

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA



Ashley Virginia Cummings

Agni Yoga, USA

Meditation, yoga, yogic breathing (pranayama) and energetic anatomy (chakra system) focus: Anxiety reduction, eating disorder intervention/treatment, depression reduction, trauma therapy, PTSD treatment effectiveness

Yoga Chitta Vritta Nirodhah, is the second sutra of one hundred ninety six found in The Yoga Sutras of Patanjali, 400 C.E, an integral book in the studies and philosophies adopted by the practices engaged in by the lineage of yogis under the umbrella concept of "Hatha Yoga", defined in another integral text, "The Hatha Yoga Prapika as "Sustained coordinated movement and breathe action, or Vinyasa". The Sanskrit translation "Yoga happens when the modifications natural to the thinking mind cease, i.e., "Yoga happens when thought, "cease"". Yoga is a system designed to liberate the practitioner from the thinking mind, wherein lies ample space and fertile ground for self love which equals self-healing. Meditation/Hatha Yoga Increase awareness in the hypothalamus, rewire neural pathways in the brain leaving practitioners suffering from almost anything will benefit on many levels we will discuss, including the overview of traditional Hatha Yoga philosophy, mostly lost on today profitable demystification and successful confusion to increase revenue in what is now over a 4 Billion Dollar a year business in the United States alone. Lost in these numbers are many in the presented focus groups of which I personally qualify, as well as the many cases I have researched first hand, witnessed, been integral part of treatment plan/ teams. Eating Disorders in general, specifically- Anorexia Nervosa, Bulimia and Over Eaters. Patients/ Practitioners getting stronger daily by coping with, breathing and moving on yoga mats with Post Traumatic Stress Disorder, Generalized/ Clinical Depression. Anxiety Disorders.

Biography

Ashley Cummings, E-RYT200, YAACP, Founder, President, Director of Teacher Training- Miami Yoga Sunny Isles, Just Breathe Yoga, Agni Yoga. Her latest contribution to wellness, community, education, spiritual evolution, self exploration and discovery, her next path to sharing the knowledge and the love she is literally overflowing with, Private Yoga Los Angeles serving the greater Los Angeles area and globally upon request and special arrangement. Her 15 years in Yoga Education, Yoga Therapy, Meditation, Yoga Alliance Certified Teacher Training Programs. Her Self Love is Asana workshops she has traveled globally, spreading the tradition Hatha Yoga, Raja Yoga philosophies, teachings. Through her Yoga and Meditation schools in Miami Beach, FL and Los Angeles, CA, she has been successful as a popular Yoga Therapist, working with Chiropractor Dennis Colonello of Peak Wellness, Beverly Hills, CA 90212 as their "on call yoga therapist.

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