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To all Smithsonian Associates webinar participants,

I am extremely grateful for your interest in Yoga as Lifestyle Medicine and thank you for having registered for this event.

As promised, I've prepared a brief list of resources for you: articles, research, books and videos. Sample class plans are attached for you to peruse to give you an idea of what one might expect following a yoga therapy session. (If for some reason you cannot access them feel free to write so that I have your email and I will send them directly.)

If you are not sure which books would best serve your needs, just drop me a note and I'll make more individualized suggestions ~ this is the heart and soul of lifestyle medicine and yoga therapy, to see and honor the individual.

For those of you wishing to dive into specific research, I advise you to follow this link to PubMed, a National Library of Medicine website <https://pubmed.ncbi.nlm.nih.gov/>

The worlds of yoga are wide open to each of us, pathways to a deeper appreciation of life's mysteries as well as doorways to new ways of being and seeing ourselves in terms of health and wellness. Increasing self-awareness, becoming more attuned to what we are doing and feeling moment to moment, leads to a greater sense of self-knowing and self-compassion. Together, we have much to learn from one another. We do.

And always, in a safe and sacred space ...

With grace,

A handwritten signature in blue ink that reads "Linda Lang". The signature is fluid and cursive, with a large loop at the end of the last name.

Linda

Yoga as Lifestyle Medicine: A Prescription for Healthy Living By Linda Lang

Watch

Dean Ornish, MD founder of Preventative Medicine Research Institute PMRI.org, an early proponent of Lifestyle Medicine and one of the originators of integrative medicine.

https://www.youtube.com/watch?v=RUF4M_Zr4E

<https://www.youtube.com/watch?v=QYmlnK5xo6g>

https://www.youtube.com/watch?v=m7_stiXsXRc

Breathing video by one of the most marvelous and masterful teachers, Joseph Le Page:

<https://www.youtube.com/watch?v=vx1ojNRXABE>

Read

- (1) A straight-forward look into “The Benefits of Yoga Therapy”
<https://www.psychologytoday.com/us/blog/its-not-just-in-your-head/202401/the-benefits-of-yoga-therapy>
- (2) A qualitative perspective on yoga practice, meaningful and thought-provoking.
<https://www.ajqr.org/download/the-lived-experience-of-a-yoga-practice-off-the-mat-key-qualitative-findings-from-a-new-zealand-14089.pdf>
- (3) Promoting Personalized Medicine through Yoga-Based Lifestyle, this is an editorial that speaks clearly to our topic.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10026334/pdf/IJY-15-173.pdf>
- (4) Yoga as Medicine Research, for those who are interested in a more technical, substantive review.
<https://link.springer.com/article/10.1007/s40674-023-00205-z?>
- (5) Exercise as medicine, evidence for prescribing exercise as therapy in 26 different chronic diseases. Pedersen BK, Saltin B., *Scandinavian Journal of Medicine & Science in Sports*. 2015;25:1–72.
<https://doi.org/10.1111/sms.12581>.

Your Yoga Library

If you are thinking of building a yoga library or simply diving into the field, here are my suggestions and favorites. Feel free to call me and we can talk about the books that might best fit your specific interests and needs.

Suggestions for Beginners:

A Morning Cup of Yoga, by Jane Trechsel

A basic and lovely book for your kitchen table, a different kind of “cook book” designed to increase your appetite for both the practice and the philosophies that sweeten our lives.

The Yoga Toolbox for Teachers and Students, Joseph Le Page and Lilian Aboim

Perfect for beginners, the notebook pages are laminated so you can remove them and pack them for vacation or wherever your travels take you!

YOGA NIDRA: A Meditative Practice for Deep Relaxation and Healing, Richard Miller, PhD

Excellent for beginning meditation students, used extensively within the Veterans Administration to help individuals find themselves in the present moment, with enhanced self-awareness in safe and sacred space.

Yoga Instructional/Informational Guides:

YOGA: The Path to Holistic Health. BKS Iyengar

Yoga as Medicine: The Yogic Prescription for Health and Healing. Timothy McCall, MD

Lifestyle Medicine Perspectives

The Spectrum. Dean Ornish, MD

Love and Survival. Dean Ornish, MD

Surgery and Its Alternatives. Sandra McLanahan, MD and David McLanahan, MD

Yoga Therapy Books for Practice and Personal Support

Yoga Bones. by Laura Staton, Occupational Therapist Outstanding photography with directions and modifications for specific conditions

Yoga Therapy Across the Cancer Care Continuum. Leigh Leibel, PhD and Anne Pitman, MSc
An outstanding contribution to the field of yoga therapy and cancer care, this book is a must ... filled with research and case studies, there is so much to learn whether you are a patient, beloved or friend of someone who is.

Yoga Therapy for Arthritis: A Whole Person Approach to Movement and Lifestyle. Steffany Moonaz, Ph.D.

Healing Yoga, Yoga for Osteoporosis, Yoga for Arthritis. Loren Fishman, MD physician and yoga therapist, has authored several meaningful contributions to this field with easy to follow, research-based and comprehensive guides

Hatha Yoga “Bibles”

Light on Yoga, by BKS Iyengar Highlights essentials of yogic philosophy; outstanding photographic and narrative guide to classical postures and breathing practices, with therapeutic guidelines

The Heart of Yoga. by TKV Desikachar

Comprehensive Professional Resources and Text Books:

I refer to these as text books because of the attention to detail, at the same time I cherish them as deep and meaningful practice guides

The Principles and Practices of Yoga in Healthcare. Khalsa et al
An extensive overview of biomedical research for using yoga therapeutically.

The Science of Yoga: Understand the Anatomy and Physiology to Perfect your Practice. Ann Swanson
Lavishly illustrated with alignment principles, anatomical references.

Medical Therapeutic Yoga. Ginger Garner, PT,DPT, ATC/LAT, PYT

Most comprehensive scholarly yet totally accessible overview:

The Yoga Tradition: Its History, Literature, Philosophy and Practice. Georg Feuerstein, PhD