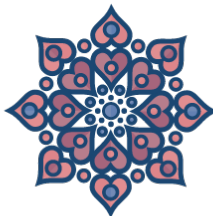


YOGA THERAPY AND WESTERN MEDICINE AGREE ON TIPS FOR FIBROMYALGIA AND CFS/ME

Yoga and Western medicine agree that, if you have FM or CFS/ME...

- Your fight/flight system is on too much (called “vata” in yoga)
- You may suffer from adrenal fatigue (called “burnt out pitta” in yoga)
- Your pain response and your fight/flight response are confused (referred to in yoga as “pitta pushing vata”)
- You need to do things that calm you (forward bends or long exhales in yoga)
- You need to have restorative sleep (try “restorative yoga poses” or “yoga nidra” which prepare you for sleep)
- Your body may do better on a schedule (yoga calls this “balancing your doshas”)
- You need to continue and seek out things you enjoy (“finding santosha”)
- You need to avoid things that cause you stress (“things that cause duhkha”)
- You need to avoid getting too hot, too cold, too tired, too upset, too sleepy, too hungry, etc. (your “doshas need to be in balance”)
- You may need to change your diet to avoid things you react to (“decreasing pitta”)
- Your body still needs to move to reduce muscle atrophy (“reducing stuck prana”)
- Your thinking has a direct affect on your body—think the placebo effect—and can help you get better or help you get worse (yoga says the mind is a powerful tool)
- You need to stop putting others’ needs before your own (yoga is self care!)
- Note, you don’t need a mat to do yoga therapy; and you don’t need to be young, skinny, flexible, religious, or spiritual.

For more tips, and to find out how to apply these tips using yoga tools,
attend a *Pause for a Pose* workshop or contact Simone for a private session at
916-715-3225 or pauseforapose@gmail.com.



Pause for a Pose
Yoga Therapy

Helping you manage unpredictable wellness...