



# Gentle Yoga & Meditation For the TBI Community



# Hot or Not Yoga NM

- Founded in 2015 by Marisol Enriquez
- Locally owned small business
- **Vision:** That our community sees us as a pillar of integrity, learning, nurturing, healing, and community involvement and has a reputation for acceptance and progress in New Mexico.
- Partnered with LoveYourBrain in May 2017
  - Studio criteria
    - Wheelchair accessible facility
    - At least four teachers attend training
    - Four FUNdamentals series per year



# LoveYourBrain

- Founded in 2013 by Kevin Pearce & Adam Pearce
  - Professional snowboarder
  - 2009 Winter Olympics
- International program providing FREE gentle, adaptive yoga and meditation to TBI Community
- Currently in 26 states, 4 Canadian provinces
- Includes persons living with TBI, Caregivers, Clinicians



# LoveYourBrain

- Partnered with Dartmouth College to conduct study evaluating a yoga pilot program for this population.
  - Based on positive results, LYB launched its yoga program to promote
    - Community reintegration
    - Build resilience for those affected by TBI
    - Provide tools for every day use
- Research-backed program provides FREE 6-week yoga series at partnered studios
  - Integrates breathing exercises, gentle yoga, meditation, group discussion



# LoveYourBrain

- Best served those who:
  - Are able to move without assistance
  - Open to participating in group discussion
  - Can follow instructions and regulate intense emotions
  - Can commit to all 6 classes (first class mandatory)
  - Not available—yet—for other types of brain injuries
    - e.g. stroke, anoxia, tumor



# Feedback from our students

“What are three things you found most helpful from this series?”

- Being with people who understand living with a TBI; support. The instruction was a great pace, allowing us to follow the instructions. Doing something calming and new.
- It helped me feel more confident to get out among others, have me some skills to help with focus & concentration, and helped me find some exercises and modifications for my injuries.
- I have gained a more intimate relationship with my spouse that had been lacking since my injury.



# How to Register

- Go to [LoveYourBrain.com](http://LoveYourBrain.com), complete eligibility form
  - Eligibility – self reported TBI
  - Quality of Life questionnaire
- Next Class Series:
  - January 26 – March 2, 2019
  - 1:00pm – 2:30pm

Thank You!

