

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

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Raminderpreet Elisa

Yoga Instructor, USA

Yoga and Immune System

1. What is Yoga?
 - 2nd sutra of yoga sutras: calming of the mindstuff is yoga
 - how can we apply this to health? What does it mean to be healthy?
2. Relationship of Yoga and the breath?
 - how breath works on the body,
 - how breath affecting immune system specifically
3. How has research proven the effect of Yoga on the Immune System
 - reference to studies as mentioned in my film:
UCLA: Dr. Helen Lavretsky's study
Carnegie Mellon: Dr. David Creswell's study
4. How can we use Yoga everyday on a practical level for our health and wellbeing?
 - easy, simple protocols for ourselves
5. How does doing Yoga impact overall health and therefore what's the impact of health care for people using Yoga as a prevention?
 - Prevention single most important way to cut costs
 - 7 in 10 people who visit doctor today see for an inflammatory disease
 - Affecting the immune system is at the core
 - Using Yoga is ONE part of the puzzle

Biography

Raminderpreet Elisa began her studies in 1996, first as a Dance Major at Santa Monica College, where she earned an AA degree as well as a \$200 scholarship award. She transferred to UCLA World Arts and Cultures/Dance Dept. in 1998 which is where she first discovered her passion for Yoga and became committed to exploring the therapeutic qualities it offers. The foundation of her yogic practice has been focused on the Iyengar tradition, which emphasizes breath and alignment as the principal aspects. This practice is at the core of her Life Skills Yoga program that she have developed for clients. The processes contained in the program offer a pathway for anyone to access their own personal and individual healing. In the years that have followed, she have continued to evolve and expand. In 2006, she began a powerful and dedicated Kundalini Yoga practice.

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Notes: