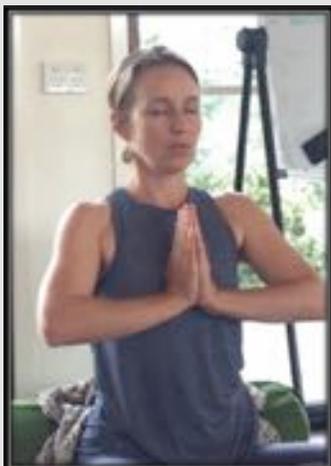
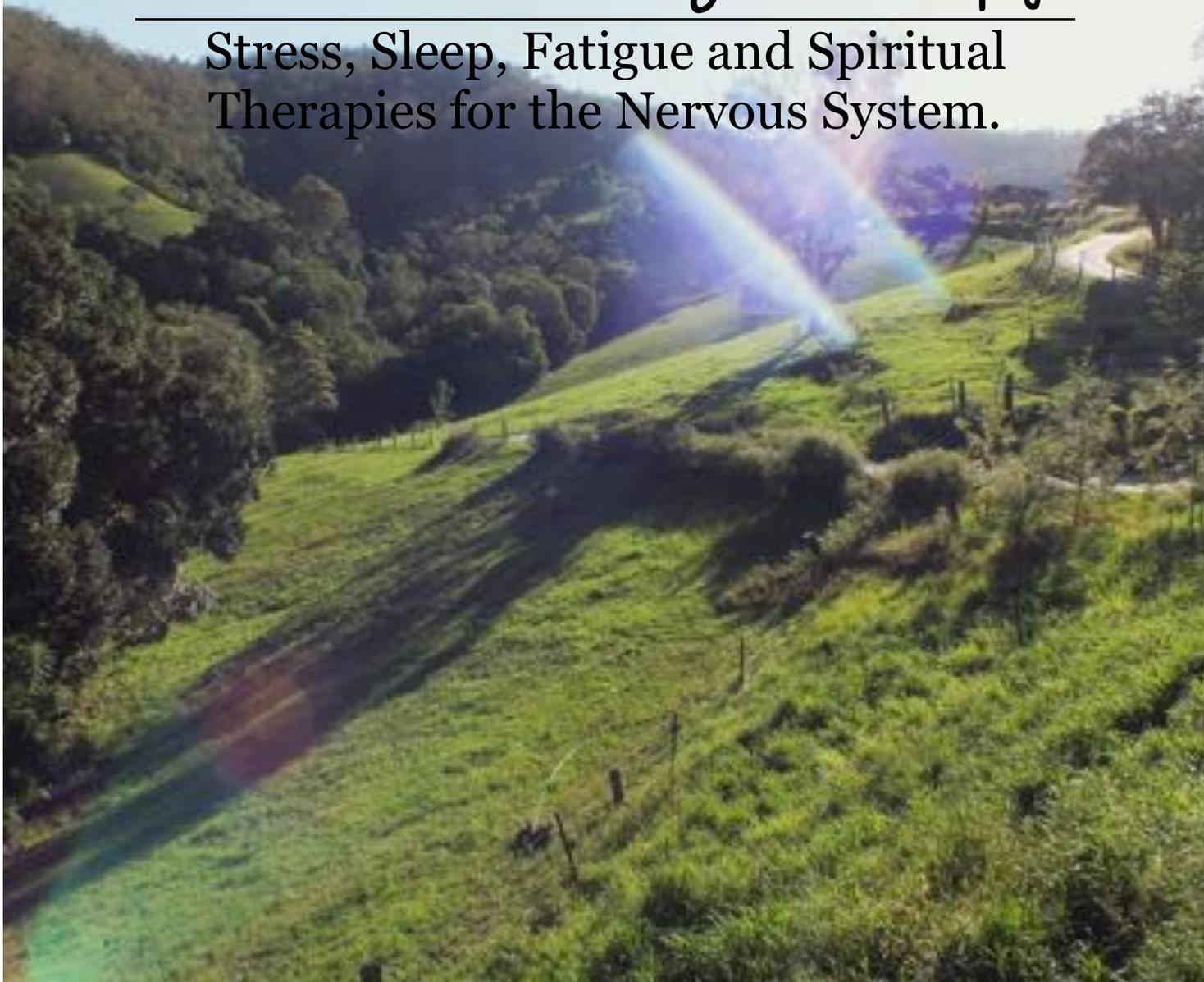


CYT – Clinical Yoga Therapy

Stress, Sleep, Fatigue and Spiritual
Therapies for the Nervous System.



