



Newsletter Meeting Date: 26 May 2015 Edition 1

Speaker: Annie Dennis Yoga Instructor Assisted by: Patti Cofer

Topic: Relief of BPS/IC Symptoms with Yoga

Annie is both a yoga and voice teacher. She practices healing and is a wellness consultant. Contact #: 909. 731. 7824. Thanks to Annie Dennis and Patti Cofer, who ably assisted Annie, there was an active exchange of useful information, guidance, and demonstration of pelvic pain relief using yoga exercises.

Meeting Notes

When a support group meets the topic of pelvic pain always presents more questions than answers. This meeting titled "Relief of BPS/IC Symptoms with Yoga" addressed self-help using the ancient art of yoga as a way to release both body tension and feelings to quiet pelvic pain. The report back from those in attendance was: this was a helpful presentation because it focused on the why and how of therapeutic movements and taking charge of our own pain relief regimen.

Annie advised us to take either a "gentle" or "beginner" yoga class when dealing with pelvic pain. The first step involves "pranayama" or deep breathing, also known by the broader term of "conscious breathing." When we are in pain our breathing becomes shallower. This limits the amount of oxygen that is able to reach our muscles, organs, tissue. The result of the lack of oxygen is tight muscles as less blood flow means less oxygen leading to more pain.

Beginner Yoga

Gentle or beginner yoga would be, as an example, a gentle *hatha* yoga class. This should be a yoga class that is a slow-paced stretching class with some simple breathing exercises and seated meditation. Another yoga choice is "restorative" using what props, such as pillows, to support you in the poses so that your body feels protected and your mind can then let go and rest.

Conscious Breathing Exercise

Why: To reverse reduced oxygen and relax muscle tissue.

Our diaphragms work in harmony with the pelvic floor muscles, so when you inhale the pelvic floor muscles expand; this allows the greater pelvic floor muscles to release, relax, and allow blood flow.

How: Let's try it - put palms of hands on diagram, inhale through the nose; this is deep or *conscious breath*. Feel the muscle movement as it spreads downward; that is pelvic floor expansion. When letting go of your breath you do it with an audible *sigh*, through your mouth.

Self Help: What you have accomplished is better blood flow and increased relaxation; that is the effects of parasympathetic nervous system (rest and digest) and activates neuro receptors with chemical of acetylcholine. The opposite (flight or fight) reaction has our sympathetic nervous system heightened by pain with the over production of chemicals of adrenaline & noradrenalin. This is our personal yin and yang that appears to play a major role in pelvic pain.

Final Thought: Yoga, a path away from pelvic pain with practice, postures, breathing

Next Meeting

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July 28, 2015 – 6:30-8:30pm

Topic:

Review of BPS/IC and discuss the future of the Support Group

Speaker:

Edward L. Davis, M.D.

Location:

Foothill Presbyterian Hospital
(in Doctor's Dining Room)

Suggestions from this Meeting

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To Read:

The Breathing Book, Yoga, Mind, Body and Spirit"
Donna Farhi

Movie:

E-Motion, You can heal Your Life, I Am

Mantra or Affirmation:

"I am safe, supported, and loved."

Contact:

icaction.com
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