



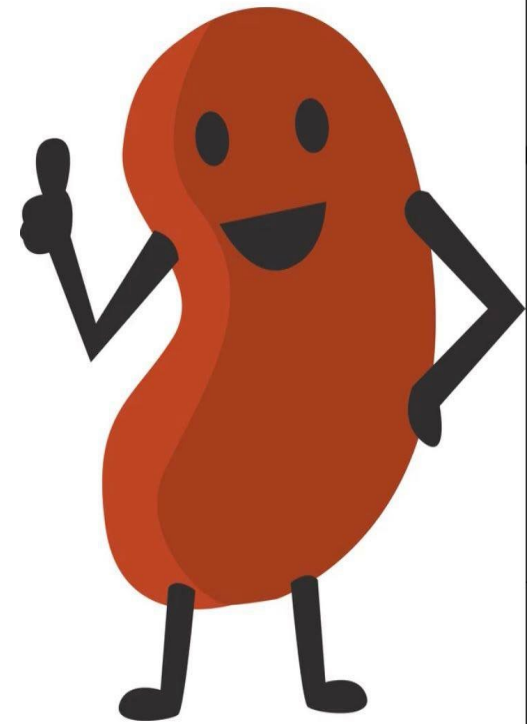
MINDFUL MOVEMENT AND KIDNEY DISEASE

Tamara Graham,
BC Renal Patient Partner

A BIT ABOUT ME

TAMARA GRAHAM

- Stage 4 Kidney Disease patient since 2015
- BC Renal Patient Partner
- Kidney Foundation Volunteer
- Retired RCMP Dispatch
- Certified Yoga Instructor
- Zumba® and BollyX® Dance-Fitness Instructor
- CanFitPro Group Fitness Instructor
- MA Professional Communications
- Studying Holistic Nutrition



INTRO STUFF

- BY NO MEANS AN EXHAUSTIVE LIST OF IDEAS
- COUNTLESS WAYS TO MOVE OUR MINDS AND BODIES, AND IT COMES DOWN TO PERSONAL PREFERENCE
- WE ALL HAVE STUFF THAT CHALLENGES US
- This presentation is based on my own personal experience(s) and my quest for holistic healing, including keeping my kidneys stable for as long as possible while also managing chronic sciatic pain, constant tinnitus (ringing in ears), and anxiety.

MINDFUL MOVEMENT

MINDFULNESS
+
MOVEMENT

MINDFULNESS

CONSCIOUS AWARENESS

Some describe mindfulness as paying attention to, or being fully in the moment; but, I describe it as simply just being aware.

This is much less overwhelming than wondering if you are *in the moment*.



MOVEMENT

Movement can mean progress or development, but, for the sake of movement as it relates to mindfulness, I'm describing movement as...

ANY PHYSICAL AND/OR EMOTIONAL CHANGE

...from one position to another.



DANCING FOR FUN AND FITNESS

This is a simple picture from **Mocomi**, a website for kids with information that applies to adults too.



DO I HAVE TO BE SO ACTIVE?

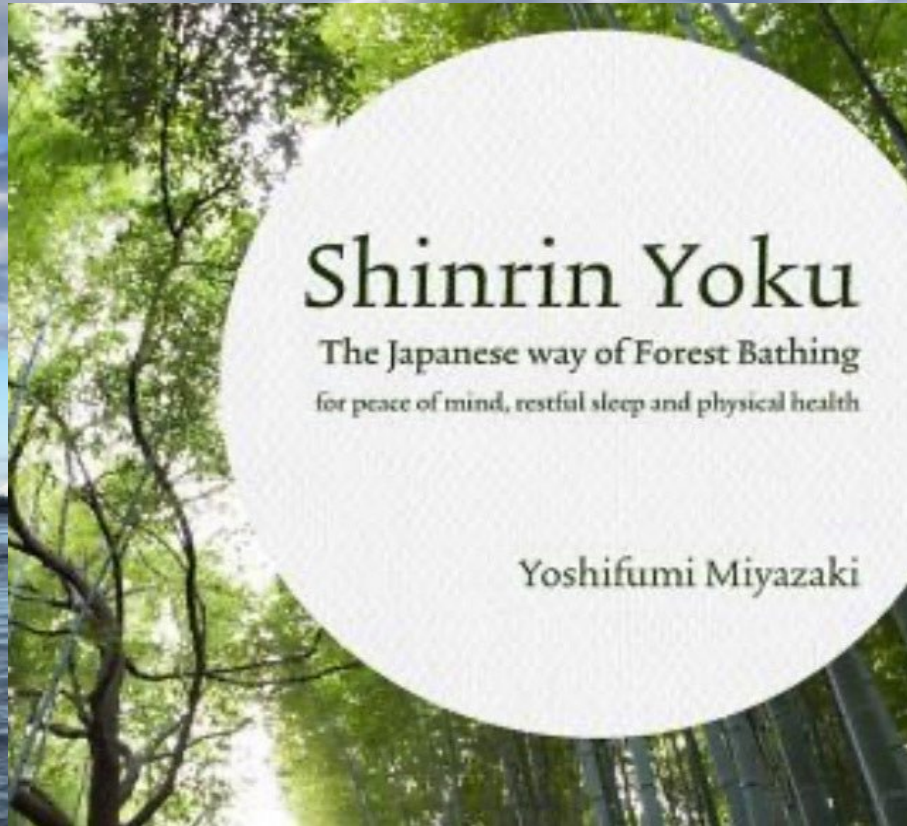
- IT DOESN'T HAVE TO BE STRENUOUS TO BE BENEFICIAL
- YOU DON'T HAVE TO JOIN A GYM, PLAY SPORTS, WALK MILES, RIDE BIKES, RUN RACES, OR CLIMB MOUNTAINS
- MOVEMENT CAN BE SUBTLE, GENTLE, AND COMFORTABLE
 - MINDFUL MOVEMENT IS PURPOSEFUL

