

Here Comes the Sun (Salutations)

The Use of Yoga in Music Therapy

Jennifer Hicks, MT-BC, RYT

Joyful Noises LLC



Welcome to Here Comes the Sun (Salutations): The Use of Yoga in Music Therapy!

- *As you join us, please...
 - *Pick up a handout and waiver.
 - *Read, sign and hand in the waiver.
 - *Make that you have space between you and your neighbors to bring your arms all the way down to your sides and your legs straight out in front of you while seated in your chair.



Good morning, good morning!

It's grand to be on hand!

Good morning, good morning to you!

Good morning, good morning!

It's great to be alive!

Good morning, good morning to you!

Good Morning Song

WCCO Top of the Morning Show

Roger Erickson, Maynard Speece & Charlie Boone

Originally From "Singin' In The Rain"

Nacio Herb Brown/Arthur Freed



Let's check in...

- * Mindfulness Exercise (Body, Mind & Breath)

 - * Grounding/Extension

 - * Falling Out Breaths

- * Modified Joint Freeing Series

Mukunda Stiles *Structural Yoga Therapy*

www.yogatherapycenter.org



Objectives

- * Discuss the research-based benefits of music therapy, learn about the research-based benefits of yoga and discover connections between the two
- * Share ways in which we already incorporate movement into music therapy
- * Participate in a sample session for older adults combining music therapy and adaptive yoga
- * Learn basic adaptive yoga techniques you can include in your own music therapy sessions
 - * Falling Out Breaths
 - * Grounding/Extension
 - * Healthy Spine Movements
 - * Modified Joint Freeing Series
 - * Adapted Sun Salutations
 - * Other Modified Poses



*My Goal

*To be intentional (mindful) about the ways in which we incorporate movement in our music therapy sessions.



CBMT Scope of Practice

- * I. Assessment & Treatment Planning
 - * A. Assessment
 - * C. Treatment Planning
- * II. Treatment Implementation & Termination
 - * A. Implementation
- * III. Ongoing Documentation & Evaluation of Treatment
 - * B. Evaluation
- * IV. Professional Development
 - * A. Professional Development



What is yoga?

- *In Sanskrit, the word yoga means “union”.
- *Yoga is an ancient practice of uniting the body and mind.

The National Health Statistics Report (2008) showed a significant increase in those practicing yoga between 2002 and 2007.

Yoga in America (2012) stated that out of the 20.4 million people practicing yoga, 37.2% were adults \geq 45 years.



Research-Based Benefits

* Music Therapy

- * Improves respiration & cardiac output, lowers blood pressure & heart rate, enhances motor skills and assists in recall.
- * Reduces depression & relieves pain.
- * Decreases muscle tension, stress, anxiety & agitation.
- * Increases self-esteem & motivation.
- * Enhances interpersonal relationships & group cohesiveness.
- * Provides a safe emotional release.

* American Music Therapy Association Fact Sheets (<http://www.musictherapy.org/research/factsheets/>)

- * Music Therapy and Alzheimer's Disease
- * Music Therapy and Mental Health
- * Music Therapy and Medicine
- * Music Therapy and Music-Based Interventions in the Treatment and Management of Pain



Research-Based Benefits

*Yoga

- *Decreases blood glucose, cholesterol, blood pressure, pulse & respirations.
- *Increases cognitive functions, such as focus and working memory.
- *Reduces depression & relieves pain.
- *Decreases stiffness, stress, anxiety & fatigue.
- *Increases balance & decreases fear of falling.
- *Improves flexibility, functional activity & sleep levels and quality of life.

* Literature Review by Corjena Cheung, PhD, RN, Assistant Professor, UMN School of Nursing

* Compilation of research by the Huffington Post (http://www.huffingtonpost.com/2013/10/28/body-on-yoga_n_4109595.html?utm_hp_ref=fb&src=sp&comm_ref=false)



Did you notice any commonalities?

- *Both Music Therapy & Yoga
 - *Decrease blood pressure & heart rate.
 - *Improve or assist with physical functions such as motor skills and cognitive functions such as memory.
 - *Reduce depression & relieve pain.
 - *Decrease tension, stress & anxiety.
 - *Increase quality of life.



Why Combine Yoga & Music Therapy?

- * How do you already incorporate movement in Music Therapy?

- * How did I start including yoga in my music therapy sessions?