Celia Roberts Bsc

Celia has experienced first-hand all the benefits yoga and complementary health can have in one's life, and she has seen them transform many of her student's lives. Committed to education and innovation in Lifestyle Medicine, she has taken part in complementary health education for the better part of the last two decades.

Celia has a Biomedical Science degree and has further qualifications in the fields of Meditation, Ayurveda, Nutrition and Dietetics, Psychosomatic Medicine, Counselling and Integrative Medicine.



Vata

Space & Air



Pitta

Fire & Water



Kapha

Water & Earth

Vata Insomnia

Very light sleeper.
Difficulty falling asleep,
easily disturbed sleep,
difficulty returning to
sleep once awake.

Typically wake between
2am-4am when vata dosha
is dominant.

Characterised by anxiety,
ungroundedness and
excessive thought and
worry, hypersensitivity.

Tend to lie in bed
worrying and mind flits
from one thing to the next.

Frightening dreams of
flying/falling/ghosts/bein
g chased/disturbing
experiences.

Causes are stress, travel,
work, excess thinking,
light and sound.

Pitta Insomnia

Fall asleep rapidly but
wake between 12am and
2am, only to feel
frustrated and angry when
this happens.

Can put you in a grisly
mood the next day.

Tend to feel hot and sweat
at night, even thirsty.

Emotions are turbulent,
irritable, anger,
resentment and hate
present.

Dreams are dramatic and
may involve war, conflict,
weapons and anger.
Dreams are sleep
disturbing but they can fall
back to sleep.

Follows arguments or
stress, often work related
stressors. Can be caused
by febrile disease or
infection or unresolved
emotions, excess will, hot
and spicy foods, exposure
to sun or heat.

Kapha Insomnia

Falls asleep easily but can
wake with headache or
blocked sinuses –
occurring commonly in
the early morning hours.

May suffer with
indigestion, as their
metabolism is slow and
may leave them feeling
heavy and depressed from
both undigested food and
emotions.

Dreams are romantic, sad,
watery and calm.

Kapha blocks mind and
causes may be related to
excess sleep, which is
often the problem, but
insomnia can occur with
blocked channels



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Vata Remedy

Anti vata herbs and diet, dairy, whole grains, root veges.

No caffeine.

Warm milk with nutmeg one hour before sleep.

No movies or loud music at night.

Sleep must happen between 11pm-6am best. Vata best in bed by 10pm

Daily self massage with almond or sesame base sandalwood applied to the head is best for calming and camphor or frankincense for stimulating, massage before sleep with warm shower which lowers body temp before bed upon cooling.

Pitta Remedy

Anti pitta diet should be followed - avoid too much sugar, salt, sour food.

Apply Brahmi and sandalwood oil to head and feet.

No valerian herbs for pitta.

Passion flower is good!
Pitta best in bed by 10pm or 11pm

Nutmeg in warm milk
Coconut oil applied to top of head and feet

Essential oils for warm bath – rose, jasmine, sandalwood

Kapha Remedy

Heating spices such as ginger cinnamon and nutmeg can help.

Calamus and valerian ok.

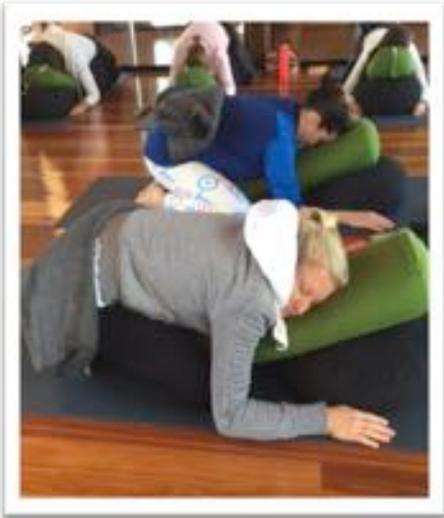
Better exercise indicated in early parts of day and an anti kapha diet should be followed.

Kapha best in bed by 1000pm or 12am.