NATURE AND SPECIAL SPACES

- Create a special indoor space; decorate it however you wish that makes it inviting and comfortable
- Take the kids or dog to the park, or just yourself
- Experience the elements:
AIR, FIRE, WATER, EARTH, and EMPTY SPACE
- Some of the most natural outdoor spaces for mindful movement are the ocean, beaches, mountains, and forests.
- Even a casual walk in the woods can be mindful



FOREST BATHING



"*SHINRIN-YOKU* MEANS BATHING IN THE FOREST ATMOSPHERE, OR TAKING IN THE FOREST THROUGH OUR SENSES. THIS IS NOT EXERCISE, OR HIKING, OR JOGGING. IT IS SIMPLY BEING IN NATURE, CONNECTING WITH IT THROUGH OUR SENSE OF SIGHT, HEARING, TASTE, SMELL AND TOUCH. IT IS LIKE A BRIDGE. BY OPENING OUR SENSES, IT BRIDGES THE GAP BETWEEN US AND THE NATURAL WORLD."

QING LI, AUTHOR OF THE ART AND SCIENCE OF FOREST BATHING

LAUGHTER

- Living Your Best Life with Kidney Disease presentation on humour and laughter
- Nancy Verdin lives in Red Deer and volunteers with Alberta Health Services
- Retired Occupational Therapist and kidney patient - both for over 30 years
- Teaching laughter programs since 2003; she guided kidney forum participants through a voluntary laughter exercise

LAUGHTER naturally makes you take deeper breaths

AND

LAUGHTER influences our ability to have a positive outlook



LAUGHTER YOGA

- Nancy Verdin has also taught interactive Laughter Yoga
- Laughter Yoga is based on the belief that VOLUNTARY laughter provides similar physiological and psychological benefits as SPONTANEOUS laughter
- From the laughteryoga.org website:

"Laughter Yoga is both preventive and therapeutic. It is like an aerobic exercise... and a breathing exercise. Laughter Yoga releases endorphins which are natural pain killers."

Benefits of Laughter Yoga

Laughter yoga provides...

- ! Greater flow of oxygen to brain
- ! More energy
- ! More motivation
- ! A connection between participants
- ! A better quality of life
- ! A positive state of mind
- ! A way to alleviate difficulties and challenges
- ! Relief of stress
- ! Strengthening of the immune system



SO, WHAT IS YOGA?

- The word YOGA means "to yoke" or to join >>> to UNITE

But what are we uniting?

Yoga International states the body is external and the soul is internal, therefore:

*"The central focus of yoga is not the soul and not the body -
it is the mind."*

In plain language, the mind unites the body and spirit.

WHAT ABOUT ALL THOSE POSES?

- Yoga is more than stretching, posing, and handstands.
- The aspect of yoga that relates to poses and postures is called *yogasana*, the word *asana* meaning a "comfortable seat."
- A Yogi will affirm the purpose of yoga is to "master the mind."



TYPES AND ASPECTS OF YOGA

- Hatha, Vinyasa, Yin, Bikram, Ashtanga, Kundalini, to name a few

For this presentation, I chose to focus on FOUR aspects of yoga that relate to mindful movement:

PRANAYAMA

RESTORATIVE YOGA

YOGA NIDRA

MEDITATION

PRANAYAMA

- PRANA means "LIFE FORCE"
+ AYAMA means "EXTENDING"
- The practice of Pranayama means extending our life force - or VITAL ENERGY - through the use of the breath
- Several breathwork options for pranayama
- Allows for increased oxygen absorption
- Can help decrease physical and emotional stress
- Potential to improve pain tolerance and mental focus



RESTORATIVE YOGA

- Yoga using bolsters, blankets, eye-bags, and other props to support the body so it can release physical and mental stress and tension in specific poses in order to assist relaxation.



