

Vivianne Barry

Yoga for Depression

Date: October 1, 2016

Time: 1510 hrs – 1555 hrs

What does a yogi do to combat depression and painful moments in life? When facing oneself in the dark, stillness is almost unbearable. The most obvious tool to dispel inertia and *tamas* is to dive into energizing *asana*. By moving energy in the body, you shift energy in life. And, there are other tools that can also be drawn upon that enable a shift into the inner world, to excavate deeper and shine the light within. These include:

- Energising sequences of movement (*asana*)
- Mood elevating breath (*pranayama*), sound (*mantra*) and *mudra* practices
- The yoga of imagery (*bhavana*) and affirmation (*sankalpa*)
- Welcoming it all—the yoga of self enquiry (*svadhyaha*)
- Explore the *Vijnana Bhairava Tantra Sutras* relating to pain
- Dancing in the flames—exploring the shadow side (*tapasya*)

These techniques provide a more calming and cooling approach to managing moods in responding to depression.

NOTE: THE INTERACTIVE PART OF THIS TALK WILL NOT BE ON THE ASANA