carries out a systematic review of studies involving yoga interventions for managing stress trying to determine if Yoga has been found to be efficacious in alleviating it in otherwise healthy individuals. Other questions he addresses are if there is sufficient data available to draw conclusions regarding the efficacy of Yoga in stress management and what are the methodological limitations of the present research studies and how can these be addressed in future research (Sharma, 2013).

From 17 studies 12 demonstrated positive changes in psychological or physiological outcome measures related to stress. Of the remaining five, 2 didn’t show a change and 3 had mixed results. According to the author “These findings are in consonance with the previous review published in 2011, which found that 7 out of 8 studies had positive results” (ibid).

Sharma concludes by advising that everyone involved in stress management should consider Yoga as one of the necessary therapies in the process of stress reduction. He affirms that “despite the limitations of not all studies using a randomized controlled design, having smaller sample sizes, having different outcome measures, having non standardized yoga intervention, and having varying lengths of intervention, yoga is a promising modality for stress management”.

The study conducted by Sharma, alongside the other information presented above, can be complemented with the investigation conducted by T. L. Narasimha Reddy and S.Ammani, “Stress management: a case study of professional students on impact of meditation & yoga on stress levels”. In this case, their aim is to prove the significant impact of Yoga on Stress among Professional Students like Medicine or Engineering students and, more specifically, the significant impact of meditation and Yoga on Stress. All of this is measured in regards to a Pre-test and Post-test. They reach the conclusion -based on the results of the tests- that both Yoga and Meditation have indeed a significant impact on stress factors. In fact, some are considering including Yoga into the workplace as a way “to mitigate stress, enhance health status and reduce the risk of cardiovascular and metabolic diseases.” (Narasimha Reddy, Ammani, 2013, p.44).

Having Yoga practices in all work environments should start to be included as part of the requirements in companies, since Yoga will not only improve people’s health but also give them a better and more focused quality time in their job; and it should apply to all, the executives, the management, and the employees. In the article “The effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace” mentioned before they address this issue. Human resources professionals are aware of the role stress plays in the workforce. Stress related factors in the UK are the cause of half of the lost days due to sickness, and lately they have noticed an increment of long-term absences (20 days or so) due to stress, anxiety and depression.



After concluding our research under the stress, stress management, Yoga and meditation topics we found out that this type of study we are doing is relevant especially because it addresses Yoga as Therapy, *cikitsa*, while the other studies focused on Yoga as a practice, but not specifically an every day practice as is the case with our approach. And also, in our study there is an emphasis, as we already mentioned, on the involvement from the beginning, of both the Care Provider and the Care Seeker, which is necessary for a positive outcome. The individual that is having stress related illnesses must be aware of the fact that his or her involvement is the secret of their healing and that it is a process that takes time and commitment. They will find out soon enough the great benefits of a regular practice.

### 3. Methodology

A research period of three months, applying a Qualitative Analysis Approach, and using subjective profile descriptions was used. The research was conducted in three different countries, Argentina, Australia and Japan, the residence of the Care Providers. Each one worked with three Care Seekers, primarily chosen from their respective known student groups and who were having stress related issues.

The main objective was to put up a heterogeneous sample in order to demonstrate that anyone can be benefited and manage stress with Yoga Therapy. The ages, occupations as well as socioeconomic conditions of the Care-Seekers are varied. The range goes from a twenty two years old medicine student, a thirty seven years old educational psychologist and runner, a forty five years old businessman and sailor, a fifty three years old CEO, a fifty seven and sixty three years old housewives, a forty five years old lecturer at UTS (University of Technology Sydney), and two senior citizens of over seventy and eighty years old.

The three Care Providers followed the same methodology: On the first meeting the Care Seekers needed to fill out and sign four different forms: **The Instruction of the Research, the Research Consent Form, the Questionnaire** and a **Record Form**.

**The Instruction of the Research** (Annex 1) has information about the Project, it mentions the Yoga Therapy studies at Chennai following the Krishnamacharya Tradition. It includes the names and the countries where the Yoga Therapists and teachers live and are actually working, it talks about stress and the goal with this Research, which is to deal with stress management with the help of Yoga Therapy, *cikitsa*, and to acquire more knowledge on this subject. Finally, it briefly shows the methodology that is going to be applied for the Research.

Once they read the **Instruction of the Research**, the Care Seekers signs a **Research Consent form** ( Annex 2) which includes their understanding of this type of Project, their acknowledgement that they are volunteers providing the information required by the Care Provider, and clarifying that if they have any doubts they will contact the Care Provider at any point within the three months period, with the possibility of leaving the Project if they feel the need to.

A specific stress target **Yoga Therapy Questionnaire** (Annex 4), is required. The **Questionnaire**, designed by the Care Providers, with thirty questions to be answered in a Never, Some, Most of the Time, or Always scale, and divided into three items: lifestyle, personal stress, and stress symptoms. Here we obtain the **Initial Answers** (Annex 5) of the Care-Seekers that will be used to make the **Initial Radar Charts** (Annex 6) referred further on. This Radar Chart was designed based on the results of each Care Seeker's Questionnaire. These were taken into a **Value Table** (Annex 14) in order to identify the

stress category that should be addressed to each Care-Seeker. In other words, the Radar Charts was created to analyze the stress magnitude of the care seekers and to find out which of the five main symptoms needed to be addressed first.

The Questionnaire is considered one of the tools to know the stress level of the Care Seekers, together with the **Record Form** (Annex 3). This form is the same as the one used at the KHYF Viniyoga School in Chennai. **The Record Form** is used in order to obtain the personal and medical background of each Care Seeker. It includes special and important information such as age, height, weight, occupation and symptoms of illness. Questions referring to their emotional state and their challenging moments in life. As well as their family history, energy level and social skills. Is a complete and useful form for the Care Provider to rely on.

With the information obtained from the **Questionnaire**, and the answers from the **Record Form**, the Care-Seekers were given one of the three **Practices** (Annex 7), previously developed by the Care Providers, to address their applicable stress levels:

- 1) Low Stressed People (from 1 to 30 points)
- 2) Medium Stressed People (from 31 to 60 points)
- 3) Highly Stressed People (from 61 to 90 points)

As mentioned before, during the period of time between the first and the second meeting, an **Initial Radar Chart** (Annex 6) for each Care Seeker is created by incorporating the information shown in the **Initial Answers** (Annex 5) to the **Questionnaire**, in order to establish the profile of the care-seeker's stress and its related symptoms.

At the second meeting, based on the results of each Care Seeker's **Radar Chart**, a specific **Practice** is designed to make it more accurate to each individual and their cause of stress (shown in Annexes 9, 10 and 11). Here we can find differences that show each of the three Care Providers' specific focus for their Care Seekers. It should be noted that the practices were set following a **Model** (Annex 8) previously configured by the Care-Providers considering five stress categories:

- Metabolism and Immune System
- Energy Level and Circulation
- Muscle Tension
- Sleeping Disorders
- Attitude and Emotional Disorders



The meetings with the Care Seekers continue, twice a month for the first month, and once or twice (according to the circumstances) for the last two months, during the length of the research (three months).

A **record** of the observations from each meeting is kept, indicating the day they took place, whether the Care Seeker arrived on time, was delayed, or cancelled the session. And if they were willing to meet and how were they emotionally, physically and mentally at the time of the meeting.

Other comments were also made by the Care Provider based on the observation and questions asked such as:

- What do you feel about having this session?
- Do you have any difficulties or questions?
- Whether the Care Seeker has a negative or a positive response to the practice.

At the end of this period, the Care Seeker was required again to complete the **Questionnaire**, presenting their **Final Answers** (Annex 12). This was also recorded in a **Final Radar Chart**. (Annex 13). At this stage, a final interview was conducted addressing the following questions (shown in results):

- *How were your sessions during the three months?*
- *Have you experienced a positive change?*
- *How do you feel on completion of our three months?*
- *Do you have any comments on or suggestions about our project?*
- *Is the outcome very different from what you expected? In what way?*

All of the previous steps were followed by the three Care Seekers during their meetings, together with the observation, **Parīksha**, following the principles of Yoga Therapy, which has three methods:

- **Darśanam** : to observe the Care Seeker's physical presence, movements and behavior.
- **Sparśanam** : to touch, to feel the temperature, the pulse, the skin, or a certain area where there is tension.
- **Praśnam** : to dialogue, to communicate and express.

During the meetings the **Vyūha** Model in Healing -presented in Literature review - was followed. This means, each Care-Provider analyzed the symptoms (**Heyam**) and causes

of stress (*Hetu*) in order to establish the means (*Upāyam*) and achieve managing stress in the Care-Seekers (*Hānam*), the goal.

There were a total of six meetings scheduled for the Project, in all of them there was the method of observation included. From the third meeting to the last one there might be differences within the Care Seekers procedure due to particular situations regarding each case. Most of them were available for all six, but some, due to personal activities, travels, and other complications, could not meet personally with the Care Providers. Still, they were always in touch and communicating their needs and doubts.

Another difference is the length of each meeting. The first two were about fifty minutes, but the next in some cases were shorter. This varied according to the Care Seekers concerns and the Care Providers observations. There were also differences with the practices given. Some Care Seekers were able to follow the practice from the beginning, others asked to change or adjust the practices because they were too intense.

The place in which the meetings were held changes depending on each Care Provider arrangement. Some had their own studio to receive the Care Seekers, some used the Yoga Classroom where the Care Seekers usually had their classes, or went to the homes of their Care Seekers to have the meetings.

All this data collected over the entire three month period constitute the findings, which form the basis of the research culminating in this thesis.

## 4. Results

### 4.1 Janet

My careseekers, Tom, Ayana and Jessica are fictitious names, but the rest of the information is real.

#### a. Tom

I met the first Care-seeker, Tom aged 45, some years ago during his study for his diploma as a Yoga teacher. He has subsequently attended my yoga workshops on Yoga philosophy and Vedic Chanting. He does not teach Yoga.

Tom willingly raised his hand to become a Care-seeker when I explained that I was conducting research for a thesis for Stress Management with two other colleagues.

Tom has been diagnosed as a Marfan, an inherited disorder that affects the connective tissues. He is tall, thin with long arms, legs, fingers and toes. He has flat feet, a chest that dips inward and a curved spine, scoliosis. He does not mention the word Marfan but he says he was born with congenital emphysema, a defective right lung and endured lung surgery as a child. He suffers from skin disorders, skin dermatitis which erupts into angry red itching and rashes. He also suffers from insomnia, but manages to accrue 7 hours sleep from time to time. He suffers from chronic headaches, blocked/ runny nose and coughs. His breath is short, uneven due to a compromised lung he says. He says he finds his “thoughts jumpy, busy and erratic” He is fastidious with his diet as a pescatorian.

His present occupation is working as a lecturer at UTS ( University of Technology Sydney). Tom’s work environment is stressful. He is not teaching enough classes. He has a toxic relationship with certain students and supervisors as he has a tendency to be argumentative. His communication skills are questionable.

Tom has gone to two other Care Providers in the past. Sadly he did not sustain his given practices as he did not believe they were giving him immediate relief. We have here a Care Seeker who is intelligent, seeking healing but who has a tendency to be impatient, judgemental and lacking in trust. It will be interesting to work with him, to see if he will allow change to take place, learn to trust and submit to his daily practice.

#### First meeting - October, 10th 2019

He dutifully signed the Consent Form and filled in the Questionnaire (Annex 5). I introduced him to a simple sequence of breathing to promote connection to his breath, to bring awareness of his breath, the sound it makes, to follow its movement, to enhance the breath to bring quiet and space between his thoughts. ( Annex 9)

I introduced sound by way of Mantra to feel the vibration of sound in his body. Mantra used was *Om Śāntih*.

He was comfortable using visualisation of the moon reflected in a lake to bring peace and calm.

#### Second meeting - October, 25th

At our second meeting we addressed the results of his Questionnaire. His radar chart showed his stress level was High with a *Pitta Vāta*, reading on his right wrist, the left was similar. His energy, circulation and metabolism levels, his sleep patterns needed addressing as were the muscle tension he was carrying.

His evening practice done before sleep was irregular but he seemed happy to move on to a practice that would be more in tune with what he needed, the result of his Radar Chart. His mantra now would be *Om Somaya Namah*. He gave his commitment to practice every night. I have a feeling there is a need for this Care-seeker to “argue” and not accept. I needed to be patient as we worked together, so that he could build trust and commit to his practice to bring about peace and calm.

#### Third meeting - November, 15th

The advent of the “bush fires” caused major irritation, the smoke filled atmosphere caused a “runny nose”, skin rashes, breathing disorders and sleep disturbances. The last meeting scheduled for November 8th was cancelled due to his discomfort.

I introduced again the yoga sequence for Medium Stress and he was willing to incorporate the Mantra, *Om Somaya Namah*, the meditative calming quality of the moon to bring about luminosity and lightness. Since he was practicing before going to bed, the image of the moon would enhance his well being and bring about a sense of relaxation and peace. He was happy as we revisited the practice.

#### Fourth meeting - December, 19th

It transpired that the revised practice did not go well, it was not conducive to his well being. The ongoing bushfires in Australia, the images of the fiery night sky was in contrast to the calming moonlit night sky. We changed the practice to include the mantra *Mām Pāhi* - please protect me, please cherish me. The practice and mantra connected to his need to go within to seek ease. He was now practicing the Highly stressed sequence.

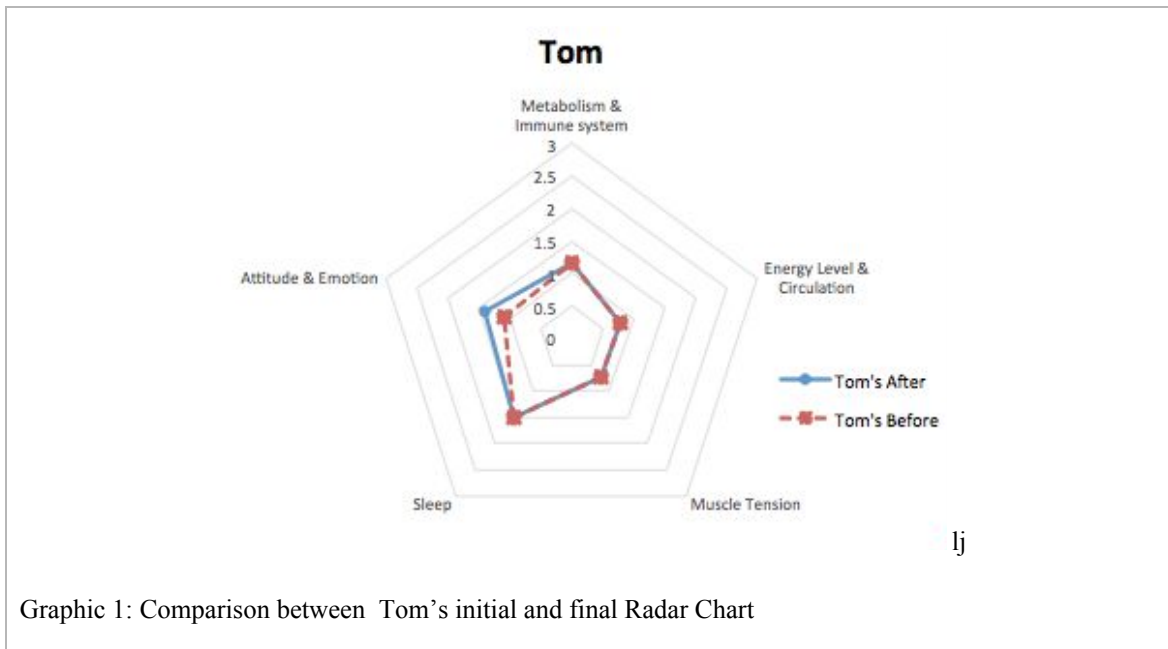
Fifth meeting - January, 9th 2020.

I introduced him to the practice of *Yoga Nidra*, an ancient sacred yogic process of meditation to induce profound relaxation to his body and mind, eliminate stress and overcome insomnia. This practice helps to resolve trauma, overcome anxiety, fear, anger and depression. I gave him a CD tape of *Yoga Nidra* together with his new sequence. He said he would commit to daily practice.

Final session - January, 16th.

However on filling the questionnaire again the Radar Chart showed little change had taken place (Annexes 12 and 13). This showed that his mind and thoughts were not congruent with his practice. This was disappointing. Tom did say however that he felt much happier, that he felt a difference and wanted to continue as a Care-seeker!

We can observe the recent statement regarding Tom's improvement in the graphic below:



Following are his answers to our final interview:

- *How were your sessions during the three months?* Good and informative. Two practices were prescribed. The second practice caused more issues and made symptoms worse than before. The first and current practices were much better.

- *Did you have a positive change?* Yes. We are living in the most volatile times since the Great Depression. This practice might have minimised the effect or increased the capability to cope with these increasing stressful times.
- *How did you feel after the last session ended?* Having the tools available in the practice to be able to have better control. A practice that is easily incorporated in the daily schedule.
- *Any ideas, advice or suggestions about our Project?* There could be further investigation into practices for improving sleep. There is further scope to add more levels of practices such as extreme stress and very extreme stress.
- *Was the outcome very different from what you expected?* Yes.
- *In what way.?* Practice is gentler than anticipated which is good. Not much time required for the practice. Janet is approachable and able to answer any questions I may have. It is much better than having one private session.

#### **b. Ayana**

Ayana is 87. She attends my Seniors Chair Yoga at the local Community Centre. She volunteered herself as a Care-seeker to help alleviate her problems with anxiety, shortness of breath and insomnia.

She lost her husband to colon cancer in 1966. She lives by herself. Some years ago she had a serious car accident, and was hospitalised for 14 weeks with a broken foot, 13 broken ribs, punctured lung and broken pelvis.

She suffers from ectopic heart beats which result in anxiety at night as she wakes up struggling to breathe. She also had a diseased colon which was removed robotically. A lobectomy, the removal of the upper right lung was done due to cancer. Recurrence of disease in her lower right lung lobe followed. The lung was removed. Radiation therapy was administered and as a result her breathing is compromised. She suffers from constipation in spite of a good healthy diet.

#### First meeting - October, 14th 2019

At the first meeting we discussed the steps we would take to address her condition and a simple sequence was introduced with the emphasis on breathing. It was to help her become aware of the breath, to relax and to be at ease. A gentle asana practice followed, with the peace mantra *Om Santih*.

I emphasised that it was important that she committed to doing her best to this process of making her life more calm and liveable. She was happy that she could share her fears with me and promised to do the practice.

#### Second meeting - October, 25th

At the next meeting, two weeks later, we addressed the results of her questionnaire and radar chart which indicated that she was Highly Stressed. We practiced the sequence and the mantra *Mam Pahi*. She connected to the mantra “Please cherish, protect me” Ayana talked about her fear of dying, her anxiety and deep distress due to her irregular heart beat.

Her sleep was disturbed, she was experiencing tiredness which brought on despondency and depression. Our talk on addressing life and life’s journey brought some comfort. She left feeling comforted and able to talk about her feelings and share her fears. She felt heard. I suggested she applied warmed oil to her feet and beneath her eyes before going to bed.

#### Third meeting - November, 8th

Ayana appeared lighter, happier when she attended our next meeting. She was practicing daily. Chanting *Mam Pahi*, Japa Mantra throughout the day gave her solace. She realised that she had spent the last 54 years living in the past mourning the loss of her husband and not living in the present! Her doctor had given her new medication to address her irregular heartbeat and she was now sleeping better and her strength and mobility with gentle *āsana* had improved.

#### Fourth meeting - November, 24th

Ayana seemed to be grounded in her practice, taking great comfort from it. Her positive attitude contrasted with how she previously viewed her life. It was encouraging to see a change in her attitude. Her question “ Did I give myself cancer because of my negative thoughts?” took me by surprise. However, Ayana had begun to experience sciatic pain intermittently down her right leg. She was unable to do her practice.

Sleep was compromised. She was experiencing pain down her back. It was agreed she would visit her doctor. I introduced *Yoga Nidra* to draw her mind and awareness to different parts of her physical body. This practice of bringing awareness to different parts of her would bring her inward and peace rather than indulge in the mind activities, pain and fear. The practice of *Yoga Nidra* is being used by traumatised war veterans, victims of abuse etc.

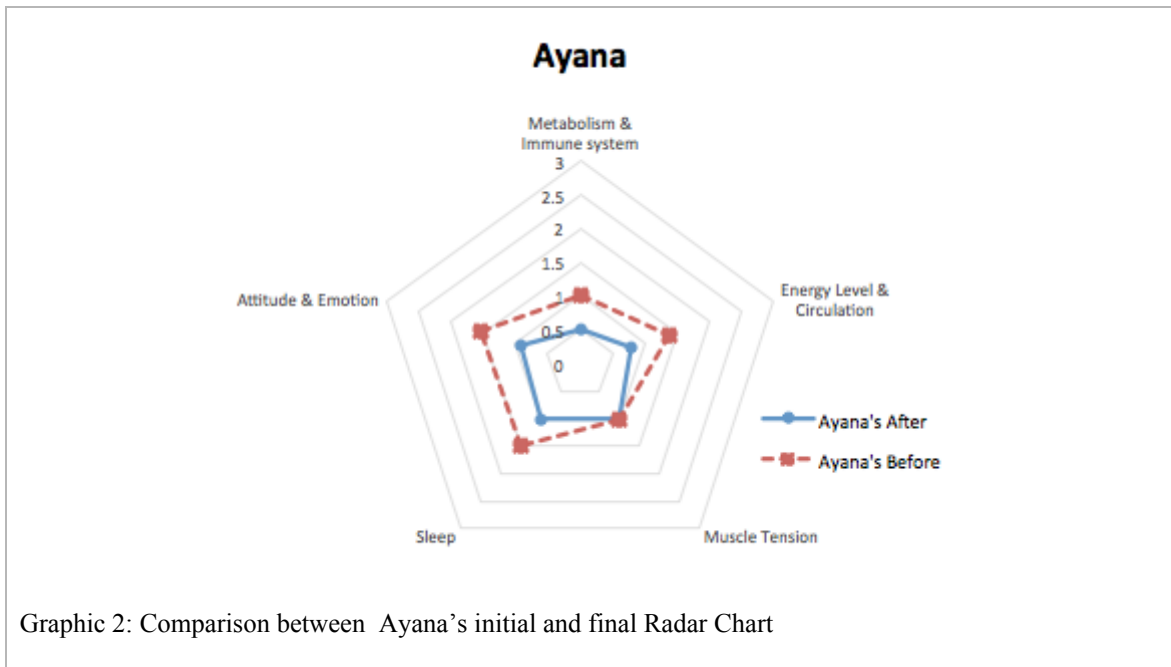
Fifth meeting - December, 6th

Ayana has been diagnosed with stenosis of the spine, narrowing of the vertebrae with bulging discs. She is receiving steroid injections to help with the arthritis in her spine. Ayana refuses to take strong medication prescribed by the doctor. She would rather endure the pain.

The emphasis now was to focus on simple *prānāyāma* techniques, I suggested she place one hand on her heart, the other on her belly and simply breathe, visualising the sun in her heart as she inhaled, the sun in her belly as she exhaled. Gentle asana sitting on a chair helped bring movement to her upper body.

Final session - December, 20th

Her final questionnaire (Annex 12) and radar chart (Annex 13) showed a change and difference in her attitude and emotions. Here we can see her evolution:



She asked to continue to come as a Care-Seeker. In her assessment of the sessions Ayana said she found our meetings very helpful and was appreciative of the time I gave her.

She felt a lot more positive as she realised her pattern of thinking was not helping her live in the moment. She felt more relaxed and was able to appreciate what she had. In



spite of her ongoing disabilities, Ayana now radiates an acceptance and calm, living her life with dignity and purpose.

Following are her answers to our final interview:

- *How were your sessions during the three months?* The sessions during the 3 months were very helpful and I really appreciated the amount of time Janet gave me.
- *Have you experienced a positive change?* Yes. I was able to feel a lot more positive as I realised my pattern of thinking was not helping me live in the moment.
- *How do you feel on completion of our three months?* After completing the final session I felt more relaxed and able to appreciate what I have.
- *Do you have any comments or suggestions about our Project?* It might be an idea to have 3 or 4 people together to compare notes so to speak.
- *Is the outcome very different from what you expected ? In what way?* Not really, as having known Janet for some time I know what an extraordinary lady she is wanting to help and giving her time to others.

### **c. Jessica**

Jessica aged 76 attends two Seniors Chair Yoga sessions at the local Community Centre every week. She is tall, looks strong and presents well. She has had a back operation (laminectomy) but continues to suffer from ongoing lower back pain.

She has had 2 knee replacements. Her body is rigid, stiff and inflexible and makes her ultra cautious in movement. She recently was told her husband has Parkinson's Disease. She is finding it difficult to cope and accept the news.

#### First meeting - November, 16th 2019

Jessica asked for help to improve her quality of life. She was eager to embrace whatever tools she could use to help her cope with her compromised body and be a significant help to her husband who has Parkinson's disease.

She filled in the questionnaire (Annex 5) and consent form and said she was looking forward to meeting again soon. I introduced her to a simple sequence, sitting on a chair with hands on her heart to breathe freely and slowly. It was a difficult process as her breath was shallow and agitated.

### Second Meeting - October 23rd

Jessica's questionnaire and radar chart indicated that she was in the High Stress Category. Her pulse read *Vāta*, *Pitta* dominant on her right wrist and *Pitta Vāta* on her left.

I decided to introduce the simplest of sequences sitting on a chair with hand movements using *Nyāsa*. As she relaxed into the practice I noticed her face softening and her lips lifting into a half smile. Her breathing slowed and her exhalation lengthened.

The next practice, *sītālī* breath, engaged head movement and cooled her body. Repeated 12 times it brought steadiness and relief to her body in the hot summer atmosphere. As she could not get to the floor from her chair I suggested that she could practice from her bed on waking. - *apanāsana*, modified *jāthara pavrīti* and modified *dvipāda pītham*. She was also asked to chant the peace mantra Om Santih.

### Third meeting - October, 23rd

On our next meeting, I noticed Jessica moving comfortably into her practice. She was more at ease with her movements, more fluid, and her breathing was flowing. I suggested that from a lying position on her bed with her knees bent, arms extended at shoulder height, she could introduce an extension of breath each time she moved both her knees to the right and then to the left, *jāthara pavrīti*. She could repeat the movements 4 times. This would address her stiff back and gradually give her the confidence to move her back and ease her stiffness.