- Poses are accessible to all ages and abilities and should be physically comfortable at all times, allowing the mind and body to rest for sometimes up to 20 minutes at a time.

YOGA NIDRA

- Known as “the yogic sleep.”
- Deep relaxing form of meditation performed laying down with a pillow, blankets, and anything that helps you to be comfortable (you can even be in your pajamas).
- A conscious meditation, so you are in the state just above sleeping, designed for physical and emotional relaxation, and relief from stress and anxiety.



COOL THINGS ABOUT YOGA NIDRA

Yoga International lists FIVE cool things about Yoga Nidra

1. Anyone can do it, from children to seniors
2. You cannot practice it incorrectly
3. It is easy to incorporate into your life
4. It is a simply way to reduce stress
5. It offers the opportunity to learn more about yourself

MEDITATION

- Concentration to achieve a "STATE OF GRACE"
- Countless meditation techniques from several cultures and traditions for thousands of years
- **BRAIN** perceives reality
- **MIND** conceives reality
- **WITNESS** observes reality without judgment
- Creates a state of mental relaxation that impacts physical reality
- Uses **LESS** energy but creates **MORE** awareness

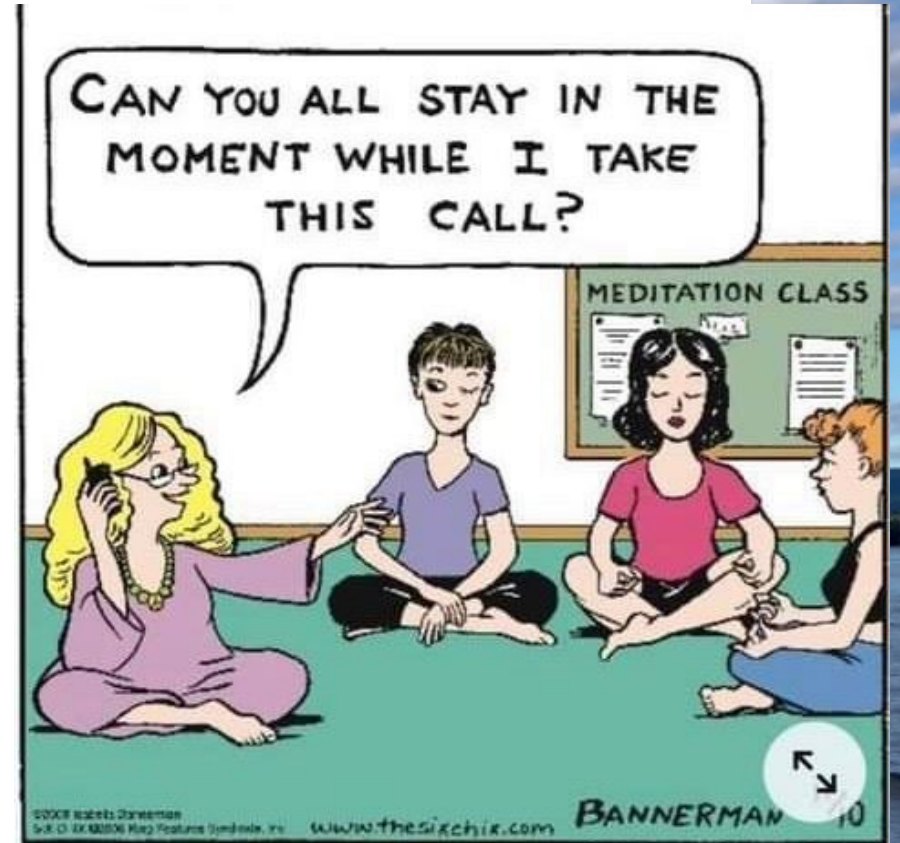


Dad Jokes
@Dadsaysjokes

I taught my pet wolf how to meditate...
Now he's aware wolf.

ANYONE CAN MEDITATE

- ACCESSIBLE TO ANYONE, ANYWHERE
- YOU DON'T NEED TO GO TO A CLASS
- SEATED, LAYING DOWN, WALKING, CHANTING, EYES CLOSED, OBJECT-GAZING, GUIDED, WITH OR WITHOUT OTHERS, ETC.
- TONS OF ONLINE RESOURCES AND APPS
- CONSISTENCY IS MORE IMPORTANT THAN DURATION



ONE-MINUTE MEDITATION

- Plenty of resources online for guided meditations, so people can make choices based on duration and personal preference.
- This one is from the HEADSPACE app, which offers free and paid meditations in an easy-to-use app.
- One-minute guided mini-meditation

<https://youtu.be/c1Ndym-IsQg>

DO WHAT MOVES YOU



MIND OR BODY, JUST MOVE

Take action!
An inch of movement will
bring you closer to your goals
than a mile of intention.

- Dr. Steve Maraboli