

## Yogatherapy, treating depression

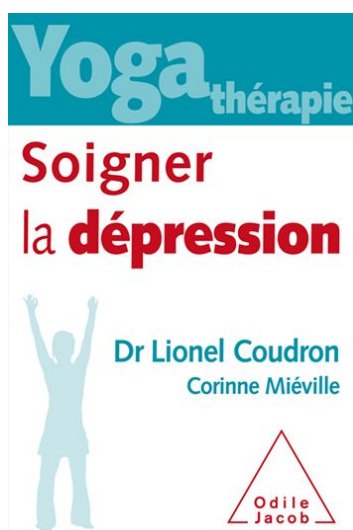
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By A.B.



### Book Review

*Yoga-Thérapie, soigner la dépression*, by Dr. Lionel Coudron and Corinne Miéville



Depression attacks not only our mind, but also our body. Yoga, which is enriched by the breakthroughs and discoveries of science and psychology, can bring actual help by effectively stimulating the neuromediators, thanks to its action on our mood, energy level and feeling of well-being. Yogatherapy, that is its name, specifically targets postures that straighten and "anchor" us in the ground, thus playing on dopamine levels. It also focuses on opening movements, breathing and relaxation which, by increasing the secretion of melatonin, act on negative thoughts. The book clearly shows the exercises to be practiced to unblock energy, and encourages us to note our sensations. All the studies prove that yoga and meditation not only make you feel better, but also prevent relapses, with the same effectiveness as an antidepressant.

Editions Odile Jacob, 128 p., 14,90€