

# Bridge (Pose) Over Troubled Waters

## The Use of Yoga in Music Therapy

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# Welcome to Bridge (Pose) Over Troubled Waters: The Use of Yoga in Music Therapy!

\*Opening Poll

\*What is your level of yoga experience?

A. What is yoga???

B. I've taken a class or two.

C. I practice yoga regularly.

D. I'm a yoga teacher too!



# Let's check in...

- \*Mindfulness Exercise
  - \*Grounding/ Joint Alignment
  - \*Extension/Spinal Alignment
  - \*Check in with Body, Mind & Breath
  - \*Tadasana Stretch



# 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 you already incorporate movement into your music therapy sessions
- \* Learn, practice and brainstorm basic adaptive yoga techniques you can include in your own music therapy sessions and personal practices of mindfulness and self-care
  - \* Grounding & extension
  - \* Healthy spine movements
  - \* Falling out breaths
  - \* Modified joint freeing series
  - \* Adapted yoga poses



# \*My Main Goal

\*To become more intentional about the ways in which we incorporate movement into our own lives and music therapy practices



# 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](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?

\*Poll

How do you already incorporate movement  
in your music therapy sessions?



# Why Combine Yoga & 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 (Older Adults)

- \* Let's check in!
  - \* Hello/Good Morning Song (check in with each other)
  - \* Mindfulness Exercise (check in with our body, mind & breath)
    - \* Grounding (joint alignment)
    - \* Extension (spinal alignment/health)
    - \* Deep Diaphragmatic Breathing
  - \* Modified Joint Freeing Series
    - \* Mukunda Stiles *Structural Yoga Therapy*  
[www.yogatherapycenter.org](http://www.yogatherapycenter.org)
- \* We warmed up our bodies...now let's warm up our brains!
  - \* Name That Tune (leading to theme)
- \* Songs/Songwriting & Related Poses
  - \* Sunshine
  - \* Outdoors
  - \* Love
- \* Closing Song/Guided Relaxation/Namaste
  - \* Falling Out Breaths
- \* Documentation



Sun Salutation Variations

Modified Tree, Crane, Half Moon, Cobra, Bug, Cat/Cow, Down Dog

Heart Opener, Heart Salutation

Joyful  
Nurses



\* Alignment &  
Spine Health

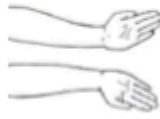
# Yoga Therapy Center



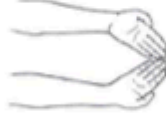
9. INHALE hands out  
down fingers curled  
toward forearms



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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# Yoga Therapy Center

## 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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# \*Other Applications

- \* Music Education & Adaptive Lessons
- \* Other Music Therapy Groups
  - \* Partial Hospitalization Program Drumming & Yoga Group
  - \* Music Therapy-Based Grief Support Group
  - \* Choirs
  - \* “VIP” Groups
- \* Personal Practice
- \* Your Ideas...



# Questions? Thank you!

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