TEA Garlic in warm water simmered

Brahmi oil on top of head and feet

Essential oils in bath – eucalyptus, sage, cinnamon, cedar



Balasana

In this restorative posture of balasana by bringing the belly to the bolster and a blanket to the lower back we are pacifying Vata which is the air and ether element. Vata's main site is in the pelvic region and colon therefore practicing postures that release tension from these areas as well as the hips, lumbar spine and sacroiliac joints may help to reduce excess Vata symptoms such as anxiety, fear, worry and insomnia.

With the palms facing down in this posture we are working to pacify the nervous system as we are grounding our energy downwards towards into the earth.

Ardha Muka Svasana

With the support of the bolster to the head in this posture we are inducing a calming effect to the central nervous system – engaging the parasympathetic nervous system's rest and digest mode.

Researchers have shown as little as six nights sleep deprivation at four hours per night people have lowered glucose tolerance, elevated cortisol levels in the evening and increased sympathetic nervous systems activity.



Uttanasana

By keeping the posture soft with the spine against the wall we are pacifying vata and calming the nervous system. Here we are also stimulating the crown chakra and Adhipati Marma point which governs the nerve channel, memory, intellect and the heart/mind balance.

By keeping this forward bend soft we will work to reduce Pitta like insomnia symptoms. Pitta is the energy which is responsible for controlling the metabolic systems in the body including absorption, digestion, nutrition, and even the temperature. People experiencing pitta insomnia may fall asleep rapidly but wake between 12am and 2am, only to feel frustrated and angry when this happens. They tend to feel hot, sweat at night and may be thirsty.

To further reduce Pitta by increasing Kapha we are looking to decrease the pressure behind the eyes and to increase the saliva in the mouth.

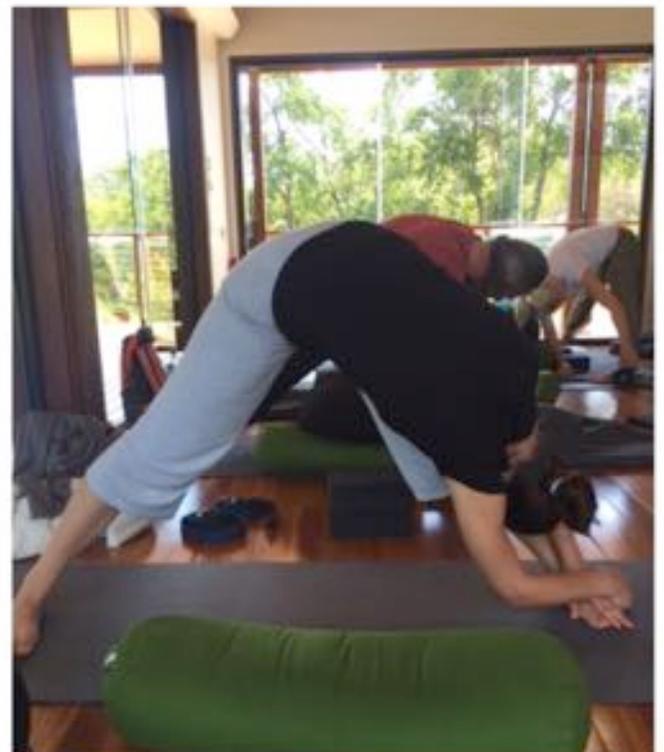
Prasarita Padottanasana

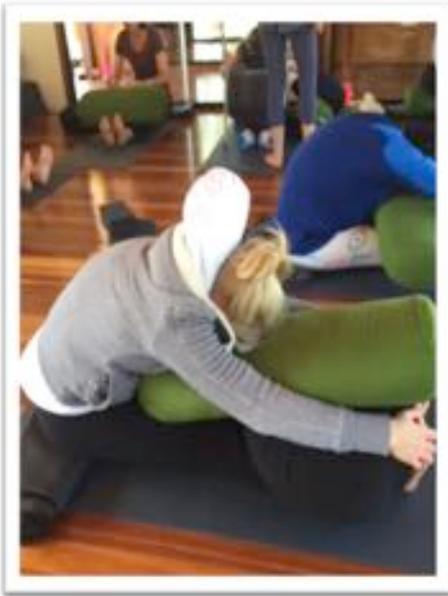
In this forward bend - Prasarita Padottanasana we are again bringing a softness to the head and bending gently through knees so as to not pull too much on the hamstrings. By keeping the posture soft we are looking to bring the body out of sympathetic nervous system activity (fight or flight) and engaging the parasympathetic nervous systems (rest and digest) activity. This is a great posture to assist us with regulating hormone levels which change as we age. As we age sleep deprivation leads us to be more sensitive to stress hormones (cortisol and coricotrophin releasing hormone). Those with insomnia have the highest levels of cortisol in the night time hours.

