



Healing Relationships TCA

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Part I: Restorative Yoga w/ Story Hour



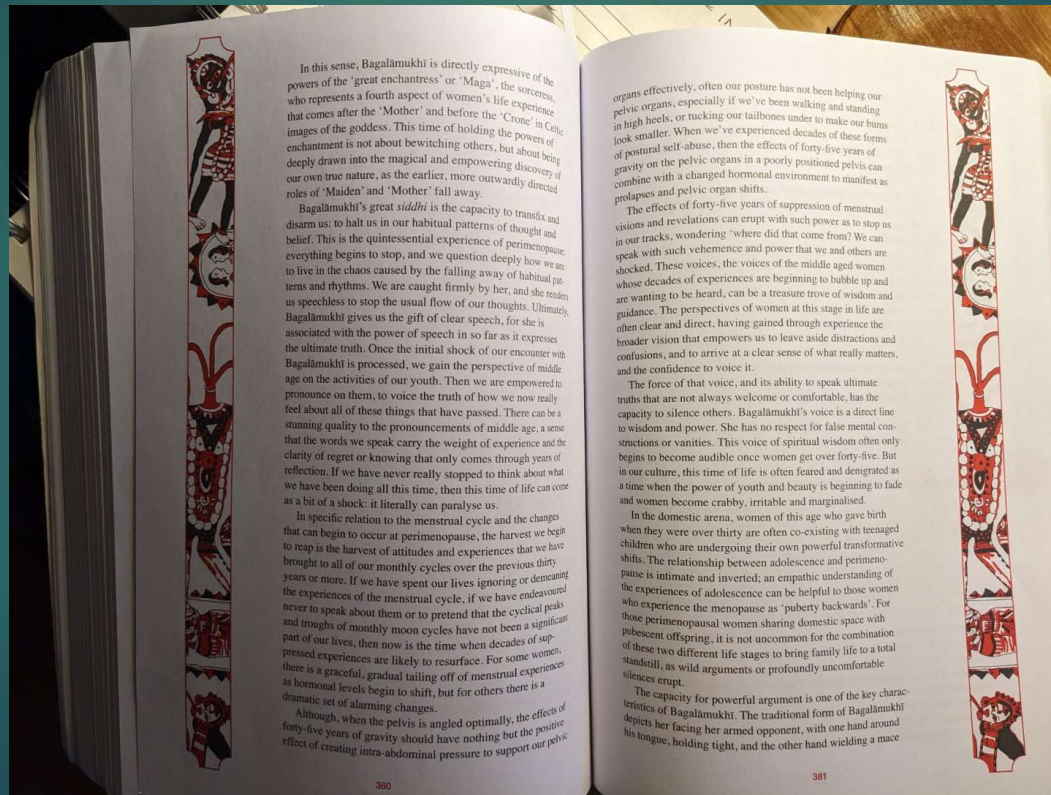
RY: Supta Baddha Konasana (Lasater, p.19-27)