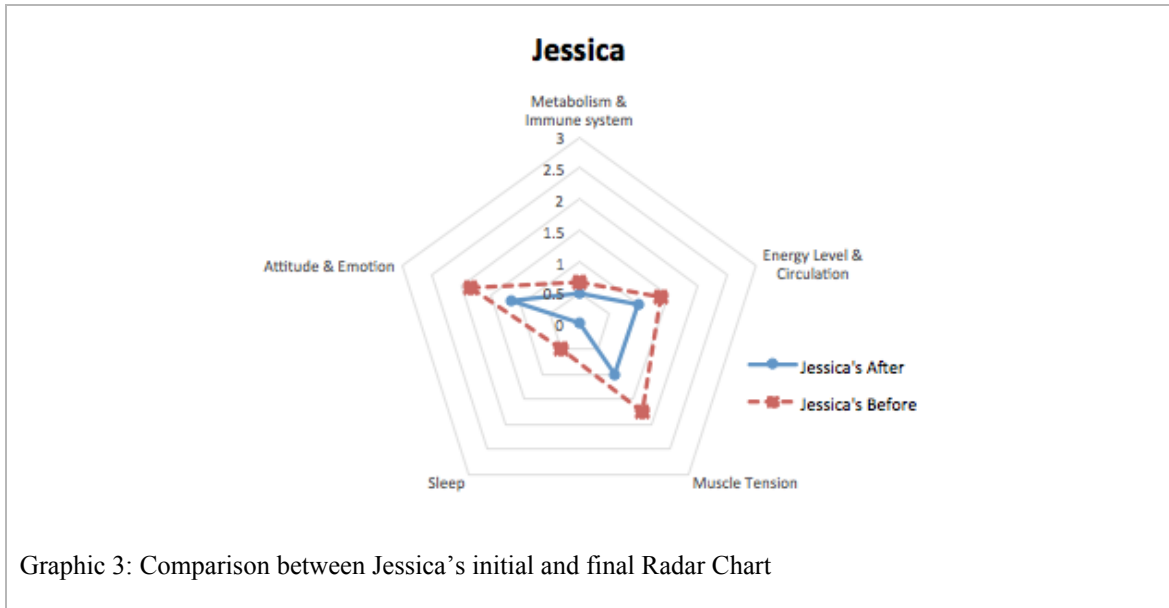
### Fourth meeting - October 8th

Jessica is an avid gardener, she has raised flower beds to accommodate her compromised back. Chanting *Om Pushupāya Namah*, visualising an opening flower resonated with her. She enjoyed her practice; she said her twisting movements were more mobile. Her seated forward bends were enabling her to reach further and down towards her knees with her hands down towards her feet. The modified chair *cakravākāsana* was more fluid allowing her to stretch her lower back.

### Final session - October, 30th

In our following sessions Jessica confessed that she was inconsistent with her daily practice as it all depended on whether she had a good night's sleep. Her husband's restless nights were causing her sleepless nights. She felt guilty about moving to another bed. She realised however that her yoga practice was vital to her wellbeing. In filling the

questionnaire again (Annex 12) she was positive that she had changed in many ways as her radar chart soon revealed as we can observe below:



She had learnt to accept her husband's condition and adjust their life according to his and her needs. Her yoga practice gave her a measure of comfort as she found her body responding to her renewed practice. Her Chanting resonated with her love of flowers, beauty and nature.

She said her life had changed as she now took each day as it presented itself. She was grateful to be part of the community of seniors, who are friendly and supportive of each other, and to practice yoga according to her ability. Following are her answers to our final interview:

- *How were your sessions during the three months?* I loved them, Janet was so patient, truly inspirational.
- *Have you experienced a positive change ?* I am more relaxed and this has been tested by having a sick husband for a year.
- *How do you feel on completion of our three months?* I am less stressed and more understanding and accepting of situations I cannot change.
- *Do you have any comments or suggestions about our Project?* No
- *Is the outcome very different from what you expected? In what way ?* I was so inspired by Janet and learnt much for my inner soul. I was sorry when it ended. I

will always remember her as a giving, caring and understanding lady for the wonderful opportunity to 'de stress' and learn to live with things I cannot change.

## 4.2 Catalina

My three careseekers are presented under fictitious names, but the rest of the information is real. Barbara, one of my neighbours was interested in Yoga Therapy for Stress Management from the moment I mentioned it to her. She wanted to reduce stress accumulated in part because of her university studies and in part because of her family situation.

My other two cases are a couple which have been students of mine for over a year. I mentioned our Research and they were curious about our Project. I explained to them in few words what we were working on and how they would be involved if they felt like participating. It was surprising for me to find out that they were delighted with the idea and ready to join our Project. Again I will use fictitious names -in this case, Gina and Carl- but the rest of the information is based on real facts. The dates of our meetings with Gina and Carl are held on the same day because they could only meet on the days we have our Yoga class.

### a. Barbara

Barbara is a twenty two years old medicine student. She is very smart and curious about different knowledge, both scientific and artistic. She loves painting, music, singing and photography. Barbara is very participative of the social movements in Argentina and likes to be present and active at the different meetings concerning women rights.

#### First meeting. October, 9th 2019

On our first meeting she filled out the Questionnaire (Annex 5), the Care Seeker Record (Annex 3) and she read and signed the Instruction of the Research of Yoga Therapy (Annex 1) and the Research Consent Form (Annex 2). The result of the points of the Questionnaire showed that she needed the practice for medium stressed people (Annex 7).

My observation of that meeting was that she had rounded back with the shoulders closing toward the front. She is aware of this since she had already mentioned to me the need to correct her posture. She looked at me with confidence, and she was calm but a little bit shy. She was coherent and very interested in all the information I could give her about Yoga and Yoga Therapy since she never practiced Yoga before.

At that time she was having problems with lactose so she was having some tests to see if she was intolerant to lactose, this was a big change for her, she was already vegetarian but loved to eat cheese and milk. Both right and left pulse were *Vāta-Pitta*.

After a relaxed conversation about Yoga, tools of Yoga, and the power of healing, we moved on into the practice. We did the practice together, in a slow and detailed manner. I showed her the *asanas*, we chanted the *mantra* and I explained the *nyasas*.

Second meeting, October, 23rd

I had prepared a specific practice for her according to the result of the Radar Chart (Annex 6) which showed that her stress was under the Metabolism and Immune System category, (practice provided in Annex 10), as her second stress factor. Her first is sleeping disorder but I gave more importance to her metabolism since her problems with sleep were related with her studying as a medicine student. Again, she was eager and curious to see the new practice.

When I asked her if she was able to do the previous practice she told me that she was doing it, she liked it especially because it helped her to clear her mind and to change her energy. She was doing the practice at night since her days are long and she prefers to do it before bedtime.

She also mentioned how she liked that the practice uses sound chanting a *mantra* since she has singing lessons once a week, so for her the vibration of the mantra was nice. She was communicative, and with an open attitude. After our conversation we went to the Yoga mat and I showed her the new practice.

Third meeting, November, 11th

She was on time, happy to come to our meeting and very enthusiastic with her practice. She told me that this practice was nicer for her, but at the same time more demanding. She had difficulties chanting eight times in *Maha Mudra* so she stayed four times. What I told her then is to keep the four times and to try and add one more time every week.

She continued to do the practice at night, and mostly during the week. On the weekends, because of her social activities, she was going to bed too late and didn't have time for it. On this occasion she had received the results from her tests and she has lactose intolerance, since she eliminated lactose from her diet she did not have any more the stomach ache she used to have.

Her feedback on this opportunity was very positive, she said she felt calmer, with a better attitude towards the practice, and more patient in all aspects.

We moved on to the mat so I could see how she was doing with the asanas. She was very connected and felt confident.

Fourth meeting - November 23rd

Barbara was willing to come even though she was getting closer to the dates of her final exams. She told me that she continued doing the practice and that she definitely felt

the benefits! One of the clear signs of how she was doing better is that when she wakes up she feels less worried and /or anxious.

Now she can also keep up with the 8 times chanting in *Maha Mudra* and the practice was going great for her.

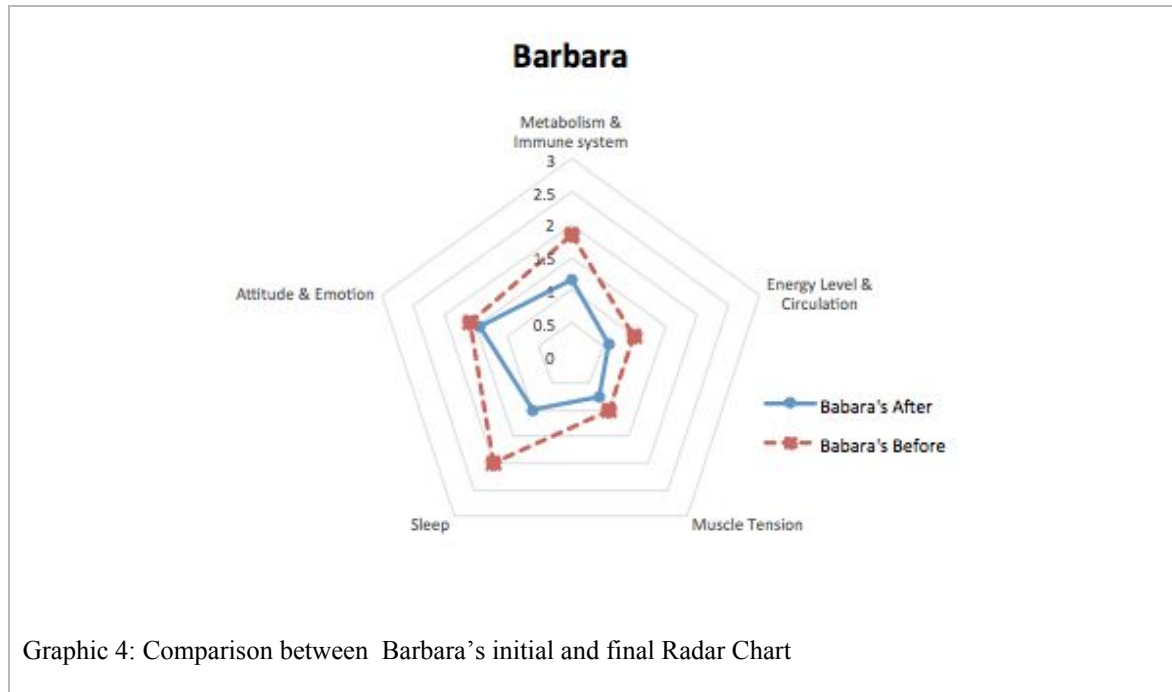
Our meeting was shorter this time since she was thinking about her exams and I felt that there was no reason for keeping her longer.

Final session, - January, 20th, 2020

We kept in touch during the time of the last meeting and this last one, but we were not able to have a personal contact because she was taking her exams and then she went on vacation. Although she kept on doing the practice she told me that it wasn't as regular as the previous months because she was on vacation and her routine had changed.

Barbara said that her diet was better and that she was more tolerant with people and situations. She mentioned that for the first time in many years she was able to have a family reunion without stress, she said she took things in a different way and felt much calmer and connected.

She filled out the the Final Questionnaire and the results were under the low stressed people, thus we can see already her progress. The information obtained from this Final Answers (Annex 12) was taken to the Final Radar Chart (Annex 13). Here we can observe the two Radar Charts overlapped, showing that Barbara reduced her stress level.



Finally, following are her answers to our final interview:

- *How were your sessions during the three months?* Very good! I was comfortable, and always looking forward for our meetings since they were warm and nice. I think the good energy in our meetings played an important role for me to do the practice and for trying to make progress every day.
- *Have you experienced a positive change?* I think I learned to have a little bit of time for myself (whenever possible). The practice also helped me to control my emotions, or at least to notice when I was losing it!
- *How do you feel on completion of our three months?* I felt more patient and I was able to follow the diet that was given to me for being intolerant to lactose.
- *Do you have any comments on or suggestions about our project?* If something comes to mind I will let you know!
- *Is the outcome very different from what you expected?* In what way? Since we talked about the Project a few times before starting the three months it was pretty much what I expected!

#### **b. Gina**

Ginna is thirty seven years old. She works as an educational psychologist and she enjoys very much working with children. She is self employed, in her own office, so she has to manage all the details of her job and this most often is overwhelming.

She likes to run and meets with a running team two times during the week and also with her running team she trains for outdoor and mountain races scheduled twice a year.

We have Yoga class once a week and she always felt that Yoga helps her in all areas of her life, but she still was feeling stressed and was very interested and eager to do the practice.

#### First meeting - October 12th, 2019

I had the same procedure as with Barbara, meaning that on this date I gave Ginna the Care Seeker Record (Annex 3), the Questionnaire (Annex 4), the Instruction of the Research of Yoga Therapy (Annex 1) and the Research Consent Form (Annex 2).



I added the points of the Questionnaire and she was within the Medium Stressed People range. Thus we went over this practice (Annex 7) step by step, for her it was familiar in a way since some of the asana-s are like the ones we do in class.

Her emotional state was stable but I observed her eyes were watery. Her speech was coherent and her confidence level was good. Her pulse reading showed *Pitta-Vata* on the left and *Vata-Pitta* on the right. Her right pulse was less intense than the left.

#### Second meeting - October 25th,

We talked about her questions with the practice. For the most part it went well, she did it at night after work and before dinner. She had a bit of a problem with *sitali* because she started doing the practice as usual but sometimes she would forget to do it with *sitali* so when she noticed this she would incorporate it to the practice.

Her eagerness and attitude were excellent, she was ready to see the new practice for Metabolism and Immune System (Annex 10) and she was really surprised that the Initial Radar Chart (Annex 6) showed this because she said metabolism has always been an issue in her life. My observation this time was that her shoulders tend to be closed to the front a little, and her left side was lower than the right. We went over the practice together, we chanted the *mantra* and did the closing part with chant and visualization.

#### Third meeting - November 8th

She was delighted with the practice. She felt very connected and noticed a change the days she did it and the ones she did not. There were no questions regarding the practice. On this opportunity I observed she was more aware of her breathing, of her posture, and fully engaged with all aspects of Yoga. She was really feeling the empowerment after being practicing for a month in the way that she was more conscious.

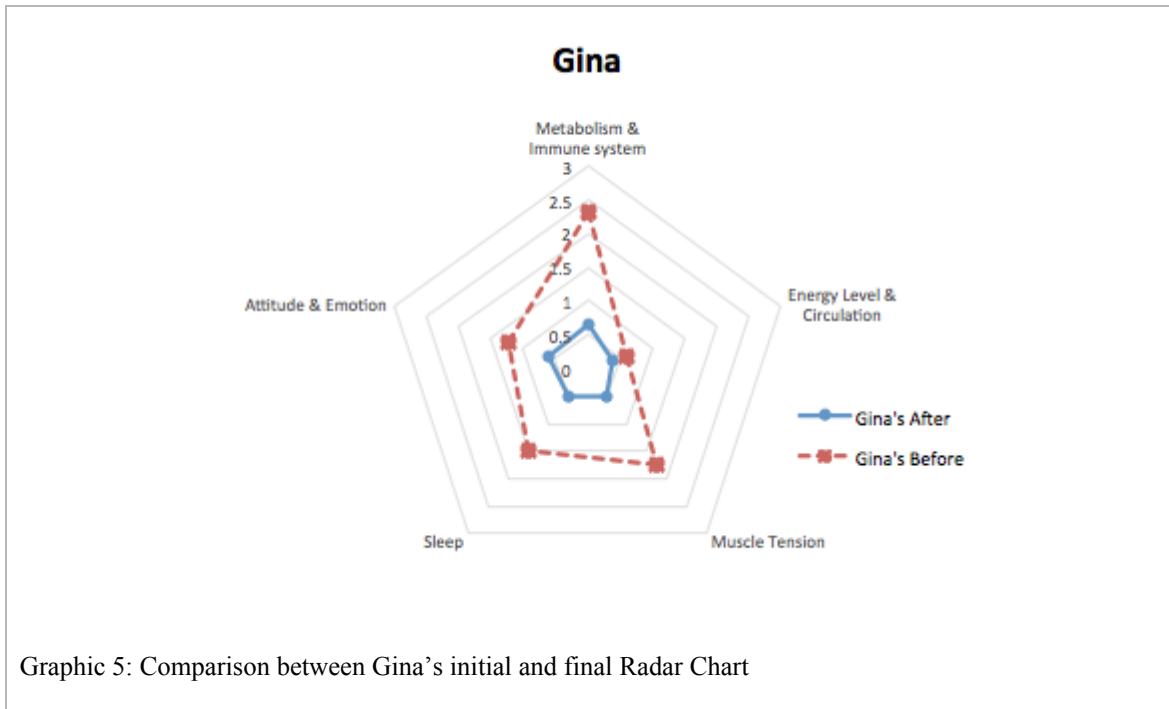
During the second half of November and December our classes were sporadic because they were travelling out of town, on different job related and competition trips. We did meet as a last minute arrangement for an hour class on two occasions and before class, we dedicated some time to talk about the practice. Ginna was always saying that the practice was working wonders, she felt more centered and relaxed. She was communicative, grateful and happy to be doing the practice and being part of our Project.

#### Final session - January 11th, 2020

She was more than willing to talk about the changes she had experienced during the three months of the practice. When she came home after work and did the practice she felt a change in her energy. Like a cleansing energy different from the one she came after long

hours at work. She felt she was in a calmer state. She kept the practice almost every day, and the few times she did not do it she noticed a big difference.

Overall she felt that her digestion changed, she had less bloating and was more relaxed with her meals, less nervous about what to eat and more focused on how she was eating. Her Final Answers to the Questionnaire (Annex 12) results reflected a low stress level, and this can also be observed in the Final Radar Chart (Annex 13):



Finally, following are her answers to the final interview:

- *How were your sessions during the three months?* They were really helpful.
- *Have you experienced a positive change?* Yes, I noticed that I know myself in a deeper way. When I felt I was stressed I observed and accepted the situation, and tried to focus on my breathing to be more calm. I also felt I had a better attitude and that I had more energy.
- *How do you feel on completion of our three months?* I felt I had discovered a practice to help me relax, to be more connected with myself and to be calmer.
- *Do you have any comments on or suggestions about our project?* I loved it just how it was!

- *Is the outcome very different from what you expected? In what way?* For me the outcome was better than I expected to be. During the three months I was able to assimilate and to be more confident with the practice. Surprisingly the practice became part of my daily routine and I really enjoy it

### **c. Carl**

My third case is Carl, Ginna's husband. He is forty five years old. Carl is a businessman, very dedicated and committed to his company which is a cause of stress. He enjoys the outdoors, and likes to go sailing in his boat for hobby and competition. He trains for different competitions throughout the year, and many of them are in other countries. Carl also likes to go to the gym, once or twice a week, and to Yoga class once a week.

#### First meeting - October 12th, 2019

Carl filled out the Care Seeker Record (Annex 3), the Questionnaire (Annex 4), the Instruction of the Research of Yoga Therapy (Annex 1) and the Research Consent Form (Annex 2). Carl was very enthusiastic about the practice. His speech was coherent and his confidence level was high. The result of his points showed a Low Stressed People score, although he felt very stressed especially because he was having trouble sleeping.

We went over his practice for low stressed people (Annex 7) which he mentioned he would most probably do it at night. His right pulse was *Vata-Kapha* and his left was *Vata-Pitta*

#### Second meeting - October 25th,

He was very happy because with two weeks practice he was already sleeping better. He was confident, and willing to continue with the new practice. I noticed he was very tired but still enthusiastic about Yoga Therapy especially *Pranayama* since he noticed that it reduced his anxiety. He was very connected with his breath during the practice.

#### Third meeting - November 8th,

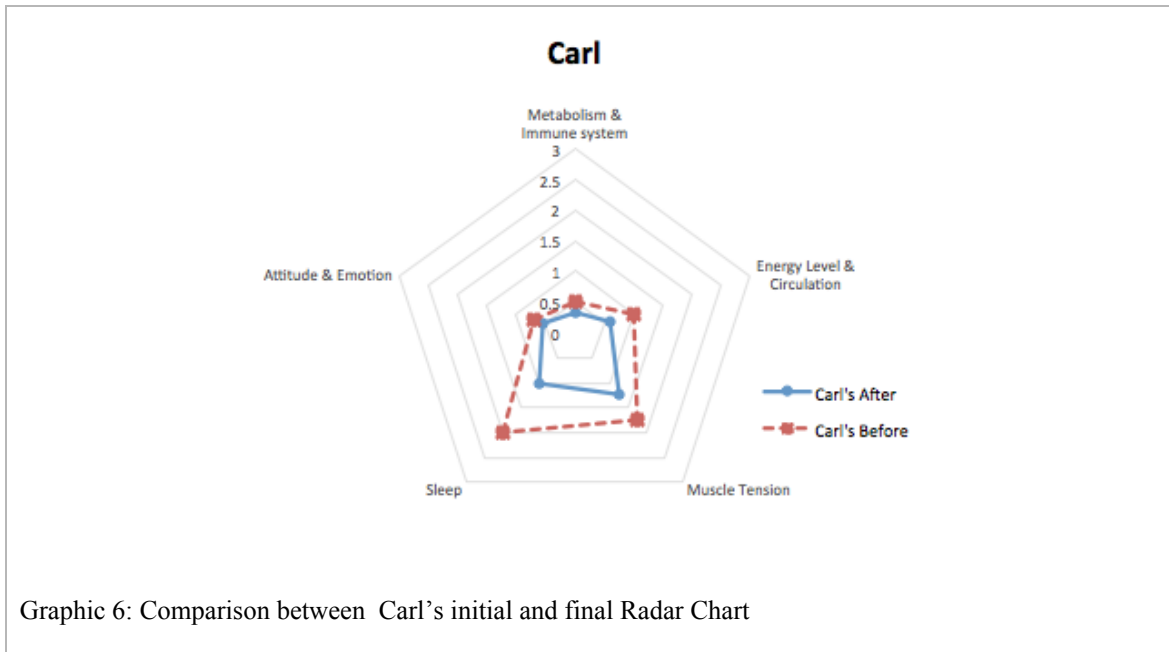
During the second half of November and December our classes were sporadic because they were travelling, out of town, on different job related and competition trips. We did meet as a last minute arrangement for an hour class on two occasions, before class, we dedicated some time to talk about the practice presented in Annex 10.

Carl said the practice was going well, always doing it at night at the same time with his wife, each one in their own space separately. For him it was nice that they both could share the timing and that both could have the benefits of the practice as being part of our Project.

Final session - January 11th, 2020

As mentioned before, Carl lost the regularity of doing the practice he had achieved the previous months but still he was sleeping better and felt more balanced whenever he did it. He mentioned he liked some asana-s better than others. For example he did not like very much one at the beginning of the practice that deals with anxiety, he is sitting down and he had to follow his hand as it goes up, then to the opposite shoulder, then down. He admitted that the reason why he did not feel like doing it was because he is very anxious.

The other part of the practice more toward the end, *Pranayama* in which he inhales free and exhales alternating nostrils was not comfortable for him because he did not like to be touching his nose so he would do it just inhale free, exhale free. Anyway, even though he was not regular with his practice, he felt the change over these three months. Both his Final Answers to the Questionnaire (Annex 12) and his Final Radar Chart (Annex 13) reflect his progress in lowering the stress levels as we can see in graphic 6:



Finally, here are his answers to the final interview :

- *How were your sessions during the three months?* Very rewarding (satisfying)
- *Have you experienced a positive change?* The quality of my sleep / rest during the nights was better. I felt more connected with myself, more balanced and less mental.
- *How do you feel on completion of our three months?* Much better. I felt that my stress level was less and that my sleep was better.

- *Do you have any comments on or suggestions about our project?* I liked it. There were some exercises that I enjoyed better than others, so maybe we could design a practice tailored for each individual based on this.
- *Is the outcome very different from what you expected? In what way?* Actually I was hoping for a good outcome and I liked it very much.

### 4.3 Reiko

My three Care Seekers are presented as Taro, Rie and Mary. I explained what was required of them with **The Instruction of the Research** (Annex 1). They consented and signed **the Research Consent Form** (Annex 2). The **Questionnaire** and the **Record Form** (Annex 3) were filled out at the first meeting. At the final meeting they filled out the same **Questionnaire** as in the first meeting.

#### a. Taro

Taro is 53 years old, CEO of the Start-up Company. He resigned from his previous company after working for 29 years, and started working in a new company in April 2019. He moved to Tokyo. He worked as an expatriate in 4 countries for 13 years. He experienced a great deal of pressure working overseas, but he said his emotion was stable. He had a medical history of stress-induced duodenal ulcer before. But now he has no problem with his medical health check up.

#### First meeting - October, 6th 2019

His symptoms were stiff shoulders and neck. He expects yoga to alleviate his shoulder pain and stress. His stress level was medium stress in the questionnaire (Annex 5). He said his most challenging moments in life are now in the present job.

As *Parikṣa* (observation) his left shoulder was higher than right, his left shoulder was tensioned more right. There were limited left rotations in the cervical spine. His pulse as *Sparśana* is *Vāta* on both sides. He liked walking 7 - 8km on weekends and practiced meditation everyday.

I made a sequence of *Langhana* practice. I suggested that he apply oil on his neck and shoulders before yoga (*Dravya-prayoga*). I chose a mantra “*Om Somāya Nāmah*” and asked him to visualize (*Bhāvana*) the moonlight reflected on the calm lake surface. I led him to focus on the sound of his breath to shut down the noise around him, and to feel the vibrations of the mantra. I added *Cakravākāsana* with *Śītali* in inhalation and *Krama* in exhalation. In *Apanāsana* I suggested that he place his elbows on the floor to relax his shoulders.

#### Second meeting - October, 20th

He practiced every night and felt better after yoga. But he still had shoulder and neck stiffness. So I decided to continue with the same mantra and added a few *asanas* for shoulders and neck (Annex 11). *Cakravākāsana* with *Śītālī* in inhalation was effective in soothing his emotions. So he liked it and *Dvipāda Pītham*. In his lifestyle he was always

using his mobile phone, so I advised him to reduce the use of his mobile phone to prevent stiff shoulders caused by eye fatigue.

#### Third meeting - November, 4th

During this time he experienced much stress of having to make big decisions at work. His pulse was *Vāta*. It seemed his mind was agitated, so he needed to be grounded and develop a stable mind. I changed the mantra to “*Om Bhūmyai Namah*”. *Bhu* means earth in Sanskrit. So I decided he needed the Earth element and chose this mantra. He has a strong belief in yoga. So he accepted this new mantra happily. I made a simple sequence to calm his busy mind.

#### Fourth meeting - December, 1st

His pulse was *Pitta*, and I could sense he had anger. I introduced slow movements after exhalation with chanting. His voice trembled and his body was tense. So I taught a simpler practice and it was the same as the first session. Mantra was “*Om Śāntih*” again. His *Bhūjangāsana* was hard for his shoulders, so I removed that and returned to simple *Cakravākāsana* with *Śitali* in inhalation as the first practice.