In ageing women we may see higher body temps, prolactin levels and cortisol levels all which may complicate sleep. In men we may see higher levels of daytime sleepiness and tiredness and in both sexes there is an increase in awakening through sleep cycle which increases the likelihood of medical problems and ageing.

Other factors that may contribute to sleep deprivation and aging may include

1. Increased SNS activity
2. Daytime napping
3. Less exposure to light during daytime
4. Less exercise
5. Depression
6. Breathing irregularities
7. Higher bodily temperatures





Paschimottasana

Here we are using a folded blanket to keep the posture soft and to raise the buttocks – anteriorly tilting the pelvis.

Researchers have found that less than 6 or more than 8 hours of sleep per night was associated with a decline in brain function. Sleeping too little or too much increases mortality and the chances of stroke, heart attack and other diseases. Six hours is the minimum biological requirement and is referred to as core sleep where you receive all your slow wave sleep and half of your rapid eye movement sleep (REM).



Upavistha Konasana

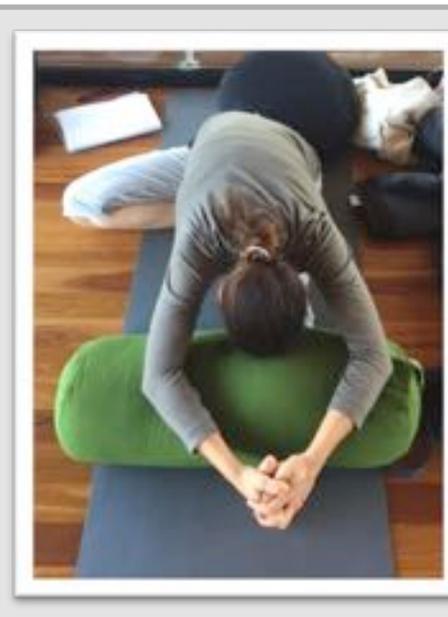
In this seated forward bend as we allow the head to rest on the bolster we are counting our breath working to extend the exhale slightly longer than the inhale at a ratio of 4/6.

If we do find we wake during the night particularly if we have Vata like Insomnia try meditating on the breath or on the spiritual heart. Using the mantras Sham or Ram may also help to fall back to sleep however, you may want to consider doing this silently if you live with other people.



Mantra

Sound and vibration can access deeper states of consciousness and heal our bodies and our minds. Here we are using the Mantra SHAM – which helps us calm our nerves. Other mantras that we might want to consider using to help heal or calm the nervous system are SOM – to nourish wasting nerves or OM- to clear and calm the nervous system

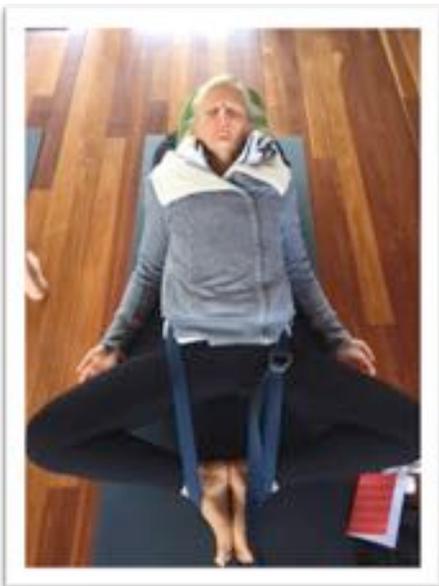


Janu Sirsasana

Janu Sirasana helps to calm the brain and symptoms of mild depression, it is therapeutic for high blood pressure, insomnia and sinusitis.

Here we are focusing on our breath awareness to remove energy blocks and restore nutrition. By plugging the left nostril we may prevent conditions caused by cold and wind which can create excess vata. By plugging the left nostril we are working to prevent heat conditions such as hyper sensitivity, insomnia and hallucinations.

