

# From Breath to Movement to Meaning



# Pre/Post Test • Question 1

This talk, *From Breath to Movement to Meaning*, is based on the principle that \_\_\_\_\_ is the essential baseline for all manifestations whether expressed as molecules, atoms, bodies, relationships, thoughts, or countries.

## Pre/Post Test • Question 2

One of the foundation movements we will be exploring today is “spirals.”

*Why is this important?*

## Pre/Post Test • Question 3

The relaxation response as initially described by Herbert Benson, M.D. was meant to counterbalance what physiologic response?

