

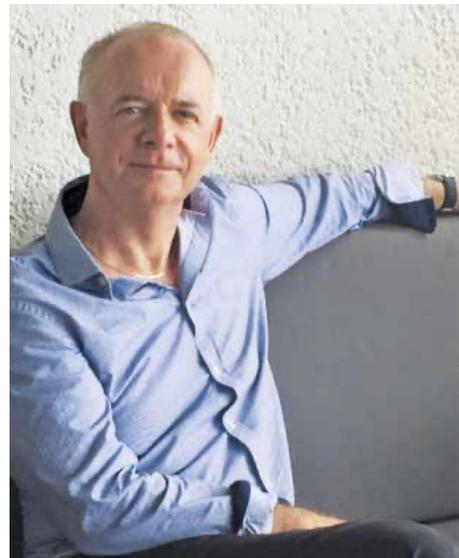
Doctor Coudron, master yogi !

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By Dominique Deveaux

It is yoga that will lead Lionel Coudron to become a doctor. Two disciplines that he loves so much to the point that he created the first Institut de YogaThérapie (IDYT) in 1993. An encounter with this great "yoga master", a lover of wisdom.

"Passionate about psychology and metaphysics, I discovered yoga at the age of 14," says Lionel Coudron in a smooth and calm voice. During a stay in a holiday camp near Brighton, his instructor, Jean-Claude Larousse - who was then in his third year of medical school - liked to share his passion for mankind with a capital "H" during vigils by the fire: "He spoke to us about prehistory while making us discover and love Pink Floyd and the Beatles! "Since then, Jean-Claude Larousse has become "one of the most eminent heads of the emergency service that Auvergne has had the good fortune to know". Following this encounter, Lionel Coudron turned to medicine. After graduating from highschool, he enrolled at the faculty of Créteil where he obtained his diplomas in sports medicine, psychotherapy, acupuncture and nutrition. In 1986, he founded the association *Médecine et Yoga*, with his brother, "to allow patients to have a global vision of their health". "In allopathic medicine, because there are so many specialties, we end up cutting the patient into slices. Yoga makes it possible to link all the elements together, to have an overall coherence of body and mind. It is a therapeutic tool that can be used as a complement to classical medicine or acupuncture. The word yoga in fact means BINDING! »



Yoga gives meaning to the medical discipline

Continuing his research, he publishes articles and leads conferences in the former Diderot Faculty of Medicine. In his Parisian practice, he multiplies techniques of acupuncture, meditation, yoga and nutritional advice. The results he obtains from his patients are convincing. In 1993, he created the very first Institut de YogaThérapie (IDYT), an institute dedicated to medical professionals and yoga teachers.

The idea? That the two disciplines learn from each other. Today, nearly a hundred doctors are part of the Institut. "Most of them are astonished by the considerable contribution of yoga, which also has the merit of restoring meaning to the medical discipline by linking the physiology and the brain." Yoga makes it possible to take into account both the affective and cognitive dimensions and to act on all the peripheral elements of which a person is made up. "In case of pain, for example, we can mobilize the spine and have an effect on the axon reflex, work on the rocking of the pelvic floor in order to stimulate the diaphragm, propose visualizations and relaxation." Yoga can relieve and heal many physical and psychic disorders: arthrosis, lumbago, asthma, sprains, constipation, insomnia, anxiety, hypertensive disorders....



“Yesterday, we practiced in the dark, without being able to analyze what we were doing. Thanks to medical information and imagery, we now have rational explanations. Yogatherapy teaches us where and how to act mentally and physically! »

The right yoga reflex... between two consultations!

“Between two consultations, I invite all my colleagues to stop and focus... on themselves!” The right reflex? Systematically close the door and examine yourself: Is my forehead tense? Do I have a pain in my stomach? Do I have a lump in my throat, oppression in the solar plexus?

It's a question of allowing oneself a moment of relaxation, to be in the moment ! “To take advantage of it, to make a pandiculation movement: stretch all the way out - as animals do - dig into the back, relax all the muscles, and find the point of sensation that becomes pleasant. All the while, breathing deeply and yawning.” These are all reflexes that we used to have in the morning when we woke up... but that we have lost over time. “Such small breaths make you available to yourself. It is this breath - regained - that allows you to be available for every patient.”

A VERY ACTIVE MASTER!

Dr. Lionel Coudron teaches a training program at the Institut de YogaThérapie (IDYT), he is the pedagogical director of the "Yoga Time" studios, near l'Étoile in Paris and in Boulogne (*NB: these studios are now definitely closed*). Yoga classes are between 10 and 15 euros per hour on average, depending on the formula chosen. Together with his wife - a yoga teacher who lives in Lausanne - they give "master classes" in the Jardin du Yoga. The next session will take place on 28 October 2017 and will focus on depression (see: www.jardin-yoga.ch). As a writer, Lionel Coudron has written ten books published by Odile Jacob, including La Yoga-Thérapie, the latest being *Soigner l'anxiété par le yoga*.

More info on www.idyt.com