

The right alliance between mind and movement

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Originally, yoga was based only on relaxation techniques and meditation, then the practice was enriched with postures. Breathing indeed allows to “**reunite**” (translation of the word “yoga”) mind and movement, and this alliance is amplified by stretching and postures. “**By addressing both body and mind, an approach reserved to these types of techniques but hard to access through conventional therapies, we reinforce the parasympathetic system**”, describes Dr. Lionel Coudron, director of the Institut de Yogathérapie.

Decreased anxiety level

The system synchronizes the body’s ability to adapt, allows recovery, allows you to recharge your batteries, via neuromediators that intervene on the digestive system, immune system, etc. “And this breathing is facilitated by movements, when they open the thoracic cage: its amplitude increases, its frequency decreases, just as the anxiety level”, Dr. Coudron explains. Depending on the posture, whether in foetal position or, on the contrary, in warrior pose, the brain produces beneficial neuromediators that are suitable for this or that situation...

Yogatherapy, which combines postures, breathing exercises, relaxation and meditation, is in essence applied to a specific person, and not to a group.