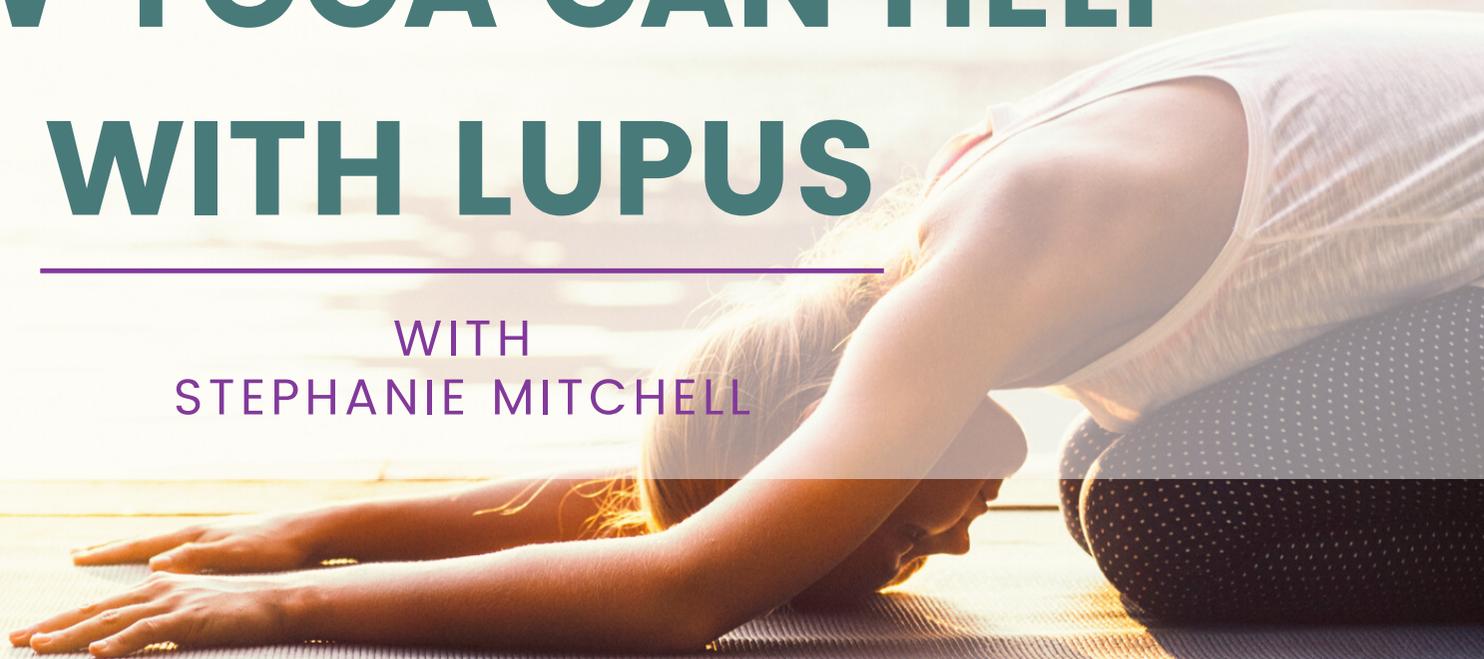


HOW YOGA CAN HELP WITH LUPUS

WITH
STEPHANIE MITCHELL



SYSTEMIC LUPUS ERYTHEMATOSUS

While there is no cure for this disease, treatment involves preventing flare-ups, reducing organ damage, and improving an individual's quality of life. Moderate aerobic exercise, like yoga, has been shown to help individuals suffering with autoimmune illnesses like lupus



YOGA AS A LUPUS INTERVENTION

THE VARIED APPROACHES OF YOGA CAN HELP THOSE WITH LUPUS DURING BOTH REMISSION AND FLARE-UP STAGES OF THE DISEASE

- Yoga uses meditation, breathing practices, and deliberate, mindful movements to improve overall health.
- During the remission stage, yoga can help with joint health and range of motion. The mind-body connection can also be strengthened at this time. This awareness can alert you to how stress and other issues are negatively impacting the body. As a result, you can change your habits to deal with daily life and this chronic illness.

YOGA AS A LUPUS INTERVENTION

CONTINUED...

- When painful flare-ups occur, yoga can also help. When you are dealing with pain, inflammation, and other lupus symptoms, your body is often in a high-alert status triggering the sympathetic nervous system
- This can put added stress on your already taxed body. Using yoga practices to activate the immunity-supporting parasympathetic nervous system can help reduce the severity and time of flare-ups.

YOGA AS A LUPUS INTERVENTION

ISN'T YOGA... HARD?

- You may think yoga involves contorting in a lot of strange positions that may not be comfortable or even possible given your current health. Those “strange” poses are just one aspect of yoga.
- There are other forms of yoga--just as beneficial--that are relaxing, restoring, and rejuvenating. Those dealing with lupus may benefit from a yoga instructor that can help them adapt poses and practices for their specific needs. Since yoga is a very adaptable practice, just about any ability level can find benefit in some form of yoga.

**NEED AN EASY WAY TO
START? TRY CHAIR YOGA!**



**LETS TAKE THE FIRST STEP
10 MIN CHAIR YOGA
SOOTHING, PREVENTS FALLS, EASY ON JOINTS**



ALMOST ANY YOGA POSE CAN BE MODIFIED

WE WILL RUN THROUGH THE BASICS OF CHAIR
YOGA MODIFICATIONS BEFORE WE BEGIN CLASS



Today we will work through a sequence that is structured to elevate pain without adding strain. Stretches from a chair are great for: hands and carpal tunnel, arms, shoulders and neck, lower back pain and stiffness.



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