# Contents

**Preface** xi  
*How Yoga Can Help the Therapeutic Process* xii  
*Yoga’s Popularity* xiv  
*About This Book* xiv

## Part I: Efficacy and Neuroscience Research 1

1 • Efficacy 3  
*Efficacy Studies Overview* 6  
*Efficacy Studies for Specific Problems* 10  
*Factors of Healing* 17  
*Conclusion* 21

2 • Yoga and the Brain 23  
*The Relationship Between Mind and Brain* 23  
*Overview of How Yoga Affects the Brain* 25  
*The Neuroanatomy of Yoga* 26  
*From Mind to Brain: Neuroplasticity and Neurogenesis* 32  
*Conclusion* 41

## Part II: What Is Yoga? 43

3 • Traditions 45  
*Tracing Yoga’s Roots in Ancient Texts* 46  
*Different Forms of Yoga* 49  
*Introduction to the West Through Great Teachers* 58  
*Conclusion* 71
## CONTENTS

### 4 - Philosophy

- From Samkhya to Yoga: Integration of Mind and Matter 74
- The Eight Limbs of Yoga 75
- Integration 85
- Conclusion 86

### 5 - Practices

- Integrating Yamas and Niyamas as a Therapeutic Tool 88
- Asana Postures 89
- Pranayama Breathing 100
- Meditation 105
- Conclusion 111

### Part III: Applications

### 6 - Overcoming Stress With the Eight Limbs of Therapy

- Background and Theory 115
- Taking Yoga From Theory to Practice 120
- Using the Yamas and Niyamas 121
- Pratyahara: Withdrawing 123
- Dharana: Narrowing the Focus 124
- Dhyana: Opening the Focus 129
- Fostering Relaxation 129
- Conclusion 132

### 7 - Transcending Anxiety

- The Anxious Mind, Brain, Body, and Spirit 133
- Categories of Anxiety 135
- Yoga Treatments 136
- Overcoming Anxiety Actively 139
- Dynamic Work on the Anxious Mind-Body-Brain System 148
- Working With Panic Disorder 149
- Treatments for PTSD 151
- Treatment for OCD: Trading Rituals 154
- Conclusion 155

### 8 - Freedom From Depression’s Grip

- Theories of Depression and Their Integration 157
- Working With Depression Integratively 160
- Altering the Neurochemical Balance 162
Fostering Cognitive Change 170
Improving Social Interactions 174
Conclusion 178

9 • Addiction: Five Steps to Lasting Release 179
Definitions 180
Neurobiology of Addiction 181
A Five-Step Method for Treating Addiction 182
Conclusion 194

10 • Adapting Yoga for Children 195
ADHD: Discovering Steady Attention 196
Overcoming Anxiety and Stress 203
Aggressive Behavior 207
Some Special Variations for Children 210
Learning and Memory: Using Wisdom to Gain Knowledge 211
Conclusion 216

11 • Healthy Aging 217
The Aging Mind, Brain, and Body 217
Uncovering the Value of Aging 222
Enhancing Vitality, Flexibility, and Strength: Chair-Sitting Yoga 223
Working With Memory 231
Pain Control 236
Conclusion 239

12 • Freedom: Living From the Soul for Clients and Therapists 241
What Is the Soul? 241
Soul of the Client: Fostering the Best 244
Drawing on the Soul of the Therapist 248
Attainment of Freedom 250

Appendix I: Warming Up for Supplemental Practice 253

Appendix II: A Quick Tour Through the Brain 257

References 269

Index 285