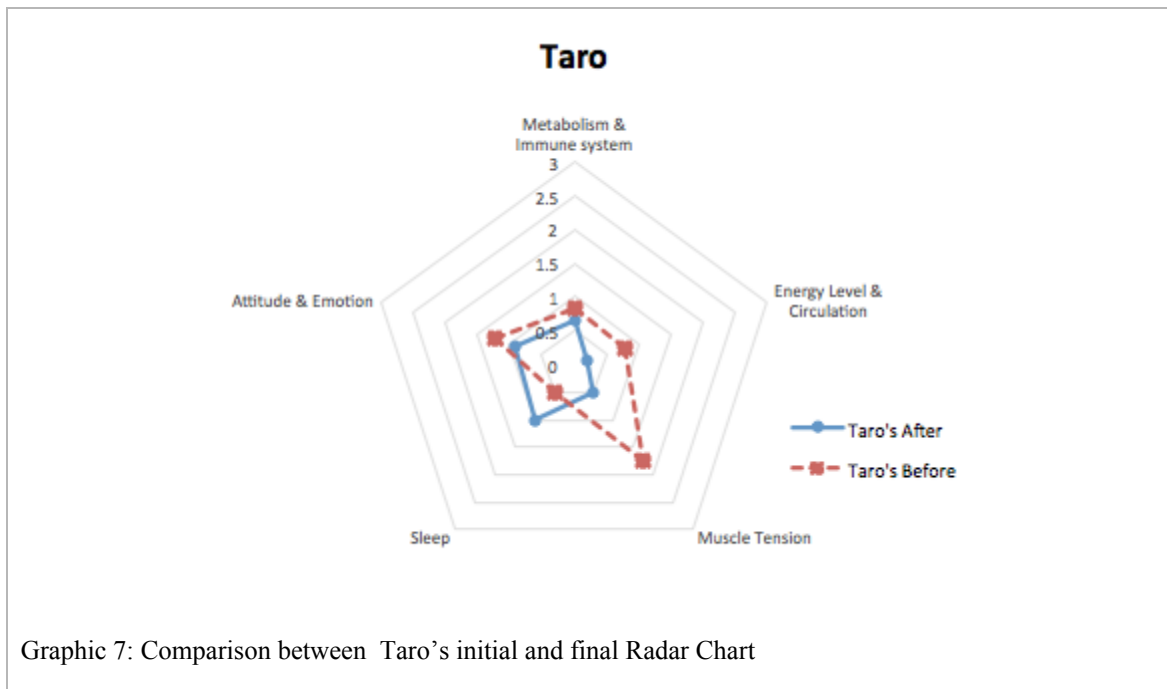
#### Fifth meeting - December, 22nd

He felt better on his shoulder and neck. I was surprised that his pulse was *Kapha*. He seemed to be still stressed but he was feeling much better. I continued to teach *Langhana* practice as it was more simple using *Nyāsa* with a hold 2 seconds after exhalation as it is a more subtle tool. I chose “*Bhūstuti*” as a listening mantra. He said he is able to concentrate and go inward with this mantra.

#### Final session - January, 11th 2020

He said his mind was not stable sometimes because he was anxious about many things. His pulse was *Pitta* on both wrists but his left wrist was weak pulse, *Kapha* and *Pitta*. I taught the same mantra and simple *Langhana āsana* practice. He had his daily routine to practice yoga and meditation before bedtime.

His Final Answers to the Questionnaire resulted (Annex 12) showed a result of less stress level. It can be seen that he reduced muscle tension, he improved his energy level and circulation. The Final Radar Chart (Annex 13) showed a marked improvement in muscle tension. He said yoga was supportive of his heart in his hard times. He became more positive, more energetic and revitalised after these three months. Here we can observe his evolution:



Also, here are his answers to the final interview :

- *How were your sessions during the three months?* It was a calming mind.
- *Have you experienced a positive change?* My emotions, I am less worried and my irritation has calmed down.
- *How do you feel on completion of our three months?* My stiff shoulders improved.
- *Do you have any comments on or suggestions about our project?* I felt very refreshed when I was doing yoga.
- *Is the outcome very different from what you expected?* It was more effective than I expected.

#### **b. Rie**

Rie is a 57 years old housewife. She has 3 children. She was an expatriate for many years. She moved back to Japan in 2016. I talked to her about this project, she was interested in this and offered to be one of Care Seekers.

She is a good wife of an executive member of a major trading company in Japan and a wise mother of three children. She lives a comfortable life in Tokyo and she was looking forward to building a new house. She said she has a lot of worries and was



suffering from sleep deprivation. She had no confidence and a low self-esteem. She had early-stage breast cancer (stage I ) followed by surgery and radiation therapy 3 years ago. Now she takes hormone therapy and has regular screening after breast cancer surgery.

#### First meeting - October 7th 2019

There were no subjective symptoms such as shoulder tension but her right shoulder was higher than left. As *Sparśanam*; Pulse observation, her right was *Vāta* and left is *Pitta & Vāta*. Her stress questionnaire results (Annex 5) were medium stress level. I felt that she lacked confidence and suffered from anxiety. I gave her a yoga sequence for her sleep problems and to calm her mind. (Annex 11)

I explained that there are unique tools of yoga in this tradition and the benefits of using *mantras* for yoga. Her practice was simple and mild moving, sitting and in a lying position with chanting “*om śantih* ”. I taught simple conscious breathing and emphasized making the exhalation more conscious by chanting the mantra. I made her practice including *Langhana āsana-s*, *śītali* pranayama, extending exhalation, *nyāsa* and *cakṣu mudrā* with mantra.

#### Second meeting - October 24th

She enjoyed her practice in the morning. She was happy to be sleeping better than before. We had a conversation before practice, she felt lonely sometimes after her daughter left the family home. She looked bright when she was talking about her daughter. She did not have time before bedtime because she was busy with her household chores. So she wanted to practice in the morning when she was alone. She has the habit of actively exercising in the gym four or five times a week. She had constipation. After analysing the questionnaire in the first session, her Initial Rader Chart (Annex 6) showed that her problems were sleep, attitude and emotional issues.

I made her practice *Brahmana* focused on āsanās /movements to encourage herself and empower her at the beginning of the day. And *pravritti* and *utkattāsana* have been incorporated into the practice. At the same time she should focus on calming her mind by extending exhalation step by step with a long mantra. She was enjoying the mantra and had high confidence in yoga. I advised her if she had sleep problems, she should practice in a lying position placing hands on belly, heart and eyes chanting the mantra before bedtime.

#### Third meeting - November 7th

The tensions in her stiff shoulders and neck were reduced. But she still had constipation, and actually has the *Vāta* constitution. So I talked about *Ahāra*; diet, *Vihāra*; lifestyle. I gave her the same practice as last time because it was appropriate for her at this time. She used the mantra to practice yoga and was pleased with her extending breath. She

could focus breathing in movement and it seemed that she started to notice that movement and breathing are linked.

Fourth meeting - November, 18th

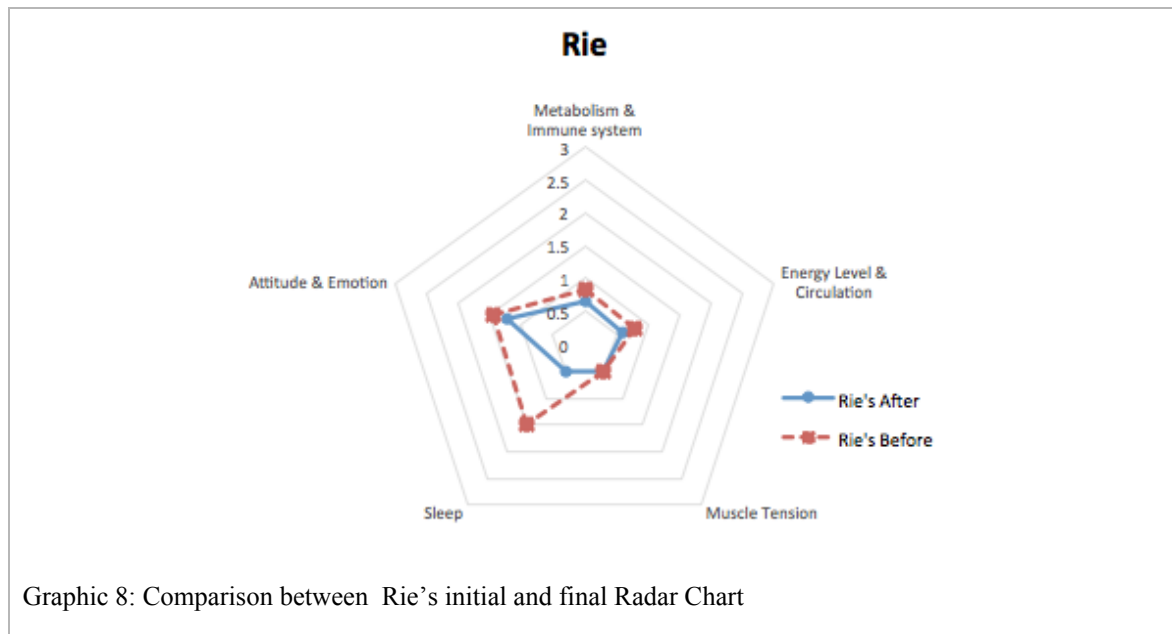
She looked more confident by her morning practice. She was delighted that yoga helped her to a better start of the day. She seemed to be enthusiastic about yoga and trust. I added *Sūrya namaskāra* with the same mantra in her practice (Annex 11). She had experiences doing Yoga before, so the movement of *Sūrya namaskāra* was familiar for her. She had good concentration to move with the mantra.

Fifth meeting - December, 6th

She did practice almost everyday after the fourth session in November, but she was busy in December for family events. She had stiff shoulders and neck due to some stress. She talked about some worries she had busy organizing new year events for her family. So this time I taught her *Dravya-prayoga*; applying oil on her shoulders and neck for evening practice. It was *Langhana* practice with *Anuloma Ujjayi*, *Nyāsa*, extending exhalation and *Śāntimantra*.

Final session - January, 7th 2020

She did not have enough time to practice for family in New Year events. I asked her the same questionnaire as the first time. The result of her Final Answers (Annex 12) was less stress level and the Final Radar Chart (Annex 13) showed a slight improvement in her attitude and emotions. The sleep problem is gone and her metabolism and immune system improved as shown below:



She said she felt to make her body warmer than before, it means that she improved her circulation and emotion became more stable even if she was busy. She was delighted to be able to participate in this three months project because yoga became a habit. Here are her answers to the final interview :

- *How were your sessions during the three months?* It was very good for me because of my poor circulation.
- *Have you experienced a positive change?* It was very good that the body felt warm even with slow movement.
- *How do you feel on completion of our three months?* I felt that my body was getting better when I stretched my body with breathing.
- *Do you have any comments on or suggestions about our project?* Three months is a real tough experience, so if you can continue for six months or one year, you will see something different.
- *Is the outcome very different from what you expected?* It was as expected. Reflection point when I met Reiko regularly, it was almost done once a day, but if I didn't see her, I could not do it.

### **c. Mary**

Mary is a 63 years old housewife, she was also an expatriate for a long time. She has 3 sons and one grandchild. She has no medical history. Mary actively participates in social activities such as volunteering. She is a healthy person and when I talked about this project, she actively offered to be a Care Seeker of this project. I wanted to know what a seemingly healthy person might be under stress and needed stress management. Therefore I asked her to be a Care Seeker.

#### First meeting - October 16th 2019

Her Initial Answers to the Questionnaire (Annex 5) resulted in a medium stress level category. She did not say she did not have any symptoms, but there were stress signs in the questionnaire. She said she had not enough concentration and felt a decrease in memory. She was curious about Yoga therapy and expected to improve concentration, stress management using Yoga.

As *Parīkṣā*; observation her upper back was round little and her right shoulder was higher than left. As *Darśana* her pulse was *Pitta* in right, *Vāta* in left. She seemed to have

the constitution of *Pitta* because she talked very actively and her eyes were big. And her age causes aggravated *Vāta*.

She has always been engaged in housework and child cares for her family. Now her sons have grown up and it is time to finally enjoy her life. She wants Yoga therapy for managing her health and adjusting her body alignment. I explained that Yoga Therapy sometimes takes time for change to take place, Yoga Therapy needs a long term process, step by step in holistic ways.

I made her Yoga practice (Annex 11) to nourish herself. It was a simple *Langhana* practice for the evening. I advised her to apply almond oil on her shoulders and neck (*Dravya-prayoga*) before the practice. She used the mantra of “*Mām Pāhi*” with visualization of meaning. She ended her practice with *Anuloma Ujjayi*. She had never been conscious of breathing. In the first session she felt it was difficult to breath with conscious Yoga breathing. I taught a chanting mantra when exhaling to be aware of breathing, and then she linked with the movement. She was surprised she was aware of her breath herself.

#### Second meeting - October, 30th

The first Radar Chart (Annex 6) showed that the most problem was muscle tension, then attitude and emotion. She practiced regularly in the evening or morning. She liked the mantra and its meaning. But she hurt her lower back by carrying heavy luggage. Her back pain was not serious, but she felt a little uncomfortable.

Her pulse was *Pitta*. Her pulses showed some anger, but she did not say anything. I wanted to know her inner feelings, but I felt she did not want to share her emotions. I advised her to apply almond oil on her lower back as well before practicing yoga. *Dvipāda Pītham* was moved on exhalation to pacify her discomfort. I taught *Nyāsa* in *Śavāsana*.

#### Third meeting - November, 28th

She had shoulder tension. When she did, she tended to have a cramp in her legs. So I added a modified *Cakravākāsana* one movement for extending legs. Her pulse was *Vāta* on right and left. I thought she needed to concentrate more on the breath and to move energy (*prāna*). I taught her arm and neck movement with *Nyāsa*. She enjoyed the *vinyasa* practice with chanting.

#### Fourth meeting - December, 12th

She had to drink alcohol at parties of family and friends. She had a stomachache due to gastric ptosis. I taught her *Śītalī* in inhalation using head and neck movement. In *prānāyāma* one hand on chest and one hand on belly to be aware of the moving energy with breathing. I applied more sequences of *Vinyāsa Krama*. She enjoyed the practice.

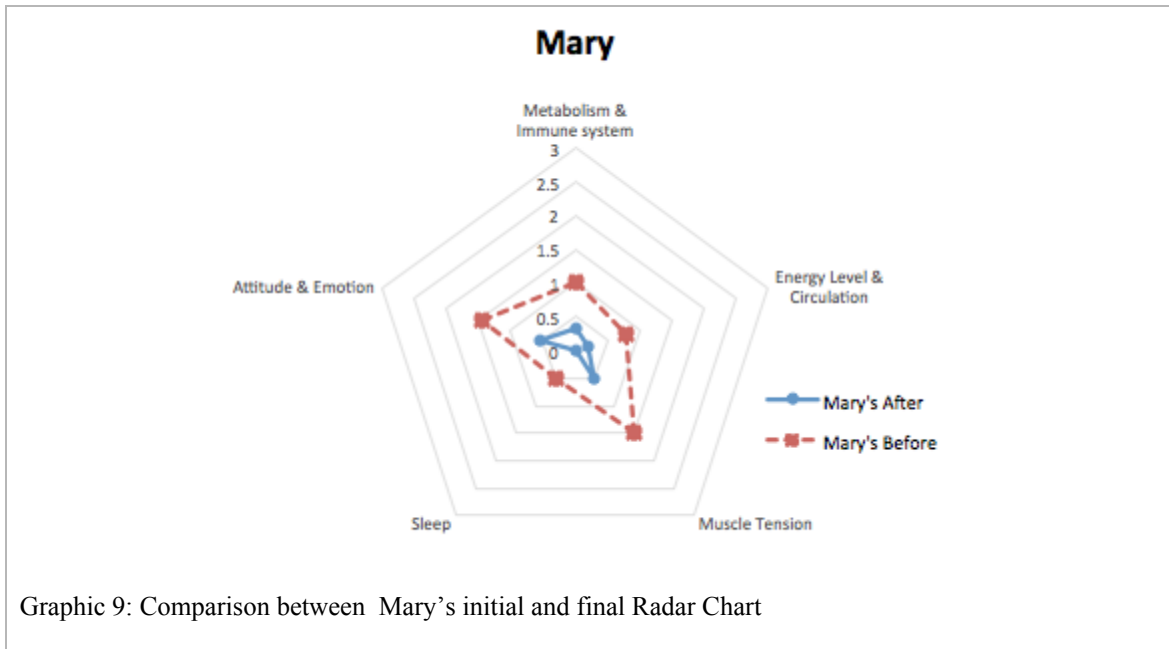
Fifth meeting - December, 23rd.

She felt some discomfort in her right hip bone, so I changed her practice asking her to sit on a chair and holding a chair in standing positions.

She became more familiar to focus on breathing so I changed her mantra to *Śānti mantra* and gradually extended her exhalation by chanting.

Final session - January, 7th 2020

She had no time to practice due to the busy New Year. I checked her Final Answers to the Questionnaire (Annex 12). Her stress levels became less. She improved her muscle tension and attitude & emotions as we can see in Graphic 9:



She preferred the mantra "*Mām Pāhi*" to *Śāntih mantra*. So I changed the mantra "*Mām Pāhi*" in the same sequence. She was starting to feel the effect of mantras to calm her mind and nourish herself. She said she began to have good concentration by conscious yoga breathing after she started yoga therapy. Here are her answers to the final interview:

- *How were your sessions during the three months?* It was very good.
- *Have you experienced a positive change?* It all was a positive change.

- *How do you feel on completion of our three months?* I want to continue this Yoga therapy.
- *Do you have any comments on or suggestions about our project?* I hope the Yoga therapy can spread to many people.
- *Is the outcome very different from what you expected?* It was as expected.

## 5. Discussion

### Janet

In working as a Care Provider I found there was a genuine desire “*iccha*” from all three Care seekers to want a change in their lives so they could be happier. There was an eagerness to understand the reasons as to what made them anxious, depressed and stressed.

The first observation with all three Care seekers was the uneven pattern of their breathing process. We all have unconscious breathing patterns. With the practice of yoga, we begin to experience new conscious patterns, a new way of thinking. In this instance the awareness of the breath becomes a starting point on their way towards healing. The starting point for everyone in Yoga Therapy is different.

All three Care seekers were experiencing the four symptoms of suffering (*Heyam*), what must be avoided:

1. ***Duhkham*** (Emotional suffering, constriction around the heart, tightness in the throat).

The three Care seekers were in different states of *duhkham* expressed in their physical body, in the way they expressed their thoughts.

2. ***Daurmanasya*** (Negative thinking)
  - In Tom, the ego comes into play. His rigid opinions and judgements.
  - In Ayana, the inability to let go of the past, to surrender, to accept the grief, the loss. She was not living in the present.
  - In Jessica, the sense of constructed self, the ‘stiff upper lip’ and body, the chronic back pain, the poor me of being a victim.
3. ***Angamejayatva*** (physical/physiological discomfort)
  - In Tom, his posture like a capital C, shoulders folding forward, heart protected, head leading his body and scoliosis revealed his lack of opening his heart, trust, and faith.
  - Ayana as the oldest senior revealed the ravages of her accident, sciatica, her experience with cancer, her breathing difficulties, her sadness.
  - Jessica - two knee replacements, back operation and ongoing chronic back pain resulting in fear of not being able to go down on the floor. She has become overly

cautious, protective of her body.

4. **Śvāsa-prāśvāsāh**(disturbed breath)

All three Care seekers were not conscious of their breath. I noticed there was little connection. Their breathing was shallow, restricted, mechanical. In introducing breath awareness they developed an understanding that if they could visualise the breath flowing in and out slowing, spontaneously, they would begin to experience ease and calm. So from **dukkham** restrictive breath they would experience **sukham**, ease comfort. The breath will give direction for the goal eg. if tired, lethargic, the breath techniques will bring energy; if hyperactive and erratic, it would induce calm. The disturbed breath **śvāsa-prāśvāsāh** will become longer (**dīrgha**) and more subtle (**sūkshma**).

Ayana and Jessica showed a remarkable change. They were diligent and committed to their practice as it showed in the way they began to express and hold themselves.

The first Care seeker Tom's progress was slow. His personality and his module of the world is framed by his family of origin, what he experiences living with his disability. He is rigid in his beliefs. His lack of commitment to his practice was detrimental to his progress and wellbeing. The conundrum is whether I should continue providing care. Tom wants to continue as a Care seeker.

Some care seekers take longer in the healing therapy and counseling process. I believe as he gains trust and commits to his sadhana, change will take place. His sense of well-being will eventuate.

My goal as a Care Provider was to listen, observe, reflect and provide simple practices that would contribute to their sense of well being in body, mind and spirit. The Care seekers would learn to connect to their feelings, heart, unlike "**Mr. Duffy who lived a short distance from his body**" (**James Joyce**) They would take the responsibility to commit, to engage daily to their practice. The ongoing practice would bring an understanding, open their minds to the fact that the tools of Yoga Therapy, **āsana**, **prānāyāma**, **bhāvana**, **mantra** and **meditation- dhyāna** would enhance their lives. Most important of all is the element of **faith-śraddhā**, their commitment to daily practice and the belief that all will be well. This is the empowerment they seek, to realise their potential, to be responsible for their own contentment, inner joy, acceptance of life as it presents, to live their **dharma**.



## Catalina

With each one of the care seekers I worked with I had a very special connection. My urge to help them corresponded with their willingness to be part of the Project and to learn about Yoga Therapy. Knowing this gave me confidence in myself as a Yoga Therapist, and in Yoga Therapy as a healing therapy for stress management and for any other imbalance that we, human beings, have in our lives.

As I was working with my care seekers I was more aware of our reality. We, Care Providers, Care Seekers, and everyone else, are individuals from different ages, different cultures, different environments, different genders, and so many other differences, but we all have to face our lives, to be ourselves, to follow our *Dharma* and to provide for our surviving.

*Hanam*, the goal, in all three cases was to lower their stress level:

- For Barbara, her *Duhkham* (suffering) was related to her diet in the first place, and to her emotions, She was sleeping for few hours but this is understandable for a medicine student. *Upayam* (the means) was a practice given focused on metabolism (Annex 10). As for *Angamejayatva* ( physiological imbalance) reflected in her problems with lactose. She did not have *Śvāsa-prāśvāsāh* (disturbed breathing) or *Daurmanasya* a negative mental state.
- For Gina, her *Duhkham* was related to her eating habits, not giving herself time to eat, or eating under stress, and to her unprocessed emotions. The practice given to her as the *Upayam* (means) was the same one as Barbara's (Annex 10). Sometimes after her running competition Gina had *Angamejayatva* unstable feet or ankles, and her physiological imbalance with her diet. In some occasions her voice would break as a sign of her suffering, presenting disturbed breathing *Śvāsa-prāśvāsāh*, but her mind was positive and optimistic, there were no signs of *Daurmanasya*.
- Carl's *Duhkham* came from his lack of sleep, going to sleep very late or waking up very early, and being with his mind on his job during the night. The *Upayam* (means) for him was a practice focused on calming the mind with conscious breathing (Annex 11). Carl was having sometimes lower back pain or tension in his shoulders and neck as a sign of *Angamejayatva*. Although his main problem is anxiety, his breathing did not present *Śvāsa-prāśvāsāh*, but his mind did have signs of *Daurmanasya* as he has a tendency to worry.

Barbara is a dedicated medicine student, already into her fourth year having her practices at the Vicente López Hospital (Province of Buenos Aires, Argentina). At the beginning of our Project she was having problems with her diet (*Angamejayatva*). She is

vegetarian and after doing some tests she discovered that she is lactose intolerant. Therefore she had one more issue to deal with in her already stressful life. Her Radar Chart results shows that her stress is due mostly because of sleeping problems. To be clear on this point, when she answered the Questionnaire she was having very long days, having to study a lot, but in her Record Form she says she has no sleeping disorders. This is why I decided to design a practice (*Upayam*) with the Metabolism Stress Category focusing on her digestive problems, instead of her sleeping. Here is an example of the importance to have both types of information, the Questionnaire and the Record Form. The answers of the Record Form helped me decide for the Metabolism Stress Category, which was really her main stress factor.

From her answers in the final interview we can tell that *Hanam* (goal) was reached after the three month period of the Project. She, as it was my case, felt the connection between us, which is one of the most important aspects in this type of therapy. For her “the good energy in our meetings played an important role (for me) to do the practice and for trying to make progress every day”. The other aspects we evaluate as therapist is the progress and the changes they observe in their daily lives. And Barbara says: “I think I learned to have a little bit of time for myself (whenever possible). The practice also helped me to control my emotions, or at least to notice when I was losing it!” Her overall experience after the three months was: “I felt more patient and I was able to follow the diet that was given to me for being intolerant to lactose.” Clearly her results are very positive. At the end of our last meeting, after the holidays, she was very happy because for the first time in many years she was able to enjoy the new year with her family, and she is aware that her Yoga Therapy practice had to do with this change.

For Gina, Yoga has become part of her life now that she has been experiencing the benefits of the practice. She is very sensitive and emotional (*Duhkham*). I felt a heart to heart connection with Gina, she was open for my advice and to Yoga Therapy practices.

Her answers to the final interview show we achieved the *Hanam* (goal) of reducing her stress with Yoga Therapy: With the question regarding if she experienced a positive change: “Yes, I noticed myself in a deeper way. When I felt I was stressed I observed and accepted the situation, and tried to focus on my breathing to be more calm. I also felt I had a better attitude and more energy”. As for the answer to how she felt after the three month period of the practice she says she feels more relaxed, calm and with more connection. And she points out the fact that she keeps on doing the practice even now after the three month period is over because it is part of her daily routine. Very important what she is telling us here, acquiring the habit of doing the practice regularly, which is one of the goals we like to achieve as therapists.

Carl is Gina’s husband. Carl and Gina started Yoga classes at the same time (2017). Carl came to Yoga because he was very anxious (*Daurmanasya*) and having neck pain

(*Angamejayatva*). I focused on his breathing, especially with long exhalation or with pause after exhale so he would release the tensions accumulated during the week. When he filled out the Questionnaire his main stress showed to be his sleep difficulties. His habit of going to sleep late changed during his Yoga Therapy practice and one of the first benefits he mentions was that he was sleeping better.

His answers to the final interview regarding his quality of sleep meet the *Hanam* of our Project: “rest during the nights was better. I felt more connected with myself, more balanced and less mental”, he also “felt that my stress level was less and that my sleep was better” and he suggests a more personalized practice than the one I gave him so he could not have those asana-s he did not like. I explained to him that there are cases in which the Care Seeker will not like some parts of the practice, but they still have to do it as part of their healing. This is an important aspect of having a Care Provider that will design the practice seeing the individual from another point of view than the one they themselves have. In healing with Yoga Therapy we must accept the guidance and trust in the therapist. For me it was an interesting experience to find out that the asana he did not like was thought of as one for lowering his anxiety, a proof that a guidance is needed for the practice.

I am grateful with the three of them, for their trust, their attention, their time, and the connection we developed within these three months. I definitely learned more about the practice of being a Yoga Therapist, and I hope they felt the empowerment that comes with the practice of Yoga.

## Reiko

Yoga Therapy is self-empowerment and a long term approach. Two Care Seekers had almost a similar result for their Radar Chart, which indicated similar symptoms, but they had different causes of stress. The Care Provider designed tailor made practices for each Care Seekers. As mentioned in the Literature Review, in order to consider stress management, symptoms, causes, solution, goals are analyzed according to Yoga Sūtra.

1) **Heyam** (Symptoms). As described before, they are divided into four categories, however, when it is one of them, it affects everything.

- In Yoga Sūtra **Duhkham** is known as suffering. Taro showed that he had some mental fatigue, **styāna** that is one of nine obstacles. And he had painkillers sometimes for severe stiff shoulders and neck pain, headache sometimes. His mind was very busy, so it was difficult to relax.
- **Daurmanasya** is negative thinking. No matter how bad the impressions (**vāsana**) they can remain within the subconscious level. This accumulated negative patterns of behavior will result in their dis-ease. This becomes blocked energy. Care Seekers have to eliminate this **vāsana** everyday. Taro showed that he had negative thinking sometimes due to a lot of expectation from his work. The Radar Chart showed that his attitude & emotion was his second highest score. Rie showed that she did not have self confidence. It can be suspected that fears and anxiety caused her sleep disorder. The Radar Chart showed that the biggest problem was sleep and attitude & emotion. Mary showed She did not have self confidence as well. The Radar Chart showed that the attitude & emotion was the second highest score.
- **Angamejayatva** indicates an unstable physical body. Taro showed that he had a lot of stiff shoulders and headaches sometimes in physical problems. The Radar Chart showed his highest problem. Rie had constipation. It can be speculated to be due to metabolism problems and it is related to immune problems. Mary had stiff shoulders and backache sometimes. Her Radar Chart showed that the muscle tension was the highest problem.
- **Śvāsa-praśvāsāh** as disturbed breathing  
This is related to emotional expression and energy level. Taro was unconsciously breathing and not long enough at the first meeting. Rie was difficult to link breathing with yoga movement. Mary's breathing was unconscious and shallow at the first meeting. Three Care Seekers were unconscious of their breath, to feel linking the breath to body, mind and emotions. It can be speculated that the Care Seekers did not

fully make use of their breathing capacity. It caused a block of energy in the heart, *Anahata Cakra*.