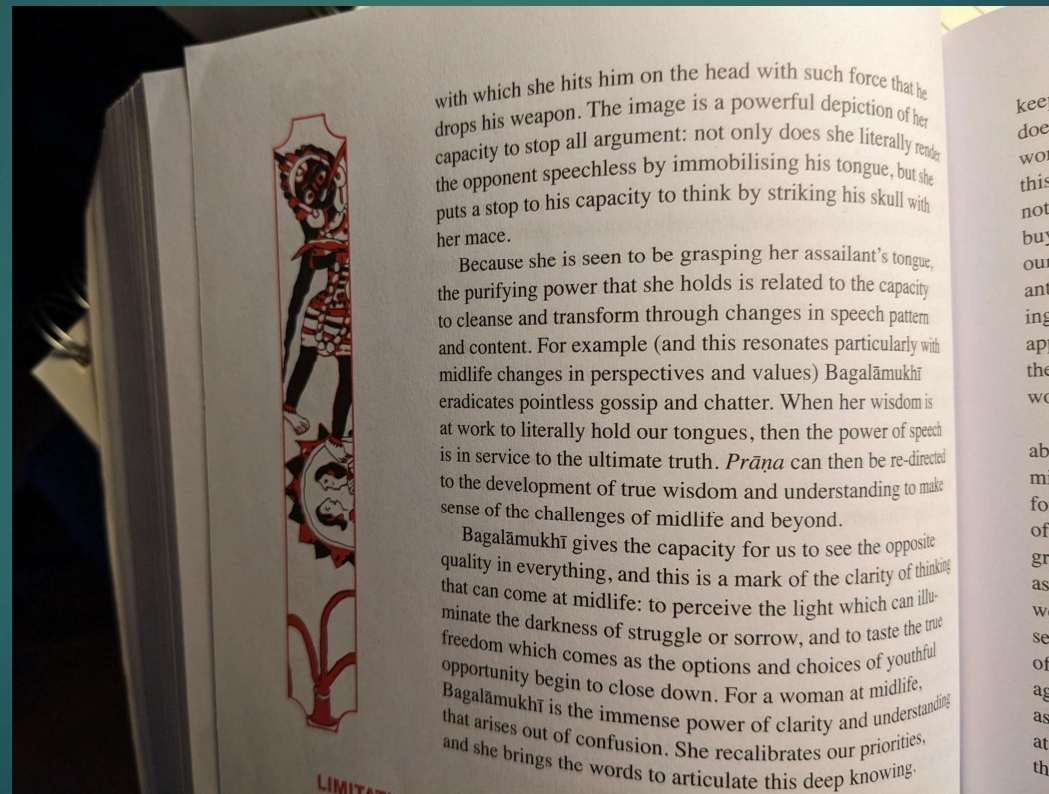
Bhakti Yoga: Introduction to Bagalāmukhī (Adapted from Dinsmore-Tuli, p. 379-382)



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Part 2: Curated Yoga Nidra w/supported, collaborative Savasana



Part 2: Curated Yoga Nidra w/supported, collaborative Savasana (Client's Preference)



Highlights from Client's Imagery Intake

- ▶ Blues, greens
- ▶ Water (salt water)
- ▶ Given the choice, she would become a cat (ease of movement, independence)
- ▶ Salt water, Cinnamon, and fresh baked chocolate chip cookies (that are both crisp AND soft) are healing scents
- ▶ Most at ease in nature
- ▶ Enjoys exploring outdoors
- ▶ Currently relies on self-made imagery for temperature regulation involving water flowing over lava rock

- ▶ Chief challenges:
Perimenopause (i.e., hot flushes, energy fluctuations, heavy and irregular bleeding, cramping), Sleep: persistent early morning waking, Stress: Racing thoughts

Resources

- ▶ Dinsmore-Tuli, U. (2016). *Yoni Shakti: A woman's guide to power and freedom through yoga and tantra*. Yoga Words Press.
- ▶ Gilbert, S. S.(2022) *Healing Relationships YTT Manual*.
- ▶ Greenstone, S. (2022) *Restorative Yoga YTT Manual*.
- ▶ Gunter, J. (2021) *The Menopause Manifesto: Own your health with facts and feminism*, Citadel Press.
- ▶ Haywood, B. & Haywood, D. (2015). Simply Sailing, in Julie Lusk's *Thirty scripts for relaxation and healing*, (Volume 1), Whole Person Stress & Wellness Publishers.
- ▶ Evans, S.S. (2022-2023) Personal communication.
- ▶ Lasater, J.H. (2011) *Relax and renew: Restful yoga for stressful times*.
- ▶ Lasater, J.H. (2017) *Restore and rebalance: Yoga for deep relaxation*.
- ▶ Lesage, F.X., Berjot, S., & Deschamps, F. (2012). Clinical stress assessment using a visual analogue scale. *Occupational Medicine*, 62, 600-605.
- ▶ Lusk, J. (2022). *Yoga Nidra TT Notes (Level I)*
- ▶ Ramananda, Sw. & Vidyananda, Sw. (2021) *SMTT YTT Manual*.