As the left nostril is governed by ida nadi promoting the breath through it counters fever, insomnia, anger, hyperactivity and hypersensitivity. Right nostril breathing is solar and promoting the breath through it increases courage and motivation and counters poor digestion, circulation and lack of motivation, depression, laziness and paralysis. Equal breath through both nostrils calms vata and increases prana.

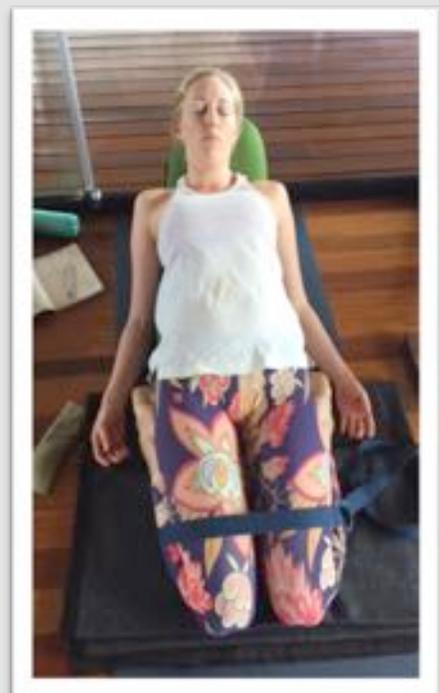


Supta Baddha Konasana

Here we are using the support of the belt and bolster to assist us in keeping this mild back bend

restorative. An option of placing weight to the body unless suffering from Kapha like Insomnia People who suffer from kapha like insomnia may fall asleep easily but can wake with headaches or blocked sinuses commonly in the early morning hours. Kaphas may also suffer with indigestion as their metabolism is slow and they may feel heavy and depressed from undigested food and emotions. In this posture we were looking at the marma point Phana Marma which can often help with clearing sinuses.

More ways to naturally decongest the nose as well as an image on phana marma location may be found [here](#)



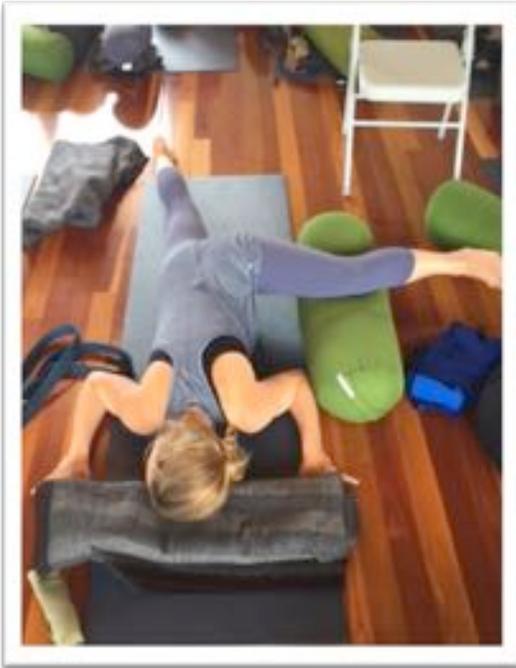
Supta Virasana

Kapha accumulates tend to be primarily in the stomach and chest, where it takes on the form of mucous. In this posture with the head elevated and the chest open we are helping with congestion complaints of the chest and lungs.