The Care Provider should focus on not illness and focus on the person. Yoga Therapy empowers the Care Seekers to take responsibility for their illness.

2) **Hetu** (causes of stress). The cause of the symptom was analyzed:

Taro showed that his cause of suffering, *parināma*-changing, is due to working in a new job and a new environment. He is in *rajasic guna* which is exciting and challenging. His *Vāta* energy is dominating. It is *guna-vrtti- virodhā*. He is experiencing a lot of pressures and expectations (*tapā*) from the new company. He had some mental fatigue, *styāna*, which is one of nine obstacles of the mind. He is ambitious and wanted a career change. His desire to excel may be instrumental in causing his severe stiff shoulders, tension and mental fatigue.

Rie's lack of confidence, *avidyā*, ignorance, signifies that she was not able to connect to her true nature. Her experience of breast cancer induced fear (*abhiniveśa*) and anxiety. It was a cause of negative thinking as well. She was always working, so her life patterns (*samskāra*) did not allow her to cherish herself. Also she is experiencing menopause now. Although she is not suffering from the symptoms of menopause, she is not happy. She uses her busy life to stop her from connecting to herself. Her *Vāta dośa* is dominating her life. This is indicative of her metabolic constitution-constipation, insomnia and anxiety.

Mary showed that her lack of confidence might come from her life pattern (*samskāra*). She is a wife and a mother. Now that her children are independent, she seems to be a little lost. It can be speculated that she is experiencing *avidyā* as well. Rie and Mary had similar problems but they showed different symptoms. One time Mary's pulse showed some anger, but she was always smiling and had a friendly attitude towards me. She did not express her true emotions, her trust had not been established yet. It can be suspected that she usually suppressed her emotions. Her shallow breathing caused a constricted chest that is associated with her hunchback. It can be speculated that her heart *Cakra* was blocked. It seems she ignored (*avidhyā*) her emotion and her true nature (*svarūpa*). She wanted to be forever young, it was attachment (*rāga*) to her age and expectation (*tāpa*). Her aging is changing her constitution that is called *guna-vrtti-virodhā*.

All three Care Seekers have two common causes; *avidhyā* that means ignorance of their own true nature, and *asmita* (ego). This will lead to fear, *krodha* (anger) and *lobha* (greed). To solve this underlying problem requires a long-term approach.

### 3) *Hānam* (goals)

The three care seekers have 4 common goals in their practice of Yoga Therapy. In Yoga Sūtra *Sukham*, means ease, comfort. It is a transformation from *Duhkham*, suffering to no pain. It means Yoga Therapy supports them to reduce suffering and manage stress. The first goal should be to get rid of pain and deal with the Care Seeker's most troubled problems.

Taro's short-term goal was to alleviate his muscle tension, ease his stiff shoulders and neck. Rie's short-term goal was to improve her sleep and reduce constipation. Mary's short-term goal was to alleviate her muscle tension and back pain.

In Yoga Sūtra *Saumanasya* means replacing negative thoughts with positive thoughts. This brings contentment (*samtosha*) to their daily life.

*Angasthairyam* is to have a balanced body, comfort (*sukham*) and stability (*sthiram*).

*Dīrgha* and *Sūkshma* mean that breathing should be long and smooth.

The goal is transformations of *Vyutthāna Samskāra* (constricted patterns) to *Nirodha Samskāra* (expanding a place of heart) in daily life. The daily practice will cleanse (*śauca*) conscious and unconscious stress of their body and mind, so that it does not accumulate. The three Care Seekers noticed the sound of their own breath and began to listen to their voices from their heart by calming the noisy mind. This is what yoga says "*citta-vrtti-nirodha*". This was the first concept they needed for stress management. This is the first step to connect with their true self by not ignoring their own voice and not suppressing their emotions. This is the self-empowerment process of yoga therapy for stress management.

The project had 6 meetings in 3 months, sometimes it is not easy to establish our trust, open- heart relationship. The goals of Yoga therapy in the long term are to embrace their true nature (*svarūpa*), achieve their potential to fulfill their *Dharma*.

### 4) *Upāyam* (tools of Yoga therapy)

*Āsana* is one tool of using the body in Yoga, which can be dynamic or static. It has effects not only on their body but mind, breath, metabolism and circulation. The Care Seeker had done simple *Āsana* practices with *mantra-s* that are called *Samantraka*. The Care Provider tried to choose appropriate *mantra-s* for each Care Seeker. They experienced the sound of *mantra-s* from their own voice that arose from within and spread outside. They said the sound of vibrations deeply resonated in their bodies. *Samantraka* has the most impact to directly change their inner space. It will help to open and connect to the heart.

Taro liked the *mantra* “*om śantih*” to calm the mind. Chanting *mantra-s* immensely helped Rie and Mary to focus on consciously breathing and extending it. Mary really liked the *mantra* “*mām pāhi*” and the meaning, to protect and cherish herself. She seemed to realize that she did not cherish herself. Also chanting enhanced their breathing capacity and corrected her breathing technique. It was very good for the preparation of ***Dhyāna***(meditation), the most powerful tool of *vinīyoga*.

However, they had never been conscious of their own breath until the first meeting. So at the beginning of the practice the Care Provider made them pay attention to the breath and linking it to the movements of the body to feel the flow of energy. This would change to the new *samskāra* of energy (*prāna*). The extending breath has an effect on calming and relaxing the mind. Conscious breathing brings awareness to the whole body’s senses as well. Additionally visualization (***Bhāvana***) helps them be grounded and stabilized. This clears the body and purifies the mind.

***Dravya-prayoga***, the application of oil before *āsana*, *prānāyāma* has the effect of nourishing and relaxing the muscle tension by warming the body.

The improvement of stress levels and alleviation of symptoms have to be confirmed by the Rader Chart and their comments. Taro said he could overcome difficult times with Yoga Therapy, and now it became a daily practice. Rie and Mary were serious and enthusiastic about yoga. However, after finishing this project, they said that they would find it difficult to commit to a daily practice(***abhyāsa***). So, they wanted to continue with therapy yoga sessions. Therefore they need to have ***śraddhā*** (faith) to practice by themselves.

Their result was just the first goals achieved in this project. Fundamental stress management requires a long-term heart to heart approach with the Care Seeker’s own self empowerment. The Care Provider has a role in a reflection of their ***samskāra***.

## 6. Conclusion

Our project had such a positive impact on the Care-Seekers daily life that some of them continue with the practices given during the three months period. They created the habit of taking time for themselves, to feel connected, to become aware, after having experienced the benefits of Yoga Therapy.

The power of Yoga Therapy lies in many aspects: we are working with our own body as it is at the time of the practice; it is a practice we do at our own place; it helps our healing at the physical level by giving us flexibility and helping in improving any illness in our body; at the mental by calming our mind as we coordinate breathing with movement; at the emotional by creating a connection from our heart and allowing our emotions to flow; and at the spiritual by surrendering to the Higher Force.

We all have emotions, passions, hobbies, jobs, families, past issues that need to be released, and the present to be aware of. We all have challenges, doubts, certainties, insecurities, and fears. It became clear to us what may seem as a surprise to people who are not familiar with the benefits of practicing Yoga or having a daily Yoga routine (as is the case with Yoga Therapy), the fact that our body, mind, emotions and spiritual life are touched by the positive outcome of this type of practice, and the need to include one or more of the tools of Yoga in everyone's life.

This study focused on how Yoga Therapy can reduce stress. We used a sample of nine Care-Seekers with different stress related illnesses, and all of them experienced stress reduction and awareness to manage stress by doing the practices. Some needed more close supervision and slight changes in their practices, while others were able to continue with the ones given throughout the three months. In any case, we can be sure to say that by just incorporating the practice regularly, and for only a short period of three months, one can lower the stress levels.

Even more, we can also assume that our care seekers not only lowered their stress level but also found out other information very important for their own healing, like considering having time for themselves, experiencing a cleaner energetic field after doing the practices, observing their emotions during uncomfortable moments, noticing habits, and other issues that will come out with the regular practice. This is what Yoga is all about, getting to know yourself.

Now that we have completed our Research and we have finished our course, we find that some parts of the practices given could have been different, and that certain decisions we took at the beginning may not all be what we would do today. This is a result of our learning process, of understanding the practical matters of being a Yoga Therapist.



As for the size of the research we are aware that it is based on a small sample group, We kept it small and manageable but still, we think that this study can help as a baseline for further studies that can include a larger sample of care seekers, or studies that will address care seekers divided into age group categories, professional categories, or even focus into one of the different stress categories. We also know that a three months period is a relatively short period of time, but again it helped us to realize that even doing the practice regularly for ninety days is an important step into the healing path.

We applied the different tools of Yoga Therapy as well as our intuition, instincts and insights during the counselling process to tailor to the needs of the individuals. Yoga is a self-empowering process. The Care Seekers set the intention first to change their way of living. They then take steps towards change by their commitment to their practice. The different tools of Yoga Therapy given to them can only function with regular *sadhana* (practice).

Having nine Care-Seekers to work with, sharing their concerns, their improvements, or even their difficulties was very rewarding on a personal level, and very helpful in a professional one. Learning from their difficulties helped us to be more careful, to pace our practices, to have variations ready, and the need to develop a more acute observation in each meeting. With their improvements we learned to trust our intuition, and to apply with confidence all the teachings acquired in the Yoga Therapy course in Chennai.

During the therapy sessions, our Care Seekers felt heard, they were able to express themselves, were honest and authentic in their communication. Some realised that the presenting problems of insomnia, anxiety, depression etc. were not the real problems. There were other mitigating factors, significant issues that contributed to their relentless stress. As they gained the trust of the Care- Providers they felt safe and at ease to share aspects of their lives they had not dealt with before. Perhaps gaining an awareness and an understanding of themselves, practicing the sequences helped bring about the change they were looking for - a measure of ease, vital energy, more confidence. The acceptance that life is like a seesaw, up and down, or like the sea sometimes rough, sometimes smooth, may help Care seekers learn to navigate life skilfully, to release stress, bring harmony, balance and equanimity into their lives to live their *dharma*.

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## **8. Annexes**

*Annex 1- Instruction of the Research*

*Annex 2- Research Consent Form*

*Annex 3- Record Form*

*Annex 4- Yoga Therapy Questionnaire*

*Annex 5- Initial answers to the Questionnaire*

*Annex 6- Initial Radar Charts*

*Annex 7- Practices for Low, Medium & Highly Stressed People*

*Annex 8- Five Stress Categories Model Practices*

*Annex 9- Janet's Care Seeker's Practices*

*Annex 10-Catalina's Care Seeker's Practices*

*Annex 11- Reiko's Care Seeker's Practices*

*Annex 12- Final answers to the Questionnaire*

*Annex 13- Final Radar Charts*

*Annex 14- Value Table*

## *Annex 1 - Instruction of the Research*

### The Instruction of the research of Yoga Therapy

#### 1. Abstract

The Yoga Therapy we study is based on the teaching of traditional yoga of T.Krishnamacharya who was an outstanding Vedic scholar and is known worldwide as the father of modern Yoga. Yoga Therapy is a self –empowerment process where the Care-Seeker, with the help of the yoga Therapist, implements a personalized and evolving yoga practice. It is a holistic and multiple-dimensional approach.

We have “Yoga Therapy for Stress Management” as our Project Research.

We are Yoga Therapists from three countries working in this Project and will be discussing and analyzing each case of our Research.

#### 2. Significance

Modern people have a lot of difficult problems in this stressed society.

The definition of stress is pressure or tension exerted on a material object, and a state of emotional strain or tension resulting from adverse or demanding circumstance. Cumulative stress is common experience for people who work in chronically stressful situations. If we don't notice or ignore the stress, it becomes a problem when it accumulates and symptoms worsen. Our traditional yoga teaching says “Suffering which has not yet occurred must be avoided” and “Suffering teaches us how to prevent aggravation.”

By practicing this Yoga Therapy you will be able to notice stress before symptoms appear and for those who have symptoms, stress relief will be alleviated to improve the quality of life and well being. This is our goal for this Project.

#### 3. Purpose

We have studied Yoga Therapy( of traditional yoga) in KHYF school in India since 2017. The purpose of this study is to substantiate the effect of Yoga Therapy and to acquire deeper knowledge and skill by discussing and analyzing what happens in this Research.

#### 4. Method

- Target of Care Seekers ; 9 persons ( Each 3 persons in Argentina, Australia, and Japan )
- Therapists ask Care Seekers to answer the questionnaire of stress.
- Therapists have counseling and observations and stress diagnosis.
- Therapists teach Yoga for 50 minutes once every two weeks.
- Therapists give the same questionnaire in the 6 lessons.
- To analyze and consider all data and results.

#### 5. Period

3 months

Yoga Therapy students KHYF

Catalina Herrera

Janet Stevens

Reiko Yamada

*Annex 2- Research Consent Form*

**RESEARCH CONSENT FORM**

**Please read and complete the instruction of “Yoga Therapy for Stress Management” and this form carefully. If you do not understand anything and would like more information, please ask me. Please tick the box if you agree below.**

Please tick the box

1. I confirm that I have read and understand the information sheet for the above study and have had the opportunity to ask questions.
  
2. I confirm if I have any questions and doubts about this research I will ask the Yoga Therapist.
  
3. I will give any information about me when the Yoga Therapist ask me.
  
4. I understand that all information about me will be treated in strict confidence and that I will not be named in any written work arising from this study.
  
5. I understand that my participation is voluntary and that I am free to withdraw at any time.

**I understand the above and agree to participate in this research and participate in my own will.**

Address ;

Contact number ;


Name of Participant ;

Date ;

Signature;



Annex 3- Record Form



**VINIYOGA®**

**CARE SEEKER RECORD**

Student Ref.  
Référence de l'élève  
Referencia de alumno  
Student Referenz

N° \_\_\_\_\_

*To be filled by the Viniyoga® Therapist Only*  
À remplir uniquement par le consultant / A rellenar únicamente por el terapeuta / Nur vom Yogatherapeuten auszufüllen

Date : \_\_\_\_\_ Fee structure: \_\_\_\_\_  
date / fecha / Datum paiement / pago / Preisstruktur

Consultant: \_\_\_\_\_ Teacher: \_\_\_\_\_  
consultant / terapeuta / Therapeut professeur / profesor / Lehrer

*To be filled by the Care Seeker only*  
À remplir par l'élève / a rellenar por el alumno / nur vom Klienten auszufüllen

Full name: \_\_\_\_\_ Date of birth: \_\_\_\_\_  
nom complet / nombre completo / kompletter Name date de naissance / fecha de nacimiento / Geburtsdatum

Gender: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
sexe / sexo / Geschlecht taille / altura / Größe poids / peso / Gewicht

Marital Status:  Single  Married  Separated  Widowed  
état civil / estado civil / Ehestatus *célibataire / soltero / Single* *marié / casado / verheiratet* *divorcé / divorciado / getrennt* *veuf / viudo / verwitwet*

N° of children: \_\_\_\_\_ Occupation: \_\_\_\_\_  
enfants / hijos / Anzahl der Kinder profession / profesión / Beruf

Address line 1: \_\_\_\_\_  
adresse 1 / dirección 1 / Anschrift 1

Address line 2: \_\_\_\_\_ Postal code: \_\_\_\_\_ City: \_\_\_\_\_  
adresse 2 / dirección 2 / Anschrift 2 code postal / código postal / Postleitzahl ville / ciudad / Stadt

Country: \_\_\_\_\_ Phone number: \_\_\_\_\_ Email: \_\_\_\_\_  
pays / país / Land n° de téléphone / n° de teléfono / Telefonnummer correo electrónico

Referred by: \_\_\_\_\_  
recommandé par / recomendado por / empfohlen durch

Symptoms observed \_\_\_\_\_  
symptômes observés / síntomas observados / observierte Symptome

When the symptoms appeared: \_\_\_\_\_  
quand les symptômes se sont-ils manifestés? / cuándo aparecieron los síntomas? / wann sind die Symptome zuerst aufgetreten?

Challenging moments in life & when they occurred \_\_\_\_\_  
moments les plus délicats dans votre vie et dates / eventos significativos en su vida y fechas / herausfordernde Momente im Leben und Zeitpunkt

Current emotional state or concerns \_\_\_\_\_  
état émotionnel actuel et inquiétudes / estado emocional y preocupaciones actuales / aktuelle emotionale Verfassung und Problematik

Preferred time for practice \_\_\_\_\_  
moment préféré de pratique / momento del día preferente para la práctica / bevorzugte Zeit für die eigene Praxis

Other healing modalities currently engaged in especially in the past 6 months \_\_\_\_\_  
autres thérapies dans lesquelles vous vous êtes engagé pendant les 6 derniers mois / otras terapias probadas en los últimos 6 meses / andere Heilmethoden die jetzt oder

**Energy level:**

énergétique / nivel energético  
 niveau  
 ent / excellent / excelente / exzellent  
 bon / bueno / gut  
 rate / moyen / medio / mittelmäßig  
 faible / bajo / schlecht  
 r / irrégulier / irregular / unregelmäßig

**Appetite:**

/apetito / Appetit  
 nt / excellent / excelente / exzellent  
 bon / bueno / gut  
 ate / moyen / medio / mittelmäßig  
 faible / bajo / schlecht  
 / irrégulier / irregular / unregelmäßig

**Schedule:**

les repas / horarios de las  
 / Mahlzeiten  
 r / régulier / regulares / regelmäßig  
 r / irrégulier / irregulares / unregelmäßig  
 / chaotique / erráticos / chaotisch

**Physical level:**

n physique / condición física  
 niveau  
 t / excellente / excelente / exzellent  
 onne / buena / gut  
 te / moyenne / media / mittelmäßig  
 auvaise / débil / schlecht  
 / irrégulière / irregular / unregelmäßig

**Exercise habits:**

physiques / ejercicio físico /  
 e Aktivitäten

**Sleep:**

ement / facilidad en dormirse  
 fzeit  
 / facile / fácil / schnelles Einschlafen  
 / tardif / tardía / schlechtes Einschlafen  
 t / irrégulier / irregular / unregelmäßig

**Medical history:**

*Please list any prior surgeries or major illnesses*  
 : médical principales maladies et interventions chirurgicales  
 nédico principales enfermedades e intervenciones quirúrgicas  
 eschichte bisherige Operationen und Erkrankungen

**Medication(s):**

*Please list any prior medications that you are currently taking*  
 n mentionnez les principaux médicaments que vous prenez  
 ntos nombre los medicamentos principales que toma  
 nte Bitte alle aktuellen Medikamente auflisten

**Needs and expectations which have brought you to Yoga Therapy:**

els et raisons qui vous ont amené au Yoga Thérapeutique  
 s actuales y expectativas que te han llevado al Yoga Terapéutico  
 edürfnisse und Erwartungen die Sie zur Yogatherapie geführt haben

**Sleep continuity:**

continuité du sommeil / continuidad  
 del sueño / Schlafkontinuität  
 o continuous / continue / continúa / kontinuierlich  
 o uncontinuous / interrompue / interrumpida  
 / unregelmäßig  
 o disturbed / perturbée / alterada / unterbrochen

**Sleep duration:**

durée du sommeil / duración del sueño  
 / Schlafdauer  
 o < 6hrs  
 o 6-8 hrs  
 o 9-10 hrs  
 o 10 hrs

**Quality of sleep:**

qualité du sommeil / calidad del sueño  
 / Schlafqualität  
 o excellent / excellente / excelente / exzellent  
 o good / bonne / buena / gut  
 o moderate / moyenne / media / mittelmäßig  
 o poor / mauvaise / baja / schlecht  
 o erratic / irrégulière / irregular / unregelmäßig

**Bowel movement:**

évacuation des selles / evacuación  
 intestinal / Stuhlgang,  
 o regular / régulière / regular / regelmäßig  
 o irritable / irritable / irritable / irritiert  
 o constipated / constipé / estreñido / verstopft  
 o erratic / irrégulière / irregular / unregelmäßig

**Type of delivery:**

type d'accouchement / parto  
 / bisherige Geburten  
 o normal / normal / normal / normal  
 o caesarian / césarienne / cesárea / Kaiserschnitt  
 o not applicable / non applicable / no aplicable  
 / nicht zureffend

**Menstrual cycle:**

cycle menstruel / ciclo menstrual  
 / Menstruation  
 o regular / régulier / regular / regelmäßig  
 o irregular / irrégulier / irregular / unregelmäßig  
 o not applicable / non applicable / no aplicable  
 / nicht vorhersehbar

**Family history:**

histoire familiale / historial familiar  
 / Familiengeschichte  
 Mother / mère / madre / Mutter  
 o asthma / asthme / asma / Asthma  
 o obesity / obésité / obesidad / Übergewicht  
 o arthritis / arthrite / artritis / Arthrose  
 o diabetes / diabète / diabetes / Diabetes  
 o depression / dépression / depresión / Depression  
 o cardiac problems / problèmes cardiaques  
 / problemas cardíacos / Herzprobleme  
 o others / autres / otros / andere

**Father:**

/ pere / padre / Vater  
 o asthma / asthme / asma / Asthma  
 o obesity / obésité / obesidad / Übergewicht  
 o arthritis / arthrite / artritis / Arthrose  
 o diabetes / diabète / diabetes / Diabetes  
 o depression / dépression / depresión / Depression  
 o cardiac problems / problèmes cardiaques  
 / problemas cardíacos / Herzprobleme  
 o others / autres / otros / andere

**Relaxation:**

relaxation / relajación / Entspannung  
 o always relaxed / toujours détendu  
 / siempre relajado / immer  
 o mostly relaxed / presque toujours  
 / casi siempre / meistens entspannt  
 o sometimes relaxed / parfois / a veces / manchmal  
 o not at all relaxed / jamais / nunca / gar nicht

**Confidence level:**

confiance en soi / autoconfianza  
 / Selbstsicherheit  
 o always confident / toujours / siempre / immer  
 o mostly confident / souvent / a menudo / meistens  
 o sometimes confident / parfois / a veces / manchmal  
 o not confident / jamais / nunca / nie

**Emotional state:**

état émotionnel / estado emocio  
 / emotionale Verfassung  
 o always stable / toujours stable  
 / siempre estable / immer stabil  
 o mostly stable / plutôt stable  
 / a menudo estable / meistens stabil  
 o sometimes stable / parfois stable  
 / a veces estable / manchmal stabil  
 o unstable / instable / instable / ins

**Motivation:**

motivation / motivación / Motiv  
 o excellent / excellente / excelente / e  
 o good / bonne / buena / gut  
 o moderate / moyenne / media / mit  
 o poor / basse / baja / schlecht

**Attention level:**

niveau d'attention / nivel de aten  
 / Aufmerksamkeitslevel  
 o highly focused / élevé / alto / sehr fo  
 o moderately focused / moyen / inter  
 / mittelmäßig fokussiert  
 o mildly focused / bas / bajo / schlecht  
 o highly distracted / très distrait  
 / muy distraído / sehr leicht ablenkbar

**Social skills:**

sociabilité / habilidades sociales /  
 Kompetenz  
 o good / bonne / buenas / gut  
 o moderate / moyenne / regulares / mit  
 o poor / mauvaise / pocas / wenig  
 o very poor / très mauvaise / muy po  
 / sehr wenig

**Belief in Yoga:**

croiance en le Yoga / confianza  
 en el Yoga / Vertrauen in Yoga  
 o strong belief / élevée / mucha  
 / starkes Vertrauen  
 o moderate belief / moyenne / media  
 / mittelmäßiges Vertrauen  
 o not sure / indéfinie / no sé / nicht sich  
 o no belief / aucune / ninguna  
 / keinerlei Glauben

hat the above information provided correct and complete. I also agree to further information that my Yoga Therapist requires during both the Consultation and Yoga Therapy classes that will follow. I am fully informed of the Yoga Therapy / the Yoga Therapist, and am willingly giving this with my complete consent.

**JE CERTIFIE** en signant ci-dessous, que toutes les informations données sont correctes et complètes. Je consens à fournir tout renseignement supplémentaire nécessaire pendant la consultation et les cours de Yoga Thérapeutique qui suivent. J'ai été pleinement informé des étapes du Yoga Thérapeutique par le consultant, et m'engage de plein gré avec mon plein consentement.

**DECLARO** que toda la información proveída por mí en esta aplicación es correcta y completa. Estoy dispuesto a proporcionar más información, si fuera necesario durante las futuras consultas y clases de Yoga Terapéutico. He sido informado plenamente por el terapeuta con respecto al proceso del Yoga Terapéutico, y me comprometo voluntariamente a este proceso con pleno consentimiento.

**ICH GEBE AN**, dass die von mir angegebene Informationen wahrheitsgemäß, komplett und korrekt sind. Falls der Yogatherapeut für die Beratung oder die folgenden Yogatherapie Sitzungen weitere Informationen benötigt, bin ich bereit diese zu geben. Ich wurde vollständig informiert und aufgeklärt über den yogatherapeutischen Prozess und gebe hiermit meine vollständige Einwilligung.

Signature of Care Seeker



*Annex 4- Yoga Therapy Questionnaire*

First and last name:

Date:

Yoga Therapy

**Yoga for stress management**

How often would you say?

Scale:

0                      1                      2                      3  
*Never                      Some Times                      Most of the time                      Always*

Category 1 (Lifestyle)

	0	1	2	3
1. Do you have a tendency to eat, fast?				
2. Do you have the tendency to talk fast?				
3. Do you feel like you don't have enough hours in the day to do the things that you must do?				
4. Do you have any problems with your sleep?				
5. Do you usually spend a lot of time with electronic devices?				
6. Do you miss a meal because of your busy schedule ?				
7. Do you have to work late?				
8. Is it important for you not to show your emotions even to family or friends?				
9. Do you worry a lot?				
10. Do you like to be with people?				

Category 2 (Personal stress)	0	1	2	3
1. Are you extremely sensitive and irritable?				
2. Do you feel fatigued or tired even when you wake up after an adequate sleep?				
3. Do you experience mood swings?				
4. Do you feel nervous or on the edge?				
5. Do you find It difficult to make decisions?				
6. Is it difficult for you to focus and concentrate?				
7. Is it hard for you to express your feelings If something or someone really annoys you?				
8. Do you have a hard time feeling really relaxed?				
9. Do you feel you lack energy?				
10. Is your self confidence lower than you would be like it to be?				

Category 3 (How does the symptoms appear)	0	1	2	3
1. When your are stressed does your appetite change?				
2. Do you have a severe or chronic lower back pain?				
3. Do you get severe or chronic headaches?				
4. Do you feel tension in your face and / or jaw?				
5. Do you feel tension in your neck and / or shoulders?				
6. When you are stressed do you have changes in your digestion?				

