

The Medical Health Field and Yoga**Faculty:** Deirdre Kelly**Dates:** October 16th & 17th 2021**Hours:** 8:30am-4:30 pm**Overview:**

Begin this immersion with an understanding of the pranamaya kosha, and its connection to our bodies. Together in community you will review the heart, cardiovascular diseases, respiratory conditions, neurological and immune dysfunctions, and cancer. Explore the effects of yoga on a variety of conditions outlined and presented through out the and actions to bring balance and a sense of wellbeing. The weekend will create the knowledge and foundation for developing research and programs for special populations in the medical health field.

Learning Outcomes:

- Obtain a deeper understanding of heart disease, Diabetes, respiratory conditions, neurologic and immune disorders
- Obtain a deeper understanding of the Pranamya Kosha and how it relates to the Cardiovascular System, Respiratory System, and Nervous System
- Obtain a deeper understanding of how Stress (Sympathetic Nervous System) impacts illness
- Obtain a deeper understanding of how Yoga and Pranayama can help decrease stress (Parasympathetic Nervous System and impact wellness

Total Hours: 16

Expectation: At the completion of this course it is anticipated that the student will have mastered an understanding of conditions of the medical health field and the benefits of yoga. Some of conditions to be covered will include cardiovascular, respiratory, cancer, neurological and immune disorders.

Course Organization: The course will be didactic with lecture as well as experiential including yogic practices and creating yoga lesson plans, research and special workshops, series, and programs.

Course Materials: PowerPoint slides and handouts will be provided.

Faculty Bio:

Deirdre is a Registered Nurse with 42 years of experience--21 years of Critical Care experience working in a Post Anesthesia Care Unit and 22 years working in Cardiology. In addition, she worked 7 years as a Clinical Research Nurse running international clinical trials related to Cardiology medications. She helped create the LITE Program (Lifestyle Interventions to

Enhance Cardiovascular Health) in 2011, within the Cardiology Department, with the goal of helping patients achieve lifestyle changes with exercise and better eating habits. In addition, she has been a guest speaker for Behavioral Health, introducing Yoga and Pranayama to Food & Mood groups, Navigating Pain Management groups, and Stress & Anxiety groups over the past few years.