 - * Sojourn Adult Day Services (<http://sojourngreatdays.com>)

 - * Mind Body Solutions (<http://www.mindbodysolutions.org>)

- * Considerations

 - * Therapist

 - * Mindful Movement

 - * Knowledge Base/Supervision

 - * Resources (Mind Body Solutions)

 - * <http://www.mindbodysolutions.org/yoga/adapative-yoga/locate-teachers/>

 - * <http://www.mindbodysolutions.org/healthcare-training/>

 - * Client

 - * Physician Approval/Waivers

 - * “Adaptive” Yoga



* Sample Session Outline

- * Let's check in!
 - * Hello Song
 - * Mindfulness Exercise (Body, Mind & Breath)
 - * Joint Freeing Series
- * We warmed up our bodies...now let's warm up our brains!
 - * Name That Tune (leading to theme)
- * Songs & Related Poses
 - * Sunshine Sun Salutation
 - * Spring Tree Pose
 - * Love Heart Salutations
- * Songwriting
- * Guided Relaxation
- * Closing Song/Namaste
- * Documentation



Let's check in...

* Hello Song

“Good-Night Ladies” by Edwin Pearce Christy

* Mindfulness Exercise (Body, Mind & Breath)

* Falling Out Breaths

* Ujjayi Breathing

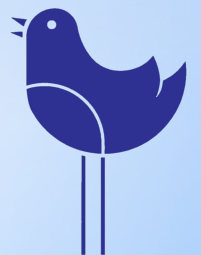
* Grounding/Extension

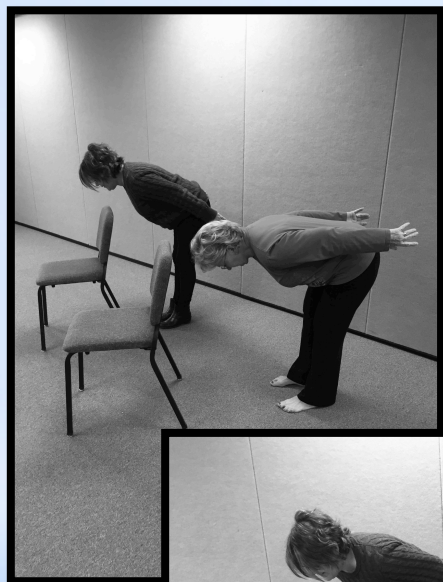
* Joint Alignment/Spine Health

* Modified Joint Freeing Series

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* Alignment &
Spine Health

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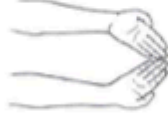
9. INHALE hands out
down fingers curled toward forearms



EXHALE hands up fingers toward head & spread



10. INHALE palms flat & out



EXHALE palms flat & in



11. INHALE fists
EXHALE in 3x then reverse circles



12. INHALE arms straight, palms up



EXHALE knuckles to shoulders



13. INHALE elbows wide apart



EXHALE elbows together



14. INHALE hands up palms facing forward



EXHALE hands down, palms face backward



15. INHALE arms up with palms facing in



EXHALE arms behind your back



16. INHALE arch back, squeeze blades



EXHALE round back open shoulder blades



17. INHALE erect
EXHALE side bend



18. INHALE sit erect
EXHALE spinal twist



19. INHALE head up



EXHALE head down



20. INHALE sit erect
EXHALE head to side



21. INHALE center head
EXHALE rotate head



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439 Northampton St., Holyoke, MA. 01004

(303) 442-7004 yogimukunda@comcast.net www.yogatherapycenter.org

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JOINT FREEING SERIES

Pavanmuktasana - Mukunda Stiles © 2002



1. Stick pose - Dandasana

EXHALE feet toward head, toes spread



INHALE point foot

curling the toes



2. INHALE soles face

out keep feet upright.



EXHALE soles face

keep feet upright.



3. INHALE circling out
EXHALE circling in



4. INHALE with a mild arm effort, straighten knee



EXHALE hold lower shin as you pull heel to thigh



5. INHALE turn leg out little toe down & swing open



EXHALE lift hip, turn leg in great toe down & swing it back



6. INHALE head up spine down



EXHALE back up abdomen pulled in



7. INHALE stretch leg back and up, spine down forward



EXHALE bring knee toward chest, spine lifted



8. INHALE center pose squeeze thighs



EXHALE hips to side feet opposite, toes

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Client Name:

Goal: Client will actively engage with MT-BC and peers as evidenced by making eye contact, smiling, verbalizing, humming, singing, moving and/or playing instruments during music therapy and adaptive yoga.

Date	Group												Comments	
		Refused	Asleep	Passive	Active	Eye Contact	Smiling	Verbalizing	Humming	Singing	Movement	Playing Instruments		

Jennifer Hicks, MT-BC, RYT

Signature:

Date:

*Other Applications

- *Music Education & Adaptive Lessons

- *Other Music Therapy Groups

 - *Music Therapy-Based Grief Support Group

 - *Choirs

 - *“VIP” Groups

- *Personal Practice

- *Your Ideas...



Questions? Thank you!

Jennifer Hicks, MT-BC, RYT

Joyful Noises LLC

www.JoyfulNoisesLLC.com

jhicks@JoyfulNoisesLLC.com

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* Please assist me in moving chairs to prepare for the next presenter. Thank you!