7. Do you get skin rashes or itches?				
8. Do you have difficulty breathing?				
9. FOR WOMEN ONLY Are you experiencing changes in your menstrual cycle?				
10. Has your sex drive decreased?				

*Annex 5- Initial answers to the Questionnaire*

Janet

First and last name: Tom

Date: 10/10/2019

Yoga Therapy

**Yoga for stress management**

How often would you say?

Scale:

0                      1                      2                      3  
 Never                Some Times      Most of the time      Always

Category 1 (Lifestyle)

	0	1	2	3
1. Do you have a tendency to eat, fast?		1		
2. Do you have the tendency to talk fast?		1		
3. Do you feel like you don't have enough hours in the day to do the things that you must do?		1		
4. Do you have any problems with your sleep?			2	
5. Do you usually spend a lot of time with electronic devices?			2	
6. Do you miss a meal because of your busy schedule ?		1		
7. Do you have to work late?		1		
8. Is it important for you not to show your emotions even to family or friends?		1		
9. Do you worry a lot?		1		
10. Do you like to be with people?		1		

Category 2 (Personal stress)

	0	1	2	3
1. Are you extremely sensitive and irritable?		1	1	
2. Do you feel fatigued or tired even when you wake up after an adequate sleep?		1		

3. Do you experience mood swings?		1		
4. Do you feel nervous or on the edge?		1		
5. Do you find it difficult to make decisions?		1		
6. Is it difficult for you to focus and concentrate?		1		
7. Is it hard for you to express your feelings If something or someone really annoys you?		1		
8. Do you have a hard time feeling really relaxed?		1		
9. Do you feel you lack energy?		1		
10. Is your self confidence lower than you would be like it to be?		1		

Category 3 (How does the symptoms appear)	0	1	2	3
1. When your are stressed does your appetite change?		1		
2. Do you have a severe or chronic lower back pain?	0			
3. Do you get severe or chronic headaches?		1		
4. Do you feel tension in your face and / or jaw?		1		
5. Do you feel tension in your neck and / or shoulders?		1		
6. When you are stressed do you have changes in your digestion?			2	
7. Do you get skin rashes or itches?		1	2	
8. Do you have difficulty breathing?		1		
9. FOR WOMEN ONLY Are you experiencing changes in your menstrual cycle?				
10. Has your sex drive decreased?				N/A

First and last name: *Ayana*

Date: *14-10-19*

Yoga Therapy

**Yoga for stress management**

How often would you say?

Scale:

0                      1                      2                      3  
*Never                  Some Times      Most of the time      Always*

Category 1 (Lifestyle)

	0	1	2	3
1. Do you have a tendency to eat, fast?	0			
2. Do you have the tendency to talk fast?		1		
3. Do you feel like you don't have enough hours in the day to do the things that you must do?		1		
4. Do you have any problems with your sleep?				3
5. Do you usually spend a lot of time with electronic devices?		1		
6. Do you miss a meal because of your busy schedule ?		1		
7. Do you have to work late?	0			
8. Is it important for you not to show your emotions even to family or friends?		1		
9. Do you worry a lot?			2	
10. Do you like to be with people?			2	

Category 2 (Personal stress)

	0	1	2	3
1. Are you extremely sensitive and irritable?		1		
2. Do you feel fatigued or tired even when you wake up after an adequate sleep?		1		

3. Do you experience mood swings?			2	
4. Do you feel nervous or on the edge?			2	
5. Do you find it difficult to make decisions?		1		
6. Is it difficult for you to focus and concentrate?			2	
7. Is it hard for you to express your feelings If something or someone really annoys you?			2	
8. Do you have a hard time feeling really relaxed?				3
9. Do you feel you lack energy?			2	
10. Is your self confidence lower than you would be like it to be?			2	

Category 3 (How does the symptoms appear)

	0	1	2	3
1. When your are stressed does your appetite change?				3
2. Do you have a severe or chronic lower back pain?	0			
3. Do you get severe or chronic headaches?		1		
4. Do you feel tension in your face and / or jaw?		1		
5. Do you feel tension in your neck and / or shoulders?			2	
6. When you are stressed do you have changes in your digestion?			2	
7. Do you get skin rashes or itches?	0			
8. Do you have difficulty breathing?		1		
9. FOR WOMEN ONLY Are you experiencing changes in your menstrual cycle?	0			
10. Has your sex drive decreased?	N/A			



First and last name: *Jessica*  
 Date: *16-10-19*

Yoga Therapy  
**Yoga for stress management**

How often would you say?  
 Scale:

0                      1                      2                      3  
 Never                Some Times    Most of the time    Always

Category 1 (Lifestyle)

	0	1	2	3
1. Do you have a tendency to eat, fast?			✓	
2. Do you have the tendency to talk fast?			✓	
3. Do you feel like you don't have enough hours in the day to do the things that you must do?		✓		
4. Do you have any problems with your sleep?		✓		
5. Do you usually spend a lot of time with electronic devices?		✓		
6. Do you miss a meal because of your busy schedule ?	✓			
7. Do you have to work late?	✓			
8. Is it important for you not to show your emotions even to family or friends?				✓
9. Do you worry a lot?				✓
10. Do you like to be with people?				✓

Category 2 (Personal stress)

	0	1	2	3
1. Are you extremely sensitive and irritable?				✓
2. Do you feel fatigued or tired even when you wake up after an adequate sleep?		✓		



3. Do you experience mood swings?		✓		
4. Do you feel nervous or on the edge?			✓	
5. Do you find it difficult to make decisions?		✓		
6. Is it difficult for you to focus and concentrate?	✓			
7. Is it hard for you to express your feelings If something or someone really annoys you?	<del>never</del>	✓		
8. Do you have a hard time feeling really relaxed?				✓
9. Do you feel you lack energy?				✓
10. Is your self confidence lower than you would be like it to be?			✓	

Category 3 (How does the symptoms appear)	0	1	2	3
1. When your are stressed does your appetite change?			✓	
2. Do you have a severe or chronic lower back pain?				✓
3. Do you get severe or chronic headaches?			✓	
4. Do you feel tension in your face and / or jaw?		✓		
5. Do you feel tension in your neck and / or shoulders?		✓	✓	
6. When you are stressed do you have changes in your digestion?	✓			
7. Do you get skin rashes or itches?	✓			
8. Do you have difficulty breathing?	✓			
9. FOR WOMEN ONLY Are you experiencing changes in your menstrual cycle?	✓			
10. Has your sex drive decreased?	N/A			

Catalina

Nombre y Apellido: **Barbara**

Fecha: 9/10/19

Yoga Terapia

**Yoga para aliviar el estrés**

Escala:

0                      1                      2                      3  
 Nunca              Algunas veces      Muy seguido      Siempre

Categoría 1 (Estilo de vida)

	0	1	2	3
1. ¿Tiene tendencia a comer rápido?			X	
2. ¿Tiene tendencia a hablar rápido?		X		
3. ¿Tiene suficientes horas en el día para hacer todo lo que debe hacer?			X	
4. ¿Tiene algún problema con el sueño?		X		
5. ¿Por lo general pasa mucho tiempo con dispositivos electrónicos?			X	
6. ¿Se saltea alguna comida debido a la exigencia de sus horarios?				X
7. ¿Tiene que trabajar hasta tarde?				X
8. ¿Es importante para usted no mostrar sus emociones ni a sus amigos o familia?		X		
9. ¿Tiende a preocuparse por demás?			X	
10. ¿Le gusta compartir su tiempo con otros?			X	

Categoría 2 (Estrés personal)

	0	1	2	3
1. ¿Es extremadamente sensible y/o irritable?		X		
2. ¿Se siente cansado/a después de un sueño reparador?		X		
3. ¿Suele tener cambios bruscos de ánimo?			X	

4. ¿Se siente nervioso/a y/o colapsado/a?			X	
5. ¿Le cuesta tomar decisiones?			X	
6. ¿Le es difícil enfocarse y concentrarse?	X			
7. ¿Le cuesta expresar sus sentimientos cuando algo o alguien realmente le molesta?			X	
8. ¿Le cuesta sentirse realmente relajado/a?			X	
9. ¿Siente que le falta energía?			X	
10. ¿Su auto estima es más baja de lo que le gustaría?			X	

Categoría 3 (Cómo aparecen los síntomas)	0	1	2	3
1. Cuando está estresado/a ¿le cambia el apetito?			X	
2. ¿Tiene dolor constante o crónico en la zona lumbar?	X			
3. ¿Sufre de dolor de cabeza crónico o con frecuencia?	X			
4. ¿Siente tensión en la cara y/o mandíbula?			X	
5. ¿Siente tensión en el cuello y/o los hombros?			X	
6. Cuando está estresado/a ¿le cambia la digestión?			X	
7. ¿Tiene erupciones o siente picazón en la piel?			X	
8. ¿Tiene dificultad para respirar?	X			
9. SOLO PARA MUJERES: ¿está experimentando cambios en la menstruación?	X			
10. ¿Su deseo sexual ha disminuido?	X			



Nombre y Apellido: **Gina**

Fecha: 12/10/19

Yoga Terapia  
**Yoga para aliviar el estrés**

Escala:

0                      1                      2                      3  
Nunca              Algunas veces      Muy seguido      Siempre

Categoría 1 (Estilo de vida)	0	1	2	3
1. ¿Tiene tendencia a comer rápido?		X		
2. ¿Tiene tendencia a hablar rápido?	X			
3. ¿Tiene suficientes horas en el día para hacer todo lo que debe hacer?		X		
4. ¿Tiene algún problema con el sueño?		X		
5. ¿Por lo general pasa mucho tiempo con dispositivos electrónicos?		X		
6. ¿Se saltea alguna comida debido a la exigencia de sus horarios?				X
7. ¿Tiene que trabajar hasta tarde?			X	
8. ¿Es importante para usted no mostrar sus emociones ni a sus amigos o familia?		X		
9. ¿Tiende a preocuparse por demás?		X		
10. ¿Le gusta compartir su tiempo con otros?			X	

Categoría 2 (Estrés personal)	0	1	2	3
1. ¿Es extremadamente sensible y/o irritable?		X		
2. ¿Se siente cansado/a después de un sueño reparador?	X			
3. ¿Suele tener cambios bruscos de ánimo?		X		

4. ¿Se siente nervioso/a y/o colapsado/a?		X		
5. ¿Le cuesta tomar decisiones?				X
6. ¿Le es difícil enfocarse y concentrarse?		✓		
7. ¿Le cuesta expresar sus sentimientos cuando algo o alguien realmente le molesta?		✓		
8. ¿Le cuesta sentirse realmente relajado/a?			✓	
9. ¿Siente que le falta energía?		✓		
10. ¿Su auto estima es más baja de lo que le gustaría?			✓	

Categoría 3 (Cómo aparecen los síntomas)

	0	1	2	3
1. Cuando está estresado/a ¿le cambia el apetito?				X
2. ¿Tiene dolor constante o crónico en la zona lumbar?	X			
3. ¿Sufre de dolor de cabeza crónico o con frecuencia?		✓		
4. ¿Siente tensión en la cara y/o mandíbula?				✓
5. ¿Siente tensión en el cuello y/o los hombros?				✓
6. Cuando está estresado/a ¿le cambia la digestión?				✓
7. ¿Tiene erupciones o siente picazón en la piel?				X
8. ¿Tiene dificultad para respirar?	✓			
9. SOLO PARA MUJERES: ¿está experimentando cambios en la menstruación?		X		
10. ¿Su deseo sexual ha disminuido?	X			

Nombre y Apellido: **Carl**  
 Fecha: 12/10/2019

**Yoga Terapia**  
**Yoga para aliviar el estrés**

Escala:

0                      1                      2                      3  
 Nunca              Algunas veces      Muy seguido      Siempre

Categoría 1 (Estilo de vida)

	0	1	2	3
1. ¿Tiene tendencia a comer rápido?				✓
2. ¿Tiene tendencia a hablar rápido?		✓		
3. ¿Tiene suficientes horas en el día para hacer todo lo que debe hacer?		✓		
4. ¿Tiene algún problema con el sueño?			✓	
5. ¿Por lo general pasa mucho tiempo con dispositivos electrónicos?			✓	
6. ¿Se saltea alguna comida debido a la exigencia de sus horarios?	✓			
7. ¿Tiene que trabajar hasta tarde?			✓	
8. ¿Es importante para usted no mostrar sus emociones ni a sus amigos o familia?	✓			
9. ¿Tiende a preocuparse por demás?	✓			
10. ¿Le gusta compartir su tiempo con otros?				✓

Categoría 2 (Estrés personal)

	0	1	2	3
1. ¿Es extremadamente sensible y/o irritable?	✓			
2. ¿Se siente cansado/a después de un sueño reparador?	✓			
3. ¿Suele tener cambios bruscos de ánimo?		✓		



4. ¿Se siente nervioso/a y/o colapsado/a?		✓		
5. ¿Le cuesta tomar decisiones?	✓			
6. ¿Le es difícil enfocarse y concentrarse?	✓			
7. ¿Le cuesta expresar sus sentimientos cuando algo o alguien realmente le molesta?	✓			
8. ¿Le cuesta sentirse realmente relajado/a?				✓
9. ¿Siente que le falta energía?		✓		
10. ¿Su auto estima es más baja de lo que le gustaría?	✓			

Categoría 3 (Cómo aparecen los síntomas)	0	1	2	3
1. Cuando está estresado/a ¿le cambia el apetito?	✓			
2. ¿Tiene dolor constante o crónico en la zona lumbar?			✓	
3. ¿Sufre de dolor de cabeza crónico o con frecuencia?			✓	
4. ¿Siente tensión en la cara y/o mandíbula?		✓		
5. ¿Siente tensión en el cuello y/o los hombros?			✓	
6. Cuando está estresado/a ¿le cambia la digestión?	✓			
7. ¿Tiene erupciones o siente picazón en la piel?	✓			
8. ¿Tiene dificultad para respirar?	✓			
9. SOLO PARA MUJERES: ¿está experimentando cambios en la menstruación?				
10. ¿Su deseo sexual ha disminuido?		✓		

Reiko

R-1 2019.10.6

TARO (1th)

ストレスに関する 質問表

<ライフスタイル>	0: ない	1: まれに	2: ほとんど	3: 常に
✓ 1.あなたは、食べるのが早い傾向ですか。			✓	
✓ 2.あなたは、早口な方ですか。		✓		
✓ 3.あなたは、一日でやらなければいけないことに時間が足りないと感じますか。		✓		
✓ 4.あなたの睡眠に問題を感じますか。 (寝つきにくかったり、夜中に目が覚める)	✓			
✓ 5.あなたは、一日の生活の中で電気機器が手放せないと感じますか。(携帯電話、パソコンなど)			✓	
✓ 6.あなたは、忙しい一日は食事を抜くことがありますか。	✓			
✓ 7.あなたは、夜遅くまで仕事をすることがありますか。		✓		
✓ 8.あなたは、自分の感情を家族や友達に見せないことが多いですか。			✓	
✓ 9.あなたは、心配事が多いですか。		✓		
✓ 10.あなたは、人と一緒にいることを好みますか。			✓	

<個人のストレス>	0: ない	1: まれに	2: ほとんど	3: 常に
✓ 1.あなたは、非常に敏感でイライラする方ですか。		✓		
✓ 2.十分な睡眠をとった後、目が覚めても疲れを感じますか。	✓			
✓ 3.あなたは、気分変動が激しいですか。		✓		
✓ 4.あなたは、緊張や苛立ちを感じますか。		✓		
✓ 5.あなたは、決断することが難しいですか。		✓		
✓ 6.あなたは、集中することが難しいですか。		✓		
✓ 7.もし、あなたが誰かや何かにイライラさせられた時、それが直ぐに態度に出てしまいますか。			✓	
✓ 8.あなたは、完全にリラックスしたと思える時間を持つのが難しいですか。		✓		
✓ 9.あなたは、エネルギー不足を感じますか。		✓		
✓ 10.あなたが思っているより、自信や自尊心が低いと感じる。	✓			

<ストレス症状>	0: ない	1: まれに	2: ほとんど	3: 常に
✓ 1.あなたがストレスを感じた時、食欲に変化がありますか。		✓		
✓ 2.あなたは、重度または慢性的の腰痛はありますか。		✓		
✓ 3.あなたは、重度または慢性的の頭痛はありますか。			✓	
✓ 4.あなたは、顔面、顎に緊張を感じますか。		✓		
✓ 5.あなたは、首、肩に緊張を感じますか。				✓
✓ 6.あなたがストレスを感じた時、消化に変化がありますか。		✓		
✓ 7.あなたは、皮膚の発疹、痒みがありますか。		✓		
✓ 8.あなたは、呼吸が苦しく感じるがありますか。	✓			
✓ 9.女性のみ/生理周期に変化がありますか。				
✓ 10.あなたは、性欲減退を感じますか。			✓	

31



R-2

2019.10.7

R/E

(1st)

ストレスに関するアンケート

\* 頻度でお答えください。

	ない	まれに	ほとんど	常に
✓ ① あなたは、食べるのが早い傾向ですか。	0	1	②	3
✓ ② あなたは、早口な方ですか。	①	1	2	3
✓ ③ あなたは、一日でやらなければいけないことに時間が足りないと感じますか。	0	1	②	3
✓ ④ 睡眠に問題を感じますか。 (寝つきが悪い、夜中に目が覚める)	0	1	②	3
✓ ⑤ 一日の生活の中で電気機器(携帯電話、パソコンなど)が手放せないと感じますか。	①	1	2	3
✓ ⑥ 忙しい一日で食事を抜くことがありますか。	0	①	2	3
✓ ⑦ 夜遅くまで仕事をすることがありますか。	0	①	2	3
✓ ⑧ あなたは、自分の感情を家族や友達にみせないことが多いですか。	0	1	②	3
✓ ⑨ あなたは、心配事が多いですか。	0	1	2	③
✓ ⑩ あなたは、人と一緒にいることを好みますか。	0	1	②	3
<b>&lt;個人のストレス&gt;</b>				
✓ ① あなたは、非常に敏感でイライラする方ですか。	0	①	2	3
✓ ② 十分な睡眠をとった後、目が覚めても疲れを感じますか。	①	1	2	3
✓ ③ あなたは、気分の変動が激しいですか。	0	①	2	3
✓ ④ あなたは、緊張や苛立ちを感じますか。	0	①	2	3
✓ ⑤ あなたは、決断力が足りないと感じますか。	0	1	②	3
✓ ⑥ あなたは、集中することが難しいですか。	0	1	②	3
✓ ⑦ もし、あなたが誰か、何かにイライラさせられた時、それが直ぐに態度に出てしまいますか。	①	1	2	3
✓ ⑧ 完全にリラックスしたと思える時間を持つのが難しいですか。	①	1	2	3
✓ ⑨ あなたは、エネルギー不足を感じますか。	0	①	2	3
✓ ⑩ あなたは、自信や自 <sup>尊</sup> 信が低いと感じますか。	0	1	2	③
<b>&lt;ストレス症状&gt;</b>				
✓ ① ストレスを感じた時、食欲に変化がありますか。	0	1	②	3
✓ ② 重度または慢性の腰痛がありますか。	①	1	2	3
✓ ③ 重度または慢性の頭痛がありますか。	0	①	2	3
✓ ④ 顔面、顎に緊張を感じますか。	①	1	2	3
✓ ⑤ ストレスを感じた時、消化に変化がありますか。	①	1	2	3
✓ ⑥ 首、肩に緊張を感じますか。	0	①	2	3
✓ ⑦ 皮膚の湿疹、痒みはありますか。	①	1	2	3
✓ ⑧ 呼吸が苦しく感じる場合がありますか。	①	1	2	3
✓ ⑨ 女性のみ、生理周期に変化がありますか。	①	1	2	3
✓ ⑩ 近頃、性欲減退を感じますか。	0	1	2	③

R-3

2019.10.16 Mary  
(1st)

ストレスに関するアンケート

\* 頻度でお答えください。

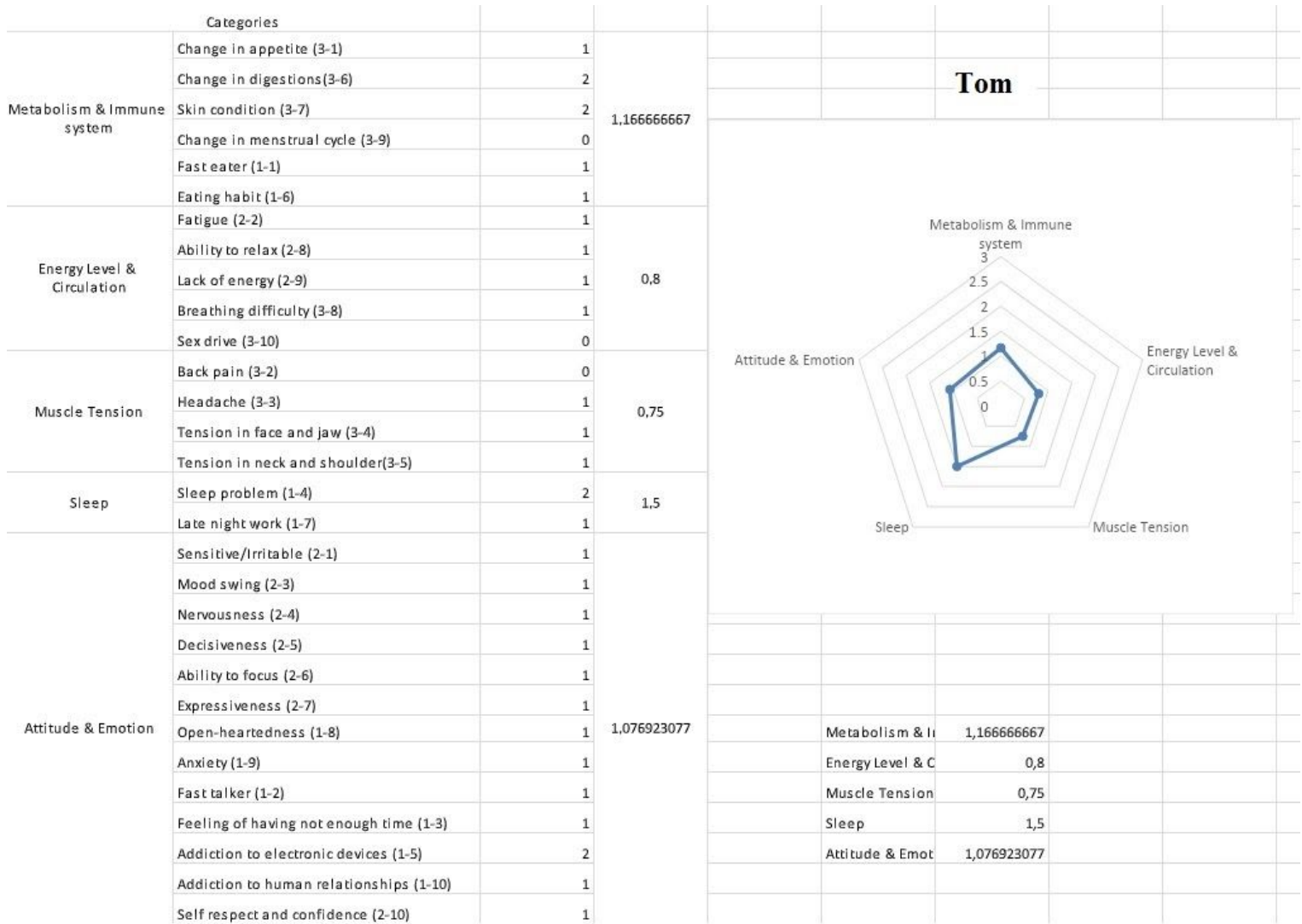
	ない /	まれに /	ほとんど /	常に
<b>&lt;ライフスタイル&gt;</b>				
① あなたは、食べるのが早い傾向ですか。	0	1	2	3
② あなたは、早口な方ですか。	0	1	2	3
③ あなたは、一日でやらなければいけないことに時間が足りないと感じますか。	0	1	2	3
④ 睡眠に問題を感じますか。 (寝つきが悪い、夜中に目が覚める)	0	1	2	3
⑤ 一日の生活の中で電気機器 (携帯電話、パソコンなど) が手放せないと感じますか。	0	1	2	3
⑥ 忙しい一日で食事を抜くことがありますか。	0	1	2	3
⑦ 夜遅くまで仕事をすることがありますか。	0	1	2	3
⑧ あなたは、自分の感情を家族や友達にみせないことが多いですか。	0	1	2	3
⑨ あなたは、心配事が多いですか。	0	1	2	3
⑩ あなたは、人と一緒にいることを好みますか。	0	1	2	3
<b>&lt;個人のストレス&gt;</b>				
① あなたは、非常に敏感でイライラする方ですか。	0	1	2	3
② 十分な睡眠をとった後、目が覚めても疲れを感じますか。	0	1	2	3
③ あなたは、気分の変動が激しいですか。	0	1	2	3
④ あなたは、緊張や苛立ちを感じますか。	0	1	2	3
⑤ あなたは、決断力が足りないと感じますか。	0	1	2	3
⑥ あなたは、集中することが難しいですか。	0	1	2	3
⑦ もし、あなたが誰か、何かにイライラさせられた時、それが直ぐに態度に出てしまいますか。	0	1	2	3
⑧ 完全にリラックスしたと思える時間を持つのが難しいですか。	0	1	2	3
⑨ あなたは、エネルギー不足を感じますか。	0	1	2	3
⑩ あなたは、自信や自尊心が低いと感じますか。	0	1	2	3
<b>&lt;ストレス症状&gt;</b>				
① ストレスを感じた時、食欲に変化がありますか。	0	1	2	3
② 重度または慢性の腰痛がありますか。	0	1	2	3
③ 重度または慢性の頭痛がありますか。	0	1	2	3
④ 顔面、顎に緊張を感じますか。	0	1	2	3
⑤ ストレスを感じた時、消化に変化がありますか。	0	1	2	3
⑥ 首、肩に緊張を感じますか。	0	1	2	3
⑦ 皮膚の湿疹、痒みはありますか。	0	1	2	3
⑧ 呼吸が苦しく感じる場合がありますか。	0	1	2	3
⑨ 女性のみ、生理周期に変化がありますか。	0	1	2	3
⑩ 近頃、性欲減退を感じますか。	0	1	2	3

(35)

