

Knowledge is power



Experience Yoga

The foundation principles

The focus is on:

- ☯ Your thoughts, attitudes, perceptions, superstitions.
- ☯ Your responses & beliefs, either 'real' or perceived.
- ☯ Education about both your body and brain.
- ☯ Your capacity & the benefits of understanding your experiences.



The brain is boss!

- ☯ The brain responds based on the 'danger' it perceives you are in, not how much you are really in!
- ☯ Pain is a distributed phenomenon across the brain.
- ☯ Brain representation changes over time - areas become overactive or underactive.
- ☯ Understanding how and why you hurt is 'therapy'.



Thoughts are nerve impulses: thought viruses



Even their whizz band machines can't find out what's wrong – it must be bad.

I'm so frightened of injuring my back again, I'm not doing anything.

I'm in pain – there must be something harmful happening in my body.

We can put a man on the moon – why can't they fix my pain?



Metaphor as therapy: neuroscience nuggets

- ☯ I'm wondering if..
- ☯ You may be surprised and delighted..
- ☯ Sometime in the future...
- ☯ I'd like you to take a moment & imagine
- ☯ I once was told....

