

Pain Care Skills Training

Therapeutic Movement- Yoga, Tai Chi, Qigong

Offered: Thursday, Sept. 15, 2016 Full Day (0730-1630 lunch from 1130-1245)

Presented by: David Wells E-RYT500 Kinesiotherapy Assistant (Yoga) USA MEDDAC, IPMC Fort Drum, NY, Margaret Hardy, Fay McGrew

Location: Navy Medical Center San Diego, CA – Building 4, Fellowship Hall

If you are a local participant, supplies are limited so please bring your own yoga mat and towel

Learning Objectives:

- 1) VIDEO “Scientific Results of Yoga for Health and Well-Being”
- 2) A Brief overview of different Yoga Traditions (Indian, Tibetan, Thai) and Discuss the broad range of different Yoga techniques (Dynamic Exercises, Static Poses, Self Massage, Breathing Exercises, Relaxation, Meditation)
- 3) Experience 3 different Yoga classes
 - a. Gentle Yoga for Healthy Backs
 - b. Yoga Range of Motion Exercises
 - c. Thai Yoga Self Massage
- 4) A Brief Overview of Qigong; definition, history, relation to Traditional Chinese Medicine, differentiation from Taiji Quan, evidence-based research. 5 Element Theory
- 5) Knowledge of and experience of the 3 modalities in Qigong to cultivate life force energy “Qi”: Mindfulness/Meditation, Movement, Sound/breathing
- 6) Application of specific techniques for pain management.
- 7) Participants will gain knowledge of the history and philosophy of Tai Chi
- 8) Participants will gain knowledge of research related to the benefits of Tai Chi (Emotional & Physical pain)
- 9) Participants will experience Tai Chi Movement

Agenda

- 7:30-7:50 Introduction VIDEO “Scientific Results of Yoga for Health and Well-Being”
A Brief overview of different Yoga Traditions (Indian, Tibetan, Thai) and Discuss the broad Range of different Yoga techniques (Dynamic Exercises, Static Poses, Self Massage, Breathing Exercises, Relaxation, Meditation)
- 7:50-8:25 Practical Class “Gentle Yoga for Healthy Backs”
- 8:25-8:35 **Break**
- 8:35- 9:15 Practical Class “Yoga Range of Motion Exercises” (Seated and Standing Series will be covered)
- 9:15-9:25 **Break**
- 9:25- 10:15 Practical Class “Thai Yoga Self Massage (Students will learn to give themselves a full body “Thai Style Massage”)
- 10:30 – 11:00 Overview of Qigong [powerpoint]
- 11:00 – 11:45 Practical Class: Qigong Meditation, Guided Imagery, breathing techniques, and seated exercises
- 11:45 – 1300 **Lunch**
- 1300 -1330 Practical class – Standing Movements

1330 – 1400	Practical Class – Sounds – Classical
1400-1430	Overview of History and Benefits of Tai Chi – physical, emotional, pain management
1430-1445	Tai Chi rules for movement and breath
1445-1500	Break
1500-1530	Experiential: Learn 3 movements in standing position (seated for needed accommodation)
1530-1600	Experiential: Learn Tai Chi Walking
1600-1615	Break
1615-1630	Experiential - Putting it all together/ Advanced Practice Student Demonstration