Ardha Sirasana to Sirasana

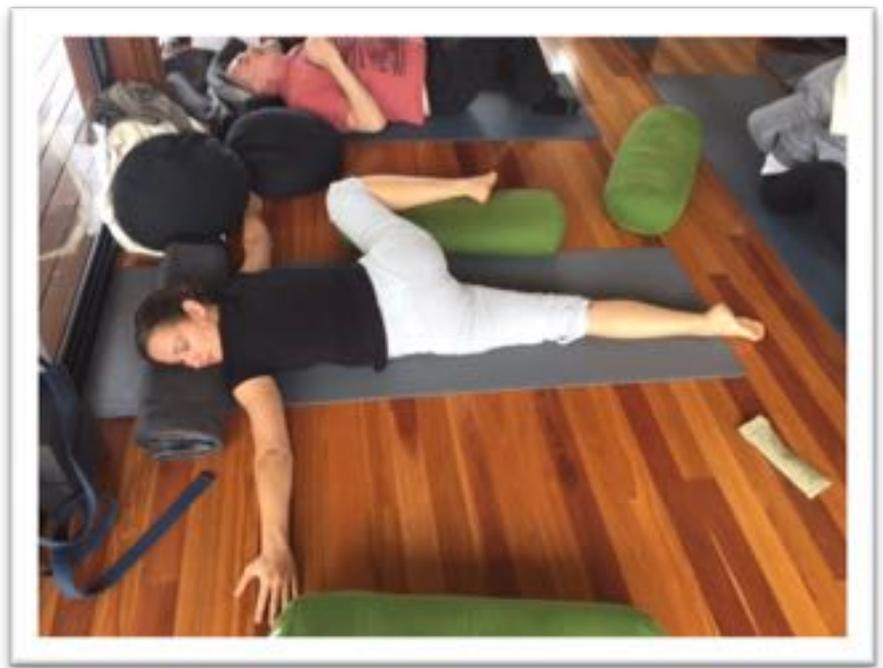
Inversions are a diuretic and will assist us with going to the toilet however, as sirasana is a heating posture and may raise cortisol levels it is best practiced during the day. Kidneys slow the rate of urine production at night leading to better sleep. Cortisol (the stress hormone) affects sleep and circadian rhythm and the highest levels are from 4am to noon – to get us up and out the door. But before 4am there is a period with almost no bursts, this lasts six hours to aid in sleep. When stressed and cortisol levels do not level out it may lead to insomnia.



Restorative Trikonasana

By lying on the belly and using props to support the extended leg we are keeping this posture cool and restorative. As a rule we should avoid exercise 3-6 hours before bed time.

Sleep deprivation can lead to weight gain after only one week of time. This is due to increased production of the hormone grehlin, which promotes appetite and food intake. At the same time when we are tired we see a decline in the protein called leptin which curbs appetite.



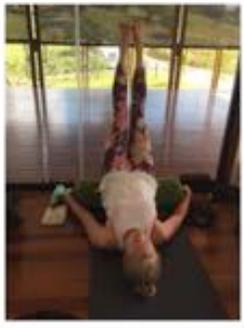
Restorative Virabidrasana II

This is an effective way of working into the hips while keeping the posture restorative. Here we are working into the apanic field of the body by consciously letting go of the tightness of the hips. If we experiencing Pitta like Insomnia our emotions may be turbulent and we may suffer from being irritable, angry, and having resentment and hate present. It is important never to go to sleep angry. Sleep plays a crucial role in retaining emotional memories which create a long lasting and potentially traumatic representation of distressing experiences.



Setu Bhandha Sarvangasana

This mild inversion is a diuretic and will assist us in emptying the bladder before bed. As this is a restorative variation of the posture – with the zafu under the sacrum it would be an excellent posture to do in the evening before bed. Here we are working at lengthening the back muscles, reducing vata in the spine and increasing sleshaka kapha.



Vipirata Kirani

This is a great relaxation exercise to do prior to going to bed. It will release tight hamstrings and a sore lower back. Energetically if the hamstrings are tight it may mean the sympathetic nervous system is engaged – ready for flight or flight.

Remember...

Sleep is an underestimated element of our holistic health. There are many studies, and abundance of literature, institutes, and facilities that are now acknowledging the importance of sleep, sleep patterns, and the detrimental effects of sleep debt. And while quite often we feel that sleep is of secondary importance, and that we “must” get this or that done, in fact it is doing you more damage as well as slowing your creativity and productivity down when sleep is placed second.

So too, when we find that we are cultivating time towards sleep and it is “not working” perhaps it is time to look towards some natural remedies and exercise. Celia Roberts regularly offers a weekend Clinical Yoga Therapy Retreats at her Upper Brookfield Sanctuary – we welcome you to learn with us, and to cultivate the holistic living environment you have been searching for

Teachings by Celia Roberts

Notes and Images by Georgie Kerr.

Please feel free to Contact Us for more information or book yourself in for a private session to assist with your Sleep Debt or Yoga requirements.

Discover and join our online community by liking our Facebook Page or regularly reading our fortnightly articles available at celiaroberts.com.au

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