15 20

*Annex 6- Initial Radar Charts*

Janet

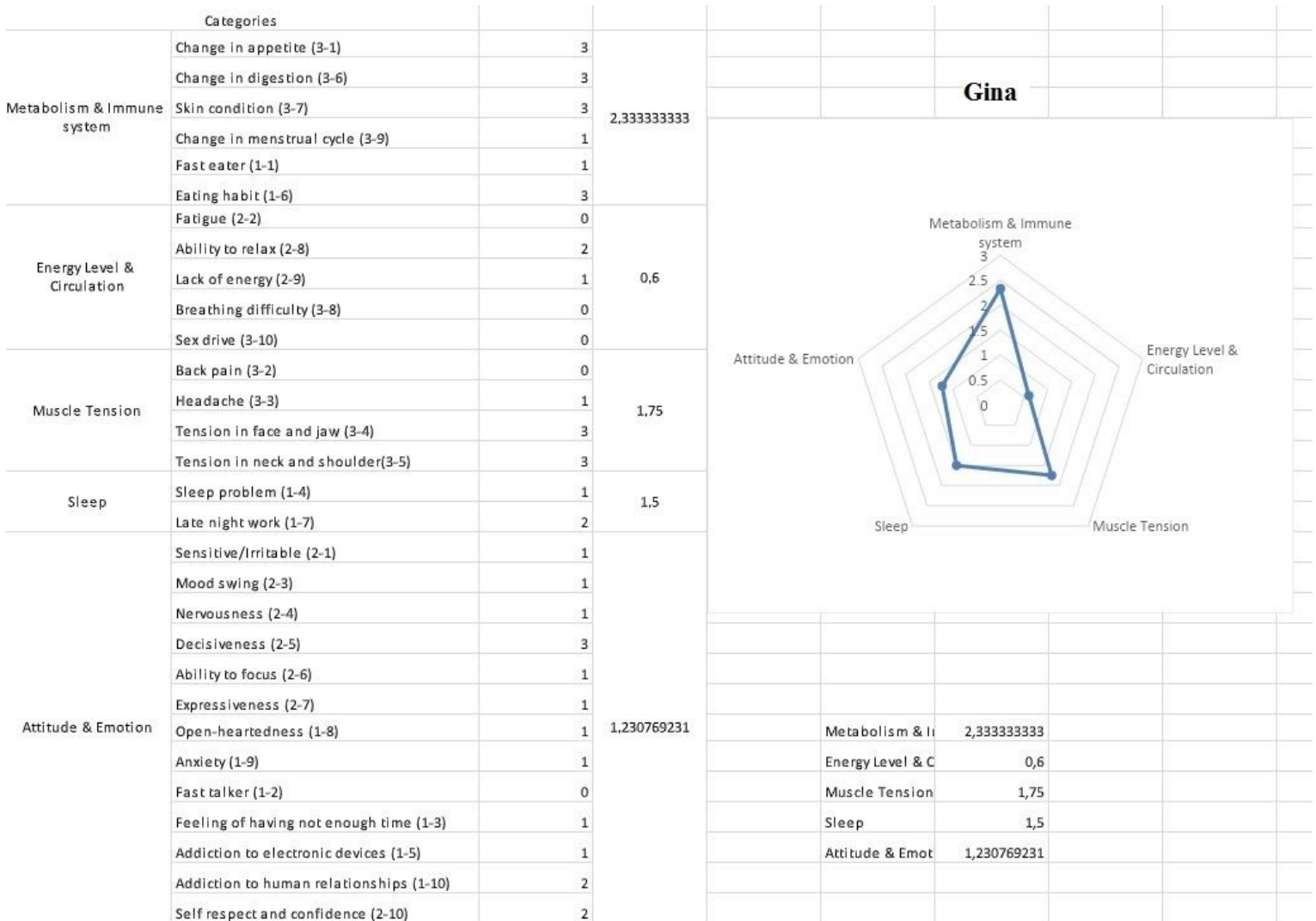




Categories									
Metabolism & Immune system	Change in appetite (3-1)	2	0,666666667		<p style="text-align: center;"><b>Jessica</b></p>	<p>Metabolism &amp; Immune system</p> <p>Energy Level &amp; Circulation</p> <p>Muscle Tension</p> <p>Sleep</p> <p>Attitude &amp; Emotion</p>	<p>Metabolism &amp; Immune system</p> <p>0,666666667</p> <p>Energy Level &amp; C</p> <p>1,4</p> <p>Muscle Tension</p> <p>1,75</p> <p>Sleep</p> <p>0,5</p> <p>Attitude &amp; Emot</p> <p>1,846153846</p>		
	Change in digestion (3-6)	0							
	Skin condition (3-7)	0							
	Change in menstrual cycle (3-9)	0							
	Fast eater (1-1)	2							
Energy Level & Circulation	Eating habit (1-6)	0	1,4						
	Fatigue (2-2)	1							
	Ability to relax (2-8)	3							
	Lack of energy (2-9)	3							
Muscle Tension	Breathing difficulty (3-8)	0	1,75						
	Sex drive (3-10)	0							
	Back pain (3-2)	3							
	Headache (3-3)	2							
Sleep	Tension in face and jaw (3-4)	1	0,5						
	Tension in neck and shoulder(3-5)	1							
Attitude & Emotion	Sleep problem (1-4)	1	1,846153846						
	Late night work (1-7)	0							
	Sensitive/Irritable (2-1)	3							
	Mood swing (2-3)	1							
	Nervousness (2-4)	2							
	Decisiveness (2-5)	1							
	Ability to focus (2-6)	1							
	Expressiveness (2-7)	1							
	Open-heartedness (1-8)	3							
	Anxiety (1-9)	3							
	Fast talker (1-2)	2							
	Feeling of having not enough time (1-3)	1							
	Addiction to electronic devices (1-5)	1							
Addiction to human relationships (1-10)	3								
Self respect and confidence (2-10)	2								



KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION

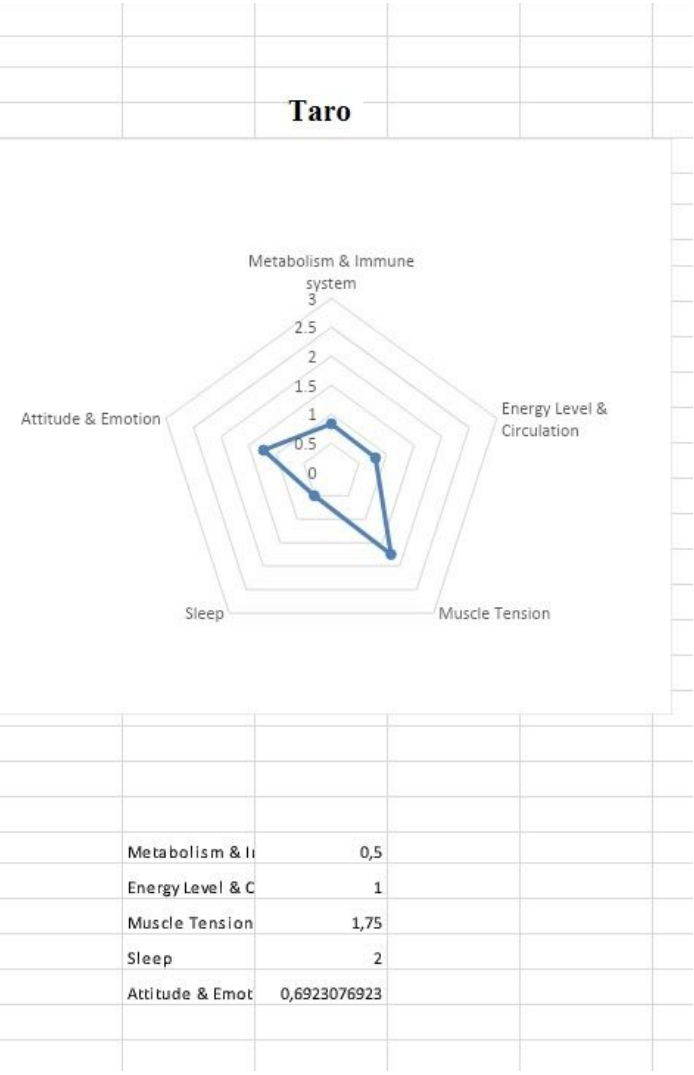






Reiko

Categories			
Metabolism & Immune system	Change in appetite (3-1)	1	0,8333333333
	Change in digestion (3-6)	1	
	Skin condition (3-7)	1	
	Change in menstrual cycle (3-9)	0	
	Fast eater (1-1)	2	
Energy Level & Circulation	Eating habit (1-6)	0	0,8
	Fatigue (2-2)	0	
	Ability to relax (2-8)	1	
	Lack of energy (2-9)	1	
	Breathing difficulty (3-8)	0	
Muscle Tension	Sex drive (3-10)	2	1,75
	Back pain (3-2)	1	
	Headache (3-3)	2	
	Tension in face and jaw (3-4)	1	
Sleep	Tension in neck and shoulder(3-5)	3	0,5
	Sleep problem (1-4)	0	
Attitude & Emotion	Late night work (1-7)	1	0,6923076923
	Sensitive/Irritable (2-1)	0	
	Mood swing (2-3)	1	
	Nervousness (2-4)	1	
	Decisiveness (2-5)	0	
	Ability to focus (2-6)	0	
	Expressiveness (2-7)	0	
	Open-heartedness (1-8)	0	
	Anxiety (1-9)	0	
	Fast talker (1-2)	1	
	Feeling of having not enough time (1-3)	1	
	Addiction to electronic devices (1-5)	2	
	Addiction to human relationships (1-10)	3	
	Self respect and confidence (2-10)	0	



KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION

Categories							
Metabolism & Immune system	Change in appetite (3-1)	2	0,8333333333		<p><b>Rie</b></p>		
	Change in digestion (3-6)	0					
	Skin condition (3-7)	0					
	Change in menstrual cycle (3-9)	0					
	Fast eater (1-1)	2					
Energy Level & Circulation	Eating habit (1-6)	1	0,8				
	Fatigue (2-2)	0					
	Ability to relax (2-8)	0					
	Lack of energy (2-9)	1					
Muscle Tension	Breathing difficulty (3-8)	0	0,5				
	Sex drive (3-10)	3					
	Back pain (3-2)	0					
	Headache (3-3)	1					
Sleep	Tension in face and jaw (3-4)	0	1,5				
	Tension in neck and shoulder(3-5)	1					
	Sleep problem (1-4)	2					
Attitude & Emotion	Late night work (1-7)	1	1,461538462	<p>Metabolism &amp; Immune system 3</p> <p>2.5</p> <p>2</p> <p>1.5</p> <p>1</p> <p>0.5</p> <p>0</p>	<p>Metabolism &amp; Immune system 0,8333333333</p> <p>Energy Level &amp; C 0,8</p> <p>Muscle Tension 0,5</p> <p>Sleep 1,5</p> <p>Attitude &amp; Emot 1,461538462</p>		
	Sensitive/Irritable (2-1)	1					
	Mood swing (2-3)	1					
	Nervousness (2-4)	1					
	Decisiveness (2-5)	2					
	Ability to focus (2-6)	2					
	Expressiveness (2-7)	0					
	Open-heartedness (1-8)	2					
	Anxiety (1-9)	3					
	Fast talker (1-2)	0					
Feeling of having not enough time (1-3)	2						
Addiction to electronic devices (1-5)	0						
Addiction to human relationships (1-10)	2						
Self respect and confidence (2-10)	3						



KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION

Categories								
Metabolism & Immune system	Change in appetite (3-1)	1	1	<p style="text-align: center;"><b>Mary</b></p>				
	Change in digestion (3-6)	1						
	Skin condition (3-7)	1						
	Change in menstrual cycle (3-9)	1						
	Fast eater (1-1)	2						
	Eating habit (1-6)	0						
Energy Level & Circulation	Fatigue (2-2)	0	0,8					
	Ability to relax (2-8)	1						
	Lack of energy (2-9)	1						
	Breathing difficulty (3-8)	0						
Muscle Tension	Sex drive (3-10)	2	1,5					
	Back pain (3-2)	1						
	Headache (3-3)	1						
	Tension in face and jaw (3-4)	2						
Sleep	Tension in neck and shoulder(3-5)	2	0,5					
	Sleep problem (1-4)	1						
Attitude & Emotion	Late night work (1-7)	0	1,461538462					
	Sensitive/Irritable (2-1)	1						
	Mood swing (2-3)	1						
	Nervousness (2-4)	1						
	Decisiveness (2-5)	2						
	Ability to focus (2-6)	2						
	Expressiveness (2-7)	2						
	Open-heartedness (1-8)	1						
	Anxiety (1-9)	1						
	Fast talker (1-2)	2						
	Feeling of having not enough time (1-3)	1						
	Addiction to electronic devices (1-5)	1						
	Addiction to human relationships (1-10)	2						
	Self respect and confidence (2-10)	2						
				Metabolism & Immune system	1			
				Energy Level & C	0,8			
				Muscle Tension	1,5			
				Sleep	0,5			
				Attitude & Emot	1,461538462			



**Annex 7- Practices for Low, Medium & Highly Stressed People**

for Low Stressed People

3 levels Stress

1.   $\xrightarrow{\text{IN: Free}}$    $\xleftarrow{\text{Ex: Chant}}$  ) x 6  
 Hands on Heart      Hands open

Om Sāntih

2.   $\xrightarrow{\text{IN: Chant}}$    $\xleftarrow{\text{Ex: Chant}}$

6. 


IN: Visualize whole body soft with smile



3.   $\rightleftharpoons$   each side x 4

Hands on (Navel, Heart, Eyes)

Ex: Chant

4 times each position



4.  Rest

5.   $\xrightarrow{\text{IN: Free}}$    $\xleftarrow{\text{Ex: extend Exhalation}}$  each time

for Medium Stressed People



1.   $\xrightarrow{\text{IN: Free}}$    $\xleftarrow{\text{Ex: Chant}}$  ) x 6



Om Somāya Namah <sup>\* Think about quality of Moon to bring about chant</sup>

2.   $\xrightarrow{\text{IN: Chant}}$    $\xleftarrow{\text{Ex: Chant}}$



IN: Sītali Ex: chant ) x 4 times \* each time far in the distance

3.  Rest



6.   $\xrightarrow{\text{IN}}$    $\xleftarrow{\text{Ex}}$  4 times

4.   $\rightleftharpoons$   arms position ①②③ x 2 times each

\* elbows on the floor to be more relax

5.   $\xrightarrow{\text{IN}}$    $\xleftarrow{\text{Ex}}$  stay 1 br 'in this position

Ex:  $\equiv$  extend each exhalation



7.   $\xrightarrow{\text{IN: Visualize}}$    $\xleftarrow{\text{Ex: chant softly}}$  4 times each position



IN: Visualize the reflection of Moon in the calm water



for Highly Stressed People



1.   $\xrightarrow{\text{IN: Free}}$    $\xleftarrow{\text{Ex: Chant}}$  ) x 6

mām Pahi <sup>\* Visualizing a flower opening and closing</sup>

2.   $\xrightarrow{\text{IN: Free}}$    $\xleftarrow{\text{Ex: Chant}}$  Alternate hand movement x 4



6.   $\xrightarrow{\text{IN}}$    $\xleftarrow{\text{Ex}}$  x 6

3.   $\xrightarrow{\text{IN: Chant}}$   x 4  
 \* Stay 1 br.

7.   $\xrightarrow{\text{IN: Visualize}}$    $\xleftarrow{\text{Ex: Mentally chant}}$  x 4

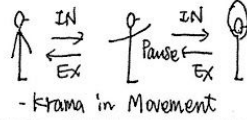
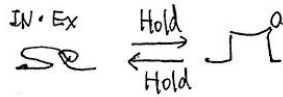
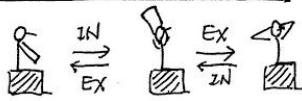
4.  Rest

8.  \* Put hands on the part of the body you need protect.

5.   $\xrightarrow{\text{IN}}$    $\xleftarrow{\text{Ex}}$  Jāthara Parivṛtti (Pāśāva Bhedaḥ) Ex:  $\equiv$   
 \* Stay 'in this position for 4 breaths and Extend exhalation each time

**Annex 8- Five Stress Categories Model Practices**

Practice for Muscle tension

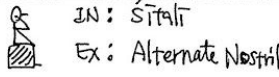
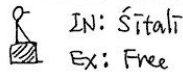


< Prāṇāyāma >

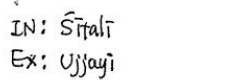
IN H Ex H  
1 0 1 1

( IN : Free  
Ex : ≡ gradually extend Ex

Sleep

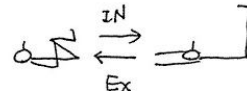
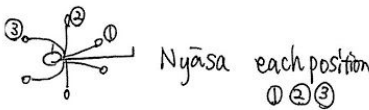


Śārīra - nyāsa < Mantra >



< Prāṇāyāma >

Śītali / Śītali  
Anuloma Ujjayi  
Pranava  
Santi  
Pahi

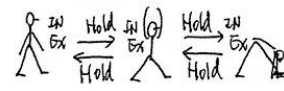
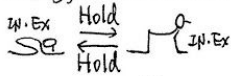


IN: Free  
Ex: ≡

bāhya kumbhaka  
ex) IN H Ex H  
1 0 1 1

gradually extend < Dravya-prayoga > apply oil

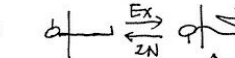
Energy level & Breath Control



- krama in Movement

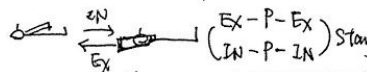
- krama in Static

Anga Lāghava



( IN - Pause - IN )  
( Ex - Pause - Ex )

↑ stay for 1-2 hrs.



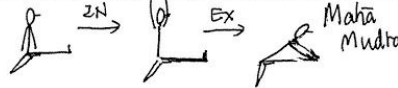
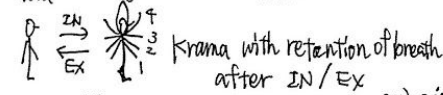
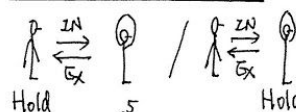
- krama in karanyāsa

- Mantra & Dhyānam

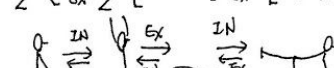
Langhama Āsraya → Focus on Moon

Bṛhmana Āsraya → Focus on Sun,  
Agni, Mountain

Metabolish & Immune



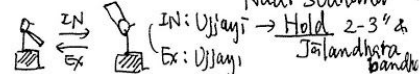
Bṛhmana Āsana



< Prāṇāyāma > Ujjayi

( IN: R / Ex: L )  
Sūryabhedana  
Nadi Śodhana

- Jihva bandha - in all this movement. Posture done with Jihva bandha




IN: Ujjayi → Hold 2-3" &  
Ex: Ujjayi Jalandhara bandha


Emotional Support & Positive Attitude


- Mantra & Dhyānam
- Spiritual connection / Tīvara-pranidhāra
- Nyāsa & Bhāvanā
- Svādhyāya


**Annex 9- Janet's Care Seeker's Practices**


1st Meeting


1.  IN: Free (flowing like water) 12 breaths  
Ex: Chant

2.  IN: Śītālī 12T  
Ex: Chant

3.  IN: 6T  
Ex: Chant ← Lift heels up for flat feet


4.  IN: 6T  
Ex: To expand (opening) Heart


5.  IN: 4T  
Ex: Alternate 4 times


6.  IN: 12 times  
Ex: Chant


**a) Tom**  
Ardha Uttanāsana 6 times


2nd


1.  IN: 8 times  
Ex: Chant Think about quality of Moon, light,


2.  IN: Śītālī \* Moving forward \*  
Ex: Chant in Cakra 4T


3.  Rest

4.  IN: Each 2T  
Ex: 2T

5.  IN: Stay 1br. Ex: 2 times  
Ex: extend exhalation each times


6.  IN: 8 times  
Ex: Chant Very Slowly


7.  IN: Free  
Ex: Chant softly \* Visualize reflection of Moon on Calm Sea.  
① Navel ② Heart ③ Eyes 4 Times


8.  Sit quietly in meditation.


3rd.  
Same practice as 2nd meeting


4th.


1.  IN: Free \*  
Ex: Chant 8 times \* Visualising a flower opening a sunflower following the Sun, turning the head to movement of Sun.


2.  IN: 4 Times  
Ex: Chant Alternate Arm Movements


3.  IN: 4 Times  
Ex: Stay 1br

4.  Rest

5.  IN: Stay  
Ex: 2 times Extend each side 2 times

6.  IN: 8 times  
Ex: Chant

7.  Visualize Sunflower Chant Mentally each 4 time

8.  Place hands on part of body that needs healing






5th  
Same practice as 4th meeting and Yoga Nidra practice on CD.




6th. Continues same practice as 5th meeting.

1st Meeting

Mantra Om Śāntih

b) Ayana







1.  IN: Śītali with head movement  
Ex: Free 12T
2.  IN: Free  
Ex: chant 4T
3.  IN: chant  
Ex: Free 4T
4.  IN: chant  
Ex: Free 4T
5.  Rest





6.  IN chant  
Ex: Free each side 2T
7.  IN  
Ex: Free 6T
8.  IN: Visualize Sun light  
Ex: Chant Love  
Hands on Navel Heart Eyes each 4T

\* Apply oil on the feet before bed time

2nd Meeting

Mam Pāhi

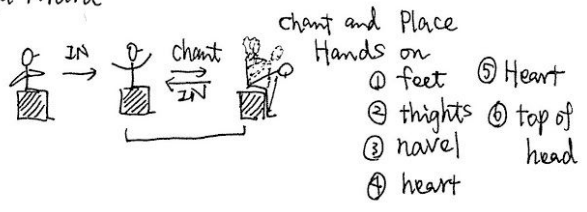
1.  IN: Free  
Ex: Long & Smooth
- \* 2.  IN: chant  
Ex: Free 6 breaths Visualize flower opening & closing
3.  IN: chant  
Ex: Free 4T
4.  IN: chant  
Ex: Free 4T
5.  Rest
10.  Rest  
Feel space, light, cherished protected  
Ex: chant - loudly soft mentally

6.  IN  
Ex: Free Stay 4 breaths
7.  IN  
Ex: Free 6T
8.  IN: Visualize flower opening & closing  
Ex: Mentally Chant  
each place 4T
9.  Place hands on body you need protecting healing

3rd - Same practice as the 2nd meeting

4th - Same as the 2nd + introduced Yoga Nidra

5th > Same as the 2nd, but only changed at 2\*



1st Meeting

Mantra **Om**

- IN: Free (Slow Steady extend) 12T  
Ex:
- Alternate each 4T /
- IN: Sitali or Sitali with head up  
Ex: Chant or Humming with head down 8T
- IN: chant  
Ex: chant + forward bend gradually increasing bend 4T
- IN:   
Ex: \* Stay 1br Ex: Chant
- IN:   
Ex: Alternate 4T
- IN:   
Ex: 3T
- IN:   
Ex: Pause
- one hand on heart, other hand on navel  
IN: Free, Ex: Chant 12T
- Sit quietly, feeling breath bring calm & Peace, feel light & Love in

2nd Meeting

Mantra **Om Santih**  
or  
**Om Somaya Namah**

- Observe 12-breaths  
Hearing sound of back throat
- IN: Sitali with Nyasa & head Movement  
Ex: Free
- IN: chant  
Ex: Visualizing moon light (bring calm)
- IN: chant  
Ex:
- IN:   
Ex: 6T
- Rest
- IN:   
Ex: chant mentally each position 2TX
- IN:   
Ex: \* Stay 1breath Alternate 2T
- IN:   
Ex: 6T
- Hands on Navel Heart Eyes  
Ex: Chant softly mentally Visualize Moon reflection on lake each 4T

3rd only changed Mantra

Mantra **Om Suryaya Namah**  
Same asana practice  
Sequence as the 2nd Meeting

4th

Mantra **Om Puspaya Namah**  
Same Sequence as the 2nd Meeting  
only change 2 (\*\*) Visualizing flower < opening closing 4T

5th

Mantra **Mam Pahi**  
Visualize Meaning Mantra

- Observe breath 6T  
Extending Exhalation  
Visualize IN: both Nostril  
Ex: Alternate Nostril 6T
- IN: chant  
Ex: 6T
- IN: chant  
Ex: Alternate 3T
- Rest
- IN:   
Ex: Stay 4brs each 2T
- IN:   
Ex: chant mentally

\* Apply oil on the feet before bed time

6th Same as 5th practice


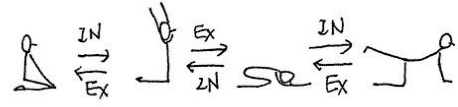
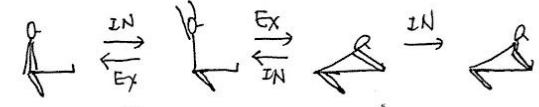
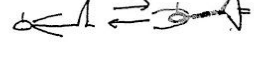





Annex 10-Catalina's Care Seeker's Practices

Mantra

Om Sūryāya Namaḥ



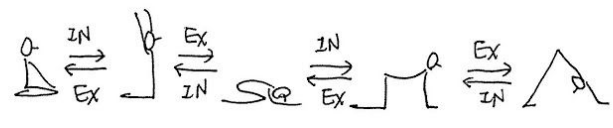

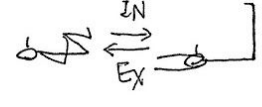


**a) Barbara**  
**b) Gina**

1.  IN: Right Nostril  
Ex: Free
2.  4T, each leg
3.  Stay for 8 breaths each side  
IN: Free, Ex: Chant
4.  4 brs. Visualizing the Sun in the heart.
5.  4T Alternating
7.  IN: Free Ex: Chant  
Chant Mantra  
8 times.
6.  4T Visualizing the Sun in the heart

Mantra

Om Śāntih

**c) Carl**

1.  IN: Śītalī  
Ex: Ujjayī 8 breaths
2.  4T Alternating (Follow the hand)
3.  4T \* Pause after Ex
4.  4 breaths IN: Free  
Ex-P-Ex (Krama)
5. 
6.  IN: Free  
Ex: Alternate Nostrils
7.  IN: Free  
Ex: Chant Mantra  
Hands on  
( - Abdomen  
- Chest  
- Eyes  
each place  
4 breaths

**Annex 11- Reiko's Care Seeker's Practices**

1st Meeting

1. IN Chant **OM Somāya Namah**

2. IN Chant IN: Śītalī Ex: chant

3. Rest

4. IN EX each 2 times

5. IN EX \*Stay 1 br Ex ≡

6. IN 6 times

7. Visualize reflect Moon on the calm water Ex: Softly Chant

**a) Taro**

2nd Meeting

Apply Oil on Neck & Shoulders

2. IN Chant Chant IN Chant Nyāsa thumb

3. IN Chant IN Chant x 4

4. IN EX Pause IN Ex: Chant x 4

5. Śītalī Chant Chant Each Side Alternate 2T x 2

6. Rest

7. ~ Same as \*4~7 from 1st pract

3rd Meeting

Apply Oil on Neck & Shoulders

1. IN + Hold 3" Ex: **OM Bhūmyai Namah**

2. IN Chant Hold 3" Chant \* 1 br x 4

3. Śītalī Ex IN EX Chant each position x 3

4. Rest

5. 12 breaths

6. IN EX Ex: Chant Mentally

7. IN + Hold 3" Ex: Chant

4th Meeting

1. **OM Śāntih**

2. IN Chant Nyāsa \* Hold after Ex (chant) 1" = Pause

3. Śītalī IN: Śītalī Pause after chant

4. Hold 3"

5. IN \* 1 br

6. Chant IN EX \* 1 br

7. IN Chant

8. softly Chant each hand: place 4T

5th Meeting

1. **OM Śāntih**

2. IN Chant Nyāsa IN: Free Ex: Chant + Hold 2"

3. Śītalī IN: Śītalī Ex: Chant + Hold 2"

4. IN: Free Ex: Chant > 4+

5. Listen Mantra "Bhūskūtam"

6. IN EX

7. cakṣu Mudra Chant Mentally 8+

6th Meeting

1. **OM Śāntih**

2. IN Chant IN Chant \* 1 br

3. Śītalī x 6T

4. Rest

5. IN EX 1-4: Dynamic 5,6: Stay 1b


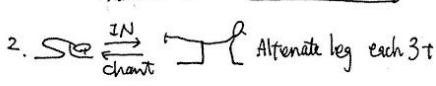

6. IN EX

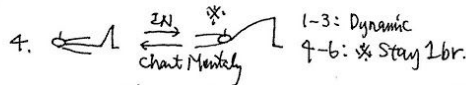
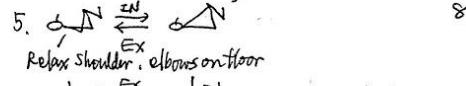
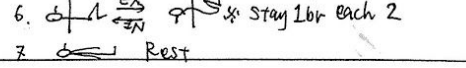

7. Nyāsa

8. cakṣu Mudra Chant Mentally 8+ Listen to Mantra "Bhūskūtam"

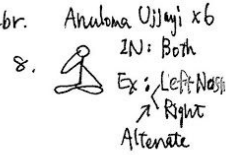


1st Meeting Apply oil on Neck & Back

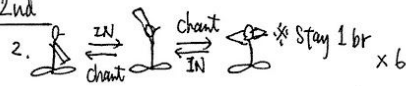
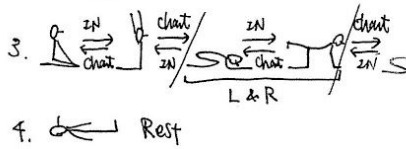
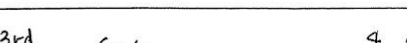
1.  **Mām Pāhi**
2.  Alternate leg each 3t
3.  Rest

4.  1-3: Dynamic  
4-6: \* Stay 1br. Chant Mām Pāhi
5.  Relax shoulder, elbows on floor
6.  \* Stay 1br each 2
7.  Rest

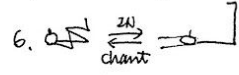
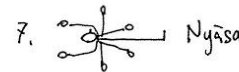
C) Mary

8.  Anuloma Ujjayi x6  
IN: Both  
Ex: Left Nasal  
Right  
Alternate


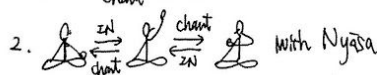
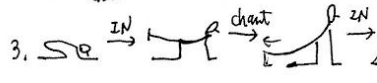
2nd

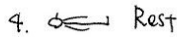
2.  \* Stay 1br x 6
3.  L & R
4.  Rest

5. Same as 4.6 from 1st meeting

6. 
7.  Nyāsa

3rd

1.  **Sītāhī**
2.  With Nyāsa
3.  \* Stay 2 legs

4.  Rest

6. Same as 6 from 1st

5.  \* Stay 1br x 4

7. Same as 6 from 2nd

8.  softly chant each 4

4th

1.  One Hand on chest  
One Hand on belly


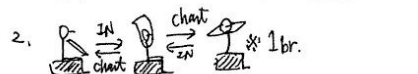
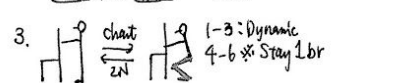
2 ~ Same as 1 ~ 8 from 3rd practice

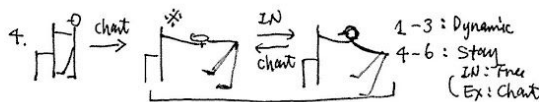
consistently breath

IN: feeling (imagining) expand chest

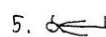
Ex: Prāna moving upward from belly

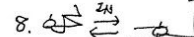
5th

1.  IN: Sītāhī  
Ex: Chant **Sāntih** x 6
2.  \* 1br.
3.  1-3: Dynamic  
4-6: \* Stay 1br

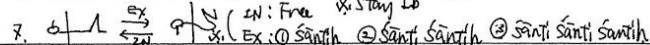
4.  1-3: Dynamic  
4-6: Stay  
IN: Free  
Ex: Chant

9. Same as 8 from 3rd

5.  Rest

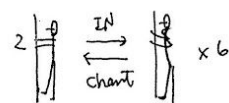
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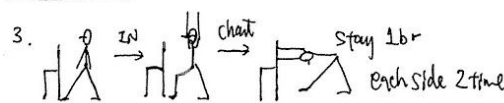
6. Same as 5 from 3rd

7.  IN: Free \* Stay 1br x 3  
Ex: ① Sāntih ② Sānti Sāntih ③ Sānti Sānti Sāntih

6th

1. Same as 1 from 5th **Mām Pāhi** x 6

2.  x 6

3.  stay 1br  
Each side 2 time

4. ~ Same as 3 ~ 9 from 5th.

*Annex 12- Final answers to the Questionnaire*

Janet

First and last name: TOM  
 Date: 16 January 2020

Yoga Therapy

**Yoga for stress management**

How often would you say?

Scale:

0                      1                      2                      3  
 Never                Some Times        Most of the time    Always

Category 1 (Lifestyle)

	0	1	2	3
1. Do you have a tendency to eat, fast?		✓		
2. Do you have the tendency to talk fast?			✓	
3. Do you feel like you don't have enough hours in the day to do the things that you must do?		✓		
4. Do you have any problems with your sleep?			✓	
5. Do you usually spend a lot of time with electronic devices?			✓	
6. Do you miss a meal because of your busy schedule ?		✓		
7. Do you have to work late?		✓		
8. Is it important for you not to show your emotions even to family or friends?		✓		
9. Do you worry a lot?			✓	
10. Do you like to be with people?			✓	

Category 2 (Personal stress)

	0	1	2	3
1. Are you extremely sensitive and irritable?			✓	
2. Do you feel fatigued or tired even when you wake up after an adequate sleep?		✓		



3. Do you experience mood swings?		✓		
4. Do you feel nervous or on the edge?		✓		
5. Do you find it difficult to make decisions?		✓		
6. Is it difficult for you to focus and concentrate?		✓		
7. Is it hard for you to express your feelings If something or someone really annoys you?		✓		
8. Do you have a hard time feeling really relaxed?		✓		
9. Do you feel you lack energy?		✓		
10. Is your self confidence lower than you would be like it to be?		✓		

Category 3 (How does the symptoms appear)

	0	1	2	3
1. When your are stressed does your appetite change?		✓		
2. Do you have a severe or chronic lower back pain?	✓			
3. Do you get severe or chronic headaches?		✓		
4. Do you feel tension in your face and / or jaw?		✓		
5. Do you feel tension in your neck and / or shoulders?		✓		
6. When you are stressed do you have changes in your digestion?			✓	
7. Do you get skin rashes or itches?			✓	
8. Do you have difficulty breathing?		✓		
9. FOR WOMEN ONLY Are you experiencing changes in your menstrual cycle?				
10. Has your sex drive decreased?				

N/A

First and last name: *Ayana*  
 Date: *17-01-2020*

Yoga Therapy

**Yoga for stress management**

How often would you say?  
 Scale:

0                      1                      2                      3  
*Never                      Some Times                      Most of the time                      Always*

Category 1 (Lifestyle)

	0	1	2	3
1. Do you have a tendency to eat, fast?	✓			
2. Do you have the tendency to talk fast?	✓			
3. Do you feel like you don't have enough hours in the day to do the things that you must do?		✓		
4. Do you have any problems with your sleep?			✓	
5. Do you usually spend a lot of time with electronic devices?		✓		
6. Do you miss a meal because of your busy schedule ?		✓		
7. Do you have to work late?	✓			
8. Is it important for you not to show your emotions even to family or friends?		✓		
9. Do you worry a lot?		✓	✓	
10. Do you like to be with people?		✓		

Category 2 (Personal stress)

	0	1	2	3
1. Are you extremely sensitive and irritable?		✓		
2. Do you feel fatigued or tired even when you wake up after an adequate sleep?		✓		

3. Do you experience mood swings?		✓		
4. Do you feel nervous or on the edge?		✓		
5. Do you find it difficult to make decisions?		✓		
6. Is it difficult for you to focus and concentrate?		✓		
7. Is it hard for you to express your feelings If something or someone really annoys you?		✓		
8. Do you have a hard time feeling really relaxed?		✓		
9. Do you feel you lack energy?		✓		
10. Is your self confidence lower than you would be like it to be?		✓		

Category 3 (How does the symptoms appear)

	0	1	2	3
1. When your are stressed does your appetite change?		✓		
2. Do you have a severe or chronic lower back pain?		✓		
3. Do you get severe or chronic headaches?		✓		
4. Do you feel tension in your face and / or jaw?		✓		
5. Do you feel tension in your neck and / or shoulders?		✓		
6. When you are stressed do you have changes in your digestion?		✓		
7. Do you get skin rashes or itches?	✓			
8. Do you have difficulty breathing?		✓		
9. FOR WOMEN ONLY Are you experiencing changes in your menstrual cycle?				
10. Has your sex drive decreased?				



First and last name: *Jessica*

Date: *13/1/2020*

Yoga Therapy

**Yoga for stress management**

How often would you say?

Scale:

0                      1                      2                      3  
*Never                  Some Times      Most of the time      Always*

Category 1 (Lifestyle)

	0	1	2	3
1. Do you have a tendency to eat, fast?				✓
2. Do you have the tendency to talk fast?	✓			
3. Do you feel like you don't have enough hours in the day to do the things that you must do?			✓	
4. Do you have any problems with your sleep?	✓			
5. Do you usually spend a lot of time with electronic devices?		✓		
6. Do you miss a meal because of your busy schedule ?	✓			
7. Do you have to work late?	✓			
8. Is it important for you not to show your emotions even to family or friends?	✓			✗
9. Do you worry a lot?				✓
10. Do you like to be with people?				✓

Category 2 (Personal stress)

	0	1	2	3
1. Are you extremely sensitive and irritable?			✓	
2. Do you feel fatigued or tired even when you wake up after an adequate sleep?		✓		

	0	1	2	3
3. Do you experience mood swings?	4TTT	✓		
4. Do you feel nervous or on the edge?	4TT	✓		
5. Do you find it difficult to make decisions?	✓			
6. Is it difficult for you to focus and concentrate?		✓		
7. Is it hard for you to express your feelings if something or someone really annoys you?	✓			
8. Do you have a hard time feeling really relaxed?			✓	
9. Do you feel you lack energy?			✓	
10. Is your self confidence lower than you would be like it to be?		✓		

Category 3 (How does the symptoms appear)

	0	1	2	3
1. When you are stressed does your appetite change?	✓			
2. Do you have a severe or chronic lower back pain?			✓	
3. Do you get severe or chronic headaches?		✓		
4. Do you feel tension in your face and / or jaw?	✓			
5. Do you feel tension in your neck and / or shoulders?		✓		
6. When you are stressed do you have changes in your digestion?	✓			
7. Do you get skin rashes or itches?	✓			
8. Do you have difficulty breathing?	✓			
9. FOR WOMEN ONLY Are you experiencing changes in your menstrual cycle?	✓			
10. Has your sex drive decreased?	N/A			

Catalina

Nombre y Apellido: **Barbara**  
 Fecha: 20/11/20

Yoga Terapia  
**Yoga para aliviar el estrés**

Escala:

0                      1                      2                      3  
 Nunca                Algunas veces            Muy seguido            Siempre

Categoría 1 (Estilo de vida)

	0	1	2	3
1. ¿Tiene tendencia a comer rápido?		X		
2. ¿Tiene tendencia a hablar rápido?		X		
3. ¿Tiene suficientes horas en el día para hacer todo lo que debe hacer?			X	
4. ¿Tiene algún problema con el sueño?		X		
5. ¿Por lo general pasa mucho tiempo con dispositivos electrónicos?		X		
6. ¿Se saltea alguna comida debido a la exigencia de sus horarios?			X	
7. ¿Tiene que trabajar hasta tarde?				
8. ¿Es importante para usted no mostrar sus emociones ni a sus amigos o familia?		X		
9. ¿Tiende a preocuparse por demás?			X	
10. ¿Le gusta compartir su tiempo con otros?			X	

Categoría 2 (Estrés personal)

	0	1	2	3
1. ¿Es extremadamente sensible y/o irritable?		X		
2. ¿Se siente cansado/a después de un sueño reparador?		X		
3. ¿Suele tener cambios bruscos de ánimo?			X	

4. ¿Se siente nervioso/a y/o colapsado/a?		X		
5. ¿Le cuesta tomar decisiones?		X		
6. ¿Le es difícil enfocarse y concentrarse?		X		
7. ¿Le cuesta expresar sus sentimientos cuando algo o alguien realmente le molesta?			X	
8. ¿Le cuesta sentirse realmente relajado/a?		X		
9. ¿Siente que le falta energía?		X		
10. ¿Su auto estima es más baja de lo que le gustaría?			X	

Categoría 3 (Cómo aparecen los síntomas)

	0	1	2	3
1. Cuando está estresado/a ¿le cambia el apetito?			X	
2. ¿Tiene dolor constante o crónico en la zona lumbar?	X			
3. ¿Sufre de dolor de cabeza crónico o con frecuencia?	X			
4. ¿Siente tensión en la cara y/o mandíbula?		X		
5. ¿Siente tensión en el cuello y/o los hombros?			X	
6. Cuando está estresado/a ¿le cambia la digestión?			X	
7. ¿Tiene erupciones o siente picazón en la piel?	X			
8. ¿Tiene dificultad para respirar?	X			
9. SOLO PARA MUJERES: ¿está experimentando cambios en la menstruación?	X			
10. ¿Su deseo sexual ha disminuido?	X			



Nombre y Apellido: **Gina**  
 Fecha: 11/1/20

Yoga Terapia  
**Yoga para aliviar el estrés**

Escala:

0                      1                      2                      3  
 Nunca              Algunas veces      Muy seguido      Siempre

Categoría 1 (Estilo de vida)

	0	1	2	3
1. ¿Tiene tendencia a comer rápido?	/			
2. ¿Tiene tendencia a hablar rápido?	/			
3. ¿Tiene suficientes horas en el día para hacer todo lo que debe hacer?		/		
4. ¿Tiene algún problema con el sueño?	/			
5. ¿Por lo general pasa mucho tiempo con dispositivos electrónicos?		/		
6. ¿Se saltea alguna comida debido a la exigencia de sus horarios?		/		
7. ¿Tiene que trabajar hasta tarde?		/		
8. ¿Es importante para usted no mostrar sus emociones ni a sus amigos o familia?	/			
9. ¿Tiende a preocuparse por demás?		/		
10. ¿Le gusta compartir su tiempo con otros?			/	

Categoría 2 (Estrés personal)

	0	1	2	3
1. ¿Es extremadamente sensible y/o irritable?	/			
2. ¿Se siente cansado/a después de un sueño reparador?	/			
3. ¿Suele tener cambios bruscos de ánimo?	/			

4. ¿Se siente nervioso/a y/o colapsado/a?		/		
5. ¿Le cuesta tomar decisiones?		/		
6. ¿Le es difícil enfocarse y concentrarse?	/			
7. ¿Le cuesta expresar sus sentimientos cuando algo o alguien realmente le molesta?	/			
8. ¿Le cuesta sentirse realmente relajado/a?		/		
9. ¿Siente que le falta energía?		/		
10. ¿Su auto estima es más baja de lo que le gustaría?		/		

Categoría 3 (Cómo aparecen los síntomas)	0	1	2	3
1. Cuando está estresado/a ¿le cambia el apetito?		/		
2. ¿Tiene dolor constante o crónico en la zona lumbar?	/			
3. ¿Sufre de dolor de cabeza crónico o con frecuencia?	/			
4. ¿Siente tensión en la cara y/o mandíbula?		/		
5. ¿Siente tensión en el cuello y/o los hombros?		/		
6. Cuando está estresado/a ¿le cambia la digestión?		/		
7. ¿Tiene erupciones o siente picazón en la piel?		/		
8. ¿Tiene dificultad para respirar?	/			
9. SOLO PARA MUJERES: ¿está experimentando cambios en la menstruación?	/			
10. ¿Su deseo sexual ha disminuido?	/			



Nombre y Apellido: **Carl**  
 Fecha: 11/1/2020

Yoga Terapia  
**Yoga para aliviar el estrés**

Escala:

0 Nunca      1 Algunas veces      2 Muy seguido      3 Siempre

Categoría 1 (Estilo de vida)

	0	1	2	3
1. ¿Tiene tendencia a comer rápido?			✓	
2. ¿Tiene tendencia a hablar rápido?	✓			
3. ¿Tiene suficientes horas en el día para hacer todo lo que debe hacer?		✓		
4. ¿Tiene algún problema con el sueño?		✓		
5. ¿Por lo general pasa mucho tiempo con dispositivos electrónicos?			✓	
6. ¿Se saltea alguna comida debido a la exigencia de sus horarios?	✓			
7. ¿Tiene que trabajar hasta tarde?		✓		
8. ¿Es importante para usted no mostrar sus emociones ni a sus amigos o familia?		✓		
9. ¿Tiende a preocuparse por demás?		✓		
10. ¿Le gusta compartir su tiempo con otros?			✓	

Categoría 2 (Estrés personal)

	0	1	2	3
1. ¿Es extremadamente sensible y/o irritable?	✓			
2. ¿Se siente cansado/a después de un sueño reparador?	✓			
3. ¿Suele tener cambios bruscos de ánimo?	✓			

4. ¿Se siente nervioso/a y/o colapsado/a?	✓			
5. ¿Le cuesta tomar decisiones?	✓			
6. ¿Le es difícil enfocarse y concentrarse?	✓			
7. ¿Le cuesta expresar sus sentimientos cuando algo o alguien realmente le molesta?	✓			
8. ¿Le cuesta sentirse realmente relajado/a?			✓	
9. ¿Siente que le falta energía?		✓		
10. ¿Su auto estima es más baja de lo que le gustaría?	✓			

Categoría 3 (Cómo aparecen los síntomas)	0	1	2	3
1. Cuando está estresado/a ¿le cambia el apetito?	✓			
2. ¿Tiene dolor constante o crónico en la zona lumbar?			✓	
3. ¿Sufre de dolor de cabeza crónico o con frecuencia?		✓		
4. ¿Siente tensión en la cara y/o mandíbula?	✓			
5. ¿Siente tensión en el cuello y/o los hombros?			✓	
6. Cuando está estresado/a ¿le cambia la digestión?	✓			
7. ¿Tiene erupciones o siente picazón en la piel?	✓			
8. ¿Tiene dificultad para respirar?	✓			
9. SOLO PARA MUJERES: ¿está experimentando cambios en la menstruación?				
10. ¿Su deseo sexual ha disminuido?	✓			



Reiko

R-1 ※ 2020.1.11  
TARO  
(6th)

ストレスに関するアンケート

\* 頻度でお答えください。

	ない /	まれに /	ほとんど /	常に
<u>&lt;ライフスタイル&gt;</u>				
① あなたは、食べるのが早い傾向ですか。	0	1	2	3
② あなたは、早口な方ですか。	0	1	2	3
③ あなたは、一日でやらなければいけないことに時間が足りないと感じますか。	0	1	2	3
④ 睡眠に問題を感じますか。 (寝つきが悪い、夜中に目が覚める)	0	1	2	3
⑤ 一日の生活の中で電気機器(携帯電話、パソコンなど)が手放せないと感じますか。	0	1	2	3
⑥ 忙しい一日で食事を抜くことがありますか。	0	1	2	3
⑦ 夜遅くまで仕事をすることがありますか。	0	1	2	3
⑧ あなたは、自分の感情を家族や友達にみせないことが多いですか。	0	1	2	3
⑨ あなたは、心配事が多いですか。	0	1	2	3
⑩ あなたは、人と一緒にいることを好みますか。	0	1	2	3
<u>&lt;個人のストレス&gt;</u>				
① あなたは、非常に敏感でイライラする方ですか。	0	1	2	3
② 十分な睡眠をとった後、目が覚めても疲れを感じますか。	0	1	2	3
③ あなたは、気分の変動が激しいですか。	0	1	2	3
④ あなたは、緊張や苛立ちを感じますか。	0	1	2	3
⑤ あなたは、決断力が足りないと感じますか。	0	1	2	3
⑥ あなたは、集中することが難しいですか。	0	1	2	3
⑦ もし、あなたが誰か、何かにイライラさせられた時、それが直ぐに態度に出してしまいますか。	0	1	2	3
⑧ 完全にリラックスしたと思える時間を持つのが難しいですか。	0	1	2	3
⑨ あなたは、エネルギー不足を感じますか。	0	1	2	3
⑩ あなたは、自信や自信新が低いと感じますか。	0	1	2	3
<u>&lt;ストレス症状&gt;</u>				
① ストレスを感じた時、食欲に変化がありますか。	0	1	2	3
② 重度または慢性の腰痛がありますか。	0	1	2	3
③ 重度または慢性の頭痛がありますか。	0	1	2	3
④ 顔面、顎に緊張を感じますか。	0	1	2	3
⑤ ストレスを感じた時、消化に変化がありますか。	0	1	2	3
⑥ 首、肩に緊張を感じますか。	0	1	2	3
⑦ 皮膚の湿疹、痒みはありますか。	0	1	2	3
⑧ 呼吸が苦しく感じるがありますか。	0	1	2	3
⑨ 女性のみ、生理周期に変化がありますか。	0	1	2	3
⑩ 近頃、性欲減退を感じますか。	0	1	2	3

20

^R-2\*

2020.1.2

ストレスに関するアンケート

R1E  
(6th)

\* 頻度でお答えください。

	ない /	まれに /	ほとんど /	常に
① あなたは、食べるのが早い傾向ですか。	0	1	2	3
② あなたは、早口な方ですか。	0	1	2	3
③ あなたは、一日でやらなければいけないことに時間が足りないと感じますか。	0	1	2	3
④ 睡眠に問題を感じますか。 (寝つきが悪い、夜中に目が覚める)	0	1	2	3
⑤ 一日の生活の中で電気機器(携帯電話、パソコンなど)が手放せないと感じますか。	0	1	2	3
⑥ 忙しい一日で食事を抜くことがありますか。	0	1	2	3
⑦ 夜遅くまで仕事をすることがありますか。	0	1	2	3
⑧ あなたは、自分の感情を家族や友達にみせないことが多いですか。	0	1	2	3
⑨ あなたは、心配事が多いですか。	0	1	2	3
⑩ あなたは、人と一緒にいることを好みますか。	0	1	2	3
<b>&lt;個人のストレス&gt;</b>				
① あなたは、非常に敏感でイライラする方ですか。	0	1	2	3
② 十分な睡眠をとった後、目が覚めても疲れを感じますか。	0	1	2	3
③ あなたは、気分の変動が激しいですか。	0	1	2	3
④ あなたは、緊張や苛立ちを感じますか。	0	1	2	3
⑤ あなたは、決断力が足りないと感じますか。	0	1	2	3
⑥ あなたは、集中することが難しいですか。	0	1	2	3
⑦ もし、あなたが誰か、何かにイライラさせられた時、それが直ぐに態度に出てしまいますか。	0	1	2	3
⑧ 完全にリラックスしたと思える時間を持つのが難しいですか。	0	1	2	3
⑨ あなたは、エネルギー不足を感じますか。	0	1	2	3
⑩ あなたは、自信や自尊心が低いと感じますか。	0	1	2	3
<b>&lt;ストレス症状&gt;</b>				
① ストレスを感じた時、食欲に変化がありますか。	0	1	2	3
② 重度または慢性の腰痛がありますか。	0	1	2	3
③ 重度または慢性の頭痛がありますか。	0	1	2	3
④ 顔面、顎に緊張を感じますか。	0	1	2	3
⑤ ストレスを感じた時、消化に変化がありますか。	0	1	2	3
⑥ 首、肩に緊張を感じますか。	0	1	2	3
⑦ 皮膚の湿疹、痒みはありますか。	0	1	2	3
⑧ 呼吸が苦しく感じる場合がありますか。	0	1	2	3
⑨ 女性のみ、生理周期に変化がありますか。	0	1	2	3
⑩ 近頃、性欲減退を感じますか。	0	1	2	3

67 (26)

R-38

2020.1.7

Mary  
(bth)

ストレスに関するアンケート

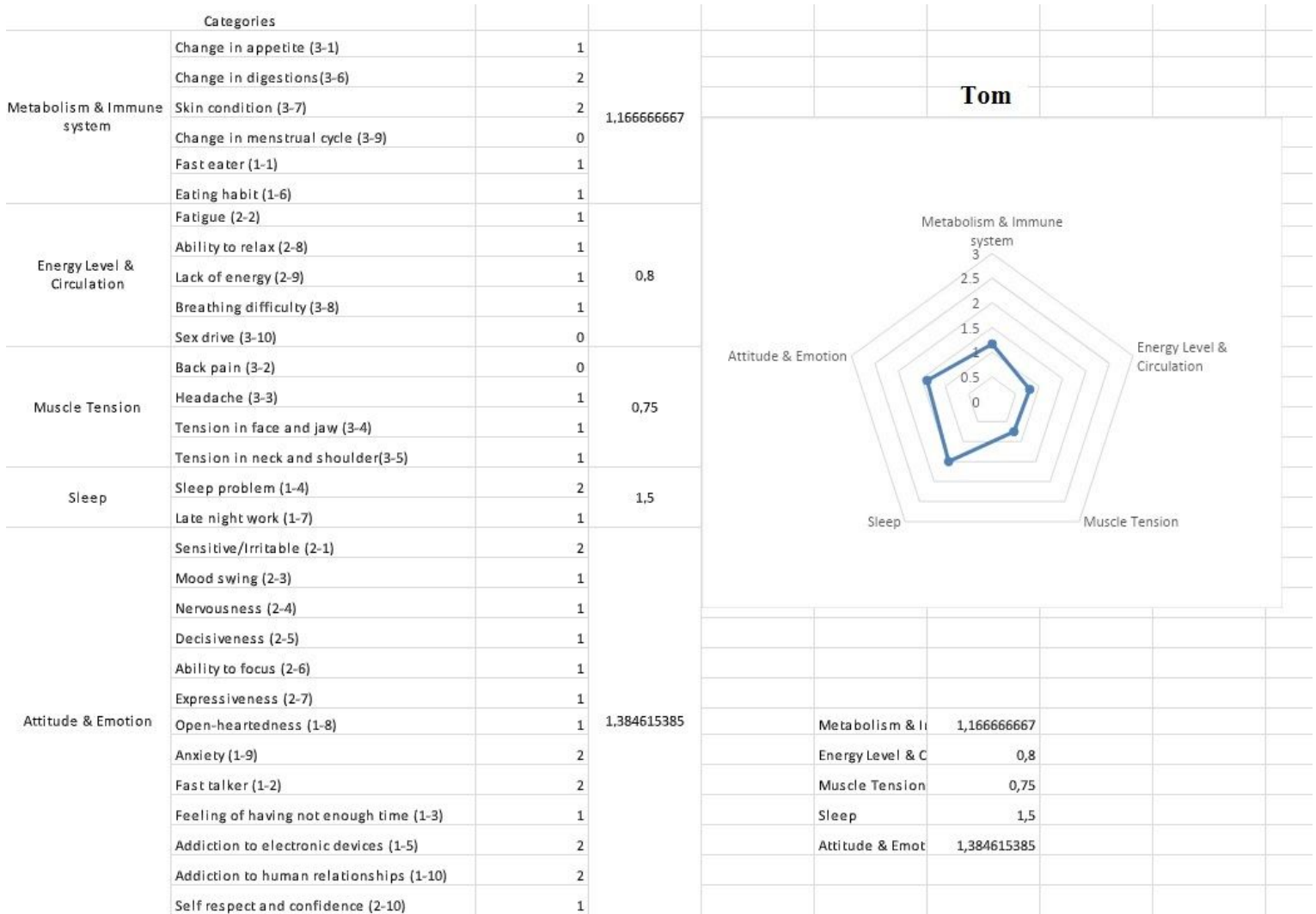
\* 頻度でお答えください。

	ない /	まれに /	ほとんど /	常に
① あなたは、食べるのが早い傾向ですか。	0	1	2	3
② あなたは、早口な方ですか。	0	1	2	3
③ あなたは、一日でやらなければいけないことに時間が足りないと感じますか。	0	1	2	3
④ 睡眠に問題を感じますか。 (寝つきが悪い、夜中に目が覚める)	0	1	2	3
⑤ 一日の生活の中で電気機器(携帯電話、パソコンなど)が手放せないと感じますか。	0	1	2	3
⑥ 忙しい一日で食事を抜くことがありますか。	0	1	2	3
⑦ 夜遅くまで仕事をすることがありますか。	0	1	2	3
⑧ あなたは、自分の感情を家族や友達にみせないことが多いですか。	0	1	2	3
⑨ あなたは、心配事が多いですか。	0	1	2	3
⑩ あなたは、人と一緒にいることを好みますか。	0	1	2	3
<b>&lt;個人のストレス&gt;</b>				
① あなたは、非常に敏感でイライラする方ですか。	0	1	2	3
② 十分な睡眠をとった後、目が覚めても疲れを感じますか。	0	1	2	3
③ あなたは、気分の変動が激しいですか。	0	1	2	3
④ あなたは、緊張や苛立ちを感じますか。	0	1	2	3
⑤ あなたは、決断力が足りないと感じますか。	0	1	2	3
⑥ あなたは、集中することが難しいですか。	0	1	2	3
⑦ もし、あなたが誰か、何かにイライラさせられた時、それが直ぐに態度に出てしまいますか。	0	1	2	3
⑧ 完全にリラックスしたと思える時間を持つのが難しいですか。	0	1	2	3
⑨ あなたは、エネルギー不足を感じますか。	0	1	2	3
⑩ あなたは、自信や自信新が低いと感じますか。	0	1	2	3
<b>&lt;ストレス症状&gt;</b>				
① ストレスを感じた時、食欲に変化がありますか。	0	1	2	3
② 重度または慢性の腰痛がありますか。	0	1	2	3
③ 重度または慢性の頭痛がありますか。	0	1	2	3
④ 顔面、顎に緊張を感じますか。	0	1	2	3
⑤ ストレスを感じた時、消化に変化がありますか。	0	1	2	3
⑥ 首、肩に緊張を感じますか。	0	1	2	3
⑦ 皮膚の湿疹、痒みはありますか。	0	1	2	3
⑧ 呼吸が苦しく感じる場合がありますか。	0	1	2	3
⑨ 女性のみ、生理周期に変化がありますか。	0	1	2	3
⑩ 近頃、性欲減退を感じますか。	0	1	2	3

12

**Annex 13- Final Radar Charts**

Janet



KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION

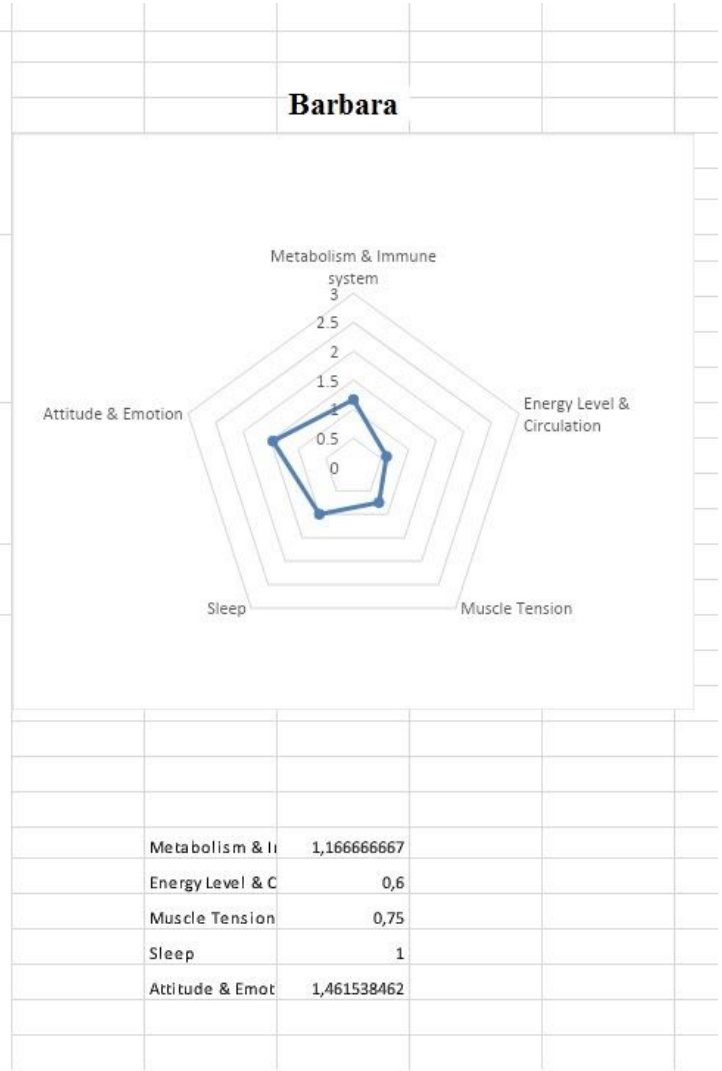
Categories								
Metabolism & Immune system	Change in appetite (3-1)	1	0,5	<p style="text-align: center;"><b>Ayana</b></p>				
	Change in digestion (3-6)	1						
	Skin condition (3-7)	0						
	Change in menstrual cycle (3-9)	0						
	Fast eater (1-1)	0						
Energy Level & Circulation	Eating habit (1-6)	1	0,8					
	Fatigue (2-2)	1						
	Ability to relax (2-8)	1						
	Lack of energy (2-9)	1						
	Breathing difficulty (3-8)	1						
Muscle Tension	Sex drive (3-10)	0	1					
	Back pain (3-2)	1						
	Headache (3-3)	1						
	Tension in face and jaw (3-4)	1						
Sleep	Tension in neck and shoulder(3-5)	1	1					
	Sleep problem (1-4)	2						
Attitude & Emotion	Late night work (1-7)	0	0,9230769231					
	Sensitive/Irritable (2-1)	1						
	Mood swing (2-3)	1						
	Nervousness (2-4)	1						
	Decisiveness (2-5)	1						
	Ability to focus (2-6)	1						
	Expressiveness (2-7)	1						
	Open-heartedness (1-8)	1						
	Anxiety (1-9)	1						
	Fast talker (1-2)	0						
Feeling of having not enough time (1-3)	1							
Addiction to electronic devices (1-5)	1							
Addiction to human relationships (1-10)	1							
Self respect and confidence (2-10)	1							
				Metabolism & Immune system	0,5			
				Energy Level & Circulation	0,8			
				Muscle Tension	1			
				Sleep	1			
				Attitude & Emotion	0,9230769231			

KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION

Categories									
Metabolism & Immune system	Change in appetite (3-1)	0	0,5		<p style="text-align: center;"><b>Jessica</b></p>				
	Change in digestion (3-6)	0							
	Skin condition (3-7)	0							
	Change in menstrual cycle (3-9)	0							
	Fast eater (1-1)	3							
Energy Level & Circulation	Eating habit (1-6)	0	1						
	Fatigue (2-2)	1							
	Ability to relax (2-8)	2							
	Lack of energy (2-9)	2							
	Breathing difficulty (3-8)	0							
Muscle Tension	Sex drive (3-10)	0	1						
	Back pain (3-2)	2							
	Headache (3-3)	1							
	Tension in face and jaw (3-4)	0							
Sleep	Tension in neck and shoulder(3-5)	1	0						
	Sleep problem (1-4)	0							
Attitude & Emotion	Late night work (1-7)	0	1,153846154						
	Sensitive/Irritable (2-1)	2							
	Mood swing (2-3)	1							
	Nervousness (2-4)	1							
	Decisiveness (2-5)	0							
	Ability to focus (2-6)	1							
	Expressiveness (2-7)	0							
	Open-heartedness (1-8)	0							
	Anxiety (1-9)	3							
	Fast talker (1-2)	0							
	Feeling of having not enough time (1-3)	2							
	Addiction to electronic devices (1-5)	1							
	Addiction to human relationships (1-10)	3							
	Self respect and confidence (2-10)	1							
						Metabolism & Immune system	0,5		
				Energy Level & Circulation	1				
				Muscle Tension	1				
				Sleep	0				
				Attitude & Emot	1,153846154				

Catalina

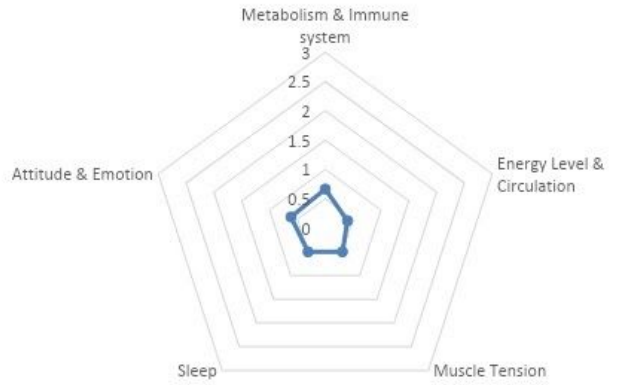
Categories			
Metabolism & Immune system	Change in appetite (3-1)	2	1,16666667
	Change in digestion (3-6)	2	
	Skin condition (3-7)	0	
	Change in menstrual cycle (3-9)	0	
	Fast eater (1-1)	1	
	Eating habit (1-6)	2	
Energy Level & Circulation	Fatigue (2-2)	1	0,6
	Ability to relax (2-8)	1	
	Lack of energy (2-9)	1	
	Breathing difficulty (3-8)	0	
	Sex drive (3-10)	0	
Muscle Tension	Back pain (3-2)	0	0,75
	Headache (3-3)	0	
	Tension in face and jaw (3-4)	1	
	Tension in neck and shoulder(3-5)	2	
Sleep	Sleep problem (1-4)	1	1
	Late night work (1-7)	1	
Attitude & Emotion	Sensitive/Irritable (2-1)	1	1,461538462
	Mood swing (2-3)	2	
	Nervousness (2-4)	1	
	Decisiveness (2-5)	1	
	Ability to focus (2-6)	1	
	Expressiveness (2-7)	2	
	Open-heartedness (1-8)	1	
	Anxiety (1-9)	2	
	Fast talker (1-2)	1	
	Feeling of having not enough time (1-3)	2	
	Addiction to electronic devices (1-5)	1	
	Addiction to human relationships (1-10)	2	
	Self respect and confidence (2-10)	2	



KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION

Categories									
Metabolism & Immune system	Change in appetite (3-1)	1	0,666666667						
	Change in digestion (3-6)	1							
	Skin condition (3-7)	1							
	Change in menstrual cycle (3-9)	0							
	Fast eater (1-1)	0							
Energy Level & Circulation	Eating habit (1-6)	1	0,4						
	Fatigue (2-2)	0							
	Ability to relax (2-8)	1							
	Lack of energy (2-9)	1							
	Breathing difficulty (3-8)	0							
Muscle Tension	Sex drive (3-10)	0	0,5						
	Back pain (3-2)	0							
	Headache (3-3)	0							
	Tension in face and jaw (3-4)	1							
Sleep	Tension in neck and shoulder(3-5)	1	0,5						
	Sleep problem (1-4)	0							
Attitude & Emotion	Late night work (1-7)	1	0,6153846154						
	Sensitive/Irritable (2-1)	0							
	Mood swing (2-3)	0							
	Nervousness (2-4)	1							
	Decisiveness (2-5)	1							
	Ability to focus (2-6)	0							
	Expressiveness (2-7)	0							
	Open-heartedness (1-8)	0							
	Anxiety (1-9)	1							
	Fast talker (1-2)	0							
Feeling of having not enough time (1-3)	1								
Addiction to electronic devices (1-5)	1								
Addiction to human relationships (1-10)	2								
Self respect and confidence (2-10)	1								

**Gina**



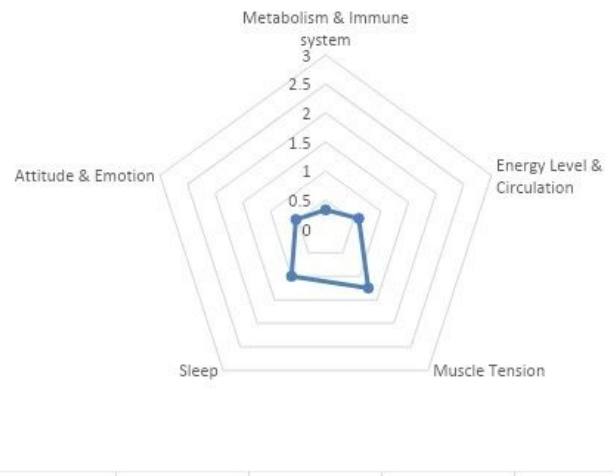
Metabolism & Immune system	0,666666667
Energy Level & Circulation	0,4
Muscle Tension	0,5
Sleep	0,5
Attitude & Emotion	0,6153846154



KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION

Categories									
Metabolism & Immune system	Change in appetite (3-1)	0	0,3333333333						
	Change in digestion (3-6)	0							
	Skin condition (3-7)	0							
	Change in menstrual cycle (3-9)	0							
	Fast eater (1-1)	2							
Energy Level & Circulation	Eating habit (1-6)	0	0,6						
	Fatigue (2-2)	0							
	Ability to relax (2-8)	2							
	Lack of energy (2-9)	1							
	Breathing difficulty (3-8)	0							
Muscle Tension	Sex drive (3-10)	0	1,25						
	Back pain (3-2)	2							
	Headache (3-3)	1							
	Tension in face and jaw (3-4)	0							
Sleep	Tension in neck and shoulder(3-5)	2	1						
	Sleep problem (1-4)	1							
Attitude & Emotion	Late night work (1-7)	1	0,6153846154						
	Sensitive/Irritable (2-1)	0							
	Mood swing (2-3)	0							
	Nervousness (2-4)	1							
	Decisiveness (2-5)	1							
	Ability to focus (2-6)	0							
	Expressiveness (2-7)	0							
	Open-heartedness (1-8)	0							
	Anxiety (1-9)	1							
	Fast talker (1-2)	0							
Attitude & Emotion	Feeling of having not enough time (1-3)	1	0,6153846154						
	Addiction to electronic devices (1-5)	1							
	Addiction to human relationships (1-10)	2							
	Self respect and confidence (2-10)	1							

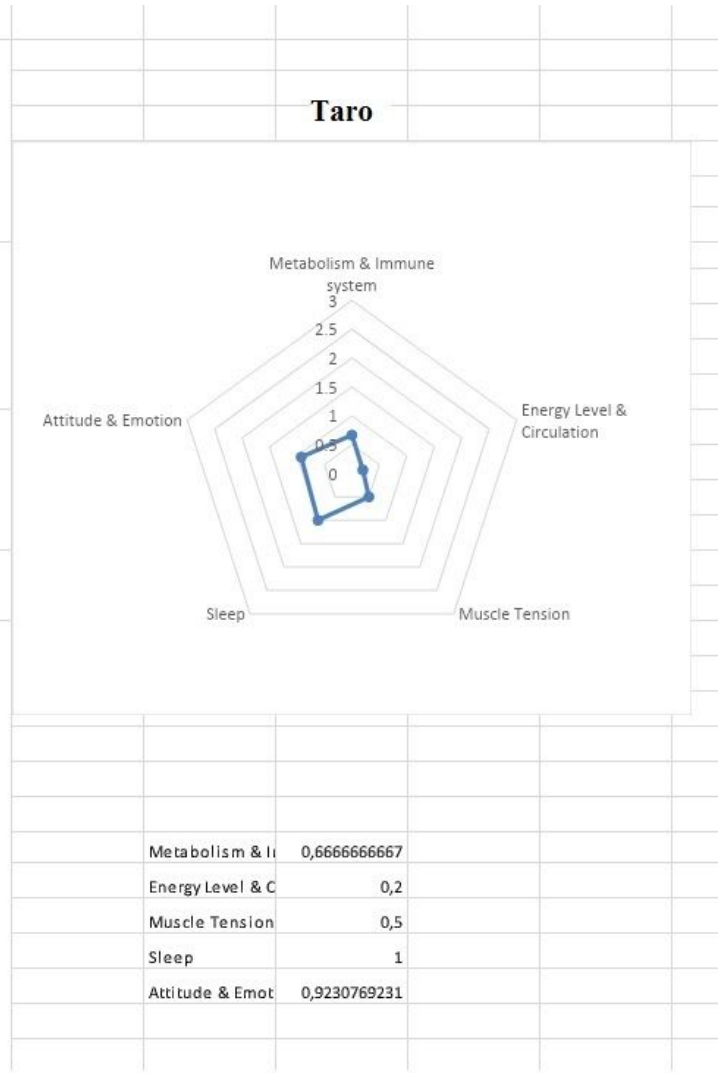
**Carl**



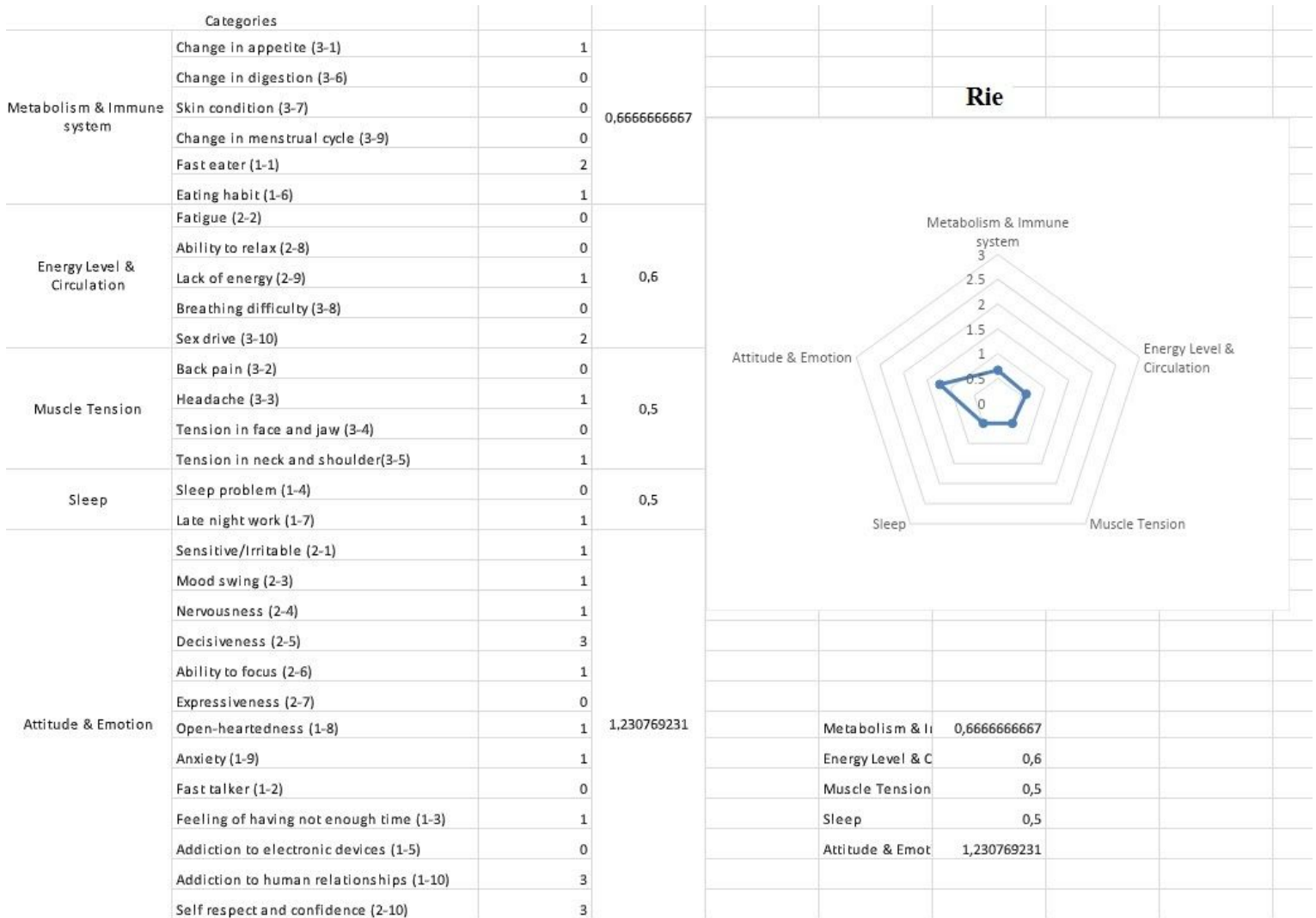
Metabolism & Immune system	0,6666666667
Energy Level & Circulation	0,4
Muscle Tension	0,5
Sleep	0,5
Attitude & Emotion	0,6153846154

Reiko

Categories			
Metabolism & Immune system	Change in appetite (3-1)	0	0,666666667
	Change in digestion (3-6)	0	
	Skin condition (3-7)	2	
	Change in menstrual cycle (3-9)	0	
	Fast eater (1-1)	2	
Energy Level & Circulation	Eating habit (1-6)	0	0,2
	Fatigue (2-2)	0	
	Ability to relax (2-8)	0	
	Lack of energy (2-9)	0	
	Breathing difficulty (3-8)	0	
Muscle Tension	Sex drive (3-10)	1	0,5
	Back pain (3-2)	0	
	Headache (3-3)	0	
	Tension in face and jaw (3-4)	0	
Sleep	Tension in neck and shoulder(3-5)	2	1
	Sleep problem (1-4)	1	
Attitude & Emotion	Late night work (1-7)	1	0,9230769231
	Sensitive/Irritable (2-1)	1	
	Mood swing (2-3)	1	
	Nervousness (2-4)	1	
	Decisiveness (2-5)	0	
	Ability to focus (2-6)	0	
	Expressiveness (2-7)	1	
	Open-heartedness (1-8)	1	
	Anxiety (1-9)	1	
	Fast talker (1-2)	1	
	Feeling of having not enough time (1-3)	1	
	Addiction to electronic devices (1-5)	2	
	Addiction to human relationships (1-10)	2	
	Self respect and confidence (2-10)	0	



KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION



KRISHNAMACHARYA= HEALING AND YOGA FOUNDATION

Categories							
Metabolism & Immune system	Change in appetite (3-1)	0	0,3333333333		Mary		
	Change in digestion (3-6)	0					
	Skin condition (3-7)	0					
	Change in menstrual cycle (3-9)	0					
	Fast eater (1-1)	2					
Energy Level & Circulation	Eating habit (1-6)	0	0,2				
	Fatigue (2-2)	0					
	Ability to relax (2-8)	0					
	Lack of energy (2-9)	1					
Muscle Tension	Breathing difficulty (3-8)	0	0,5				
	Sex drive (3-10)	0					
	Back pain (3-2)	1					
	Headache (3-3)	0					
Sleep	Tension in face and jaw (3-4)	0	0				
	Tension in neck and shoulder(3-5)	1					
Attitude & Emotion	Sleep problem (1-4)	0	0,5384615385				
	Late night work (1-7)	0					
	Sensitive/Irritable (2-1)	0					
	Mood swing (2-3)	0					
	Nervousness (2-4)	0					
	Decisiveness (2-5)	1					
	Ability to focus (2-6)	1					
	Expressiveness (2-7)	1					
	Open-heartedness (1-8)	0					
	Anxiety (1-9)	0					
Fast talker (1-2)	1						
Feeling of having not enough time (1-3)	1						
Addiction to electronic devices (1-5)	0						
Addiction to human relationships (1-10)	1						
Self respect and confidence (2-10)	1						
					Metabolism & Immune system	0,3333333333	
					Energy Level & Circulation	0,2	
					Muscle Tension	0,5	
					Sleep	0	
					Attitude & Emot	0,5384615385	

*Annex 14- Value Table*

Stress Categories	Symptoms	Questions (from the Questionner)	Darśana, Sparśana, Praśnam
Metabolism & Immune system	Change in appetite (3-1)	When your are stressed does your appetite change?	costipation,
	Change in digestions(3-6)	When you are stressed do you have changes in your digestion?	diarrhea
	Skin condition (3-7)	Do you get skin rashes or itches?	skin rash
	Change in menstrual cycle (3-9)	For Women ONLY Are you experiencing changes in your menstrual cycle?	figure type, obesity, edema
	Fast eater (1-1)	Do you have a tendency to eat, fast?	pulse ; weak, <i>dośa type</i>
	Eating habit (1-6)	Do you miss a meal because of your busy schedules?	
Energy Level & Circulation	Fatigue (2-2)	Do you feel fatigued or tired even when you wake up after adequate sleep?	expression, weak voice
	Ability to relax (2-8)	Do you have a hard time feeling really relaed?	cold body, skin condition
	Lack of energy (2-9)	Do you feel youlack energy?	exercise habits
	Breathing difficulty (3-8)	Do you have difficulty breathing?	pulse ; strong or weak
	Sex drive (3-10)	Has your sex drive decreased?	observation of breathing
Muscle Tension	Back pain (3-2)	Do you have a server or chronic lower back pain?	expression
	Headache (3-3)	Do you get severe or chronic headaches?	observation of body
	Tension in face and jaw (3-4)	Do you feel tension in your face and /or a jaw?	
	Tension in neck and shoulder(3-5)	Do you feel tension in your neck and/or shoulders?	
Sleep	Sleep problem (1-4)	Do you have any problems with your sleep?	uncontinuous, disturb, duration
	Late night work (1-7)	Do you have to work late?	quality ; poor, erratic, expression
Attitude & Emotion	Sensitive/Irritable (2-1)	Are you extremely sensitive and irritable?	motivation ; poor
	Mood swing (2-3)	Do you experience mood swings?	social skills ; poor ,very poor
	Nervousness (2-4)	Do you feel nevous or on the edge?	expressless
	Decisiveness (2-5)	Do you find it difficult to make decisions?	emotional state
	Ability to focus (2-6)	Is it difficult for you to focus and concentrate?	voice
	Expressiveness (2-7)	Is it hard forr you to express your feeling if something or someone really annoys you?	coherence of speech
	Open-heartedness (1-8)	Is it important for you not to show your emotions even to family or friends?	expression
	Anxiety (1-9)	Do you worry a lot?	eagerness level
	Fast talker (1-2)	Do you have the tendency to eat, fast?	confidence level
	Feeling of having not enough time (1-3)	Do you feel like you don't have enough hour in the day to do the things that you must do?	
	Addiction to electronic devices (1-5)	Do you usually spend a lot of time with electronic devices?	
	Addiction to human relationships (1-10)	Do you like to be with people?	
	Self respect and confidence (2-10)	Is your self confidence lower than you would be like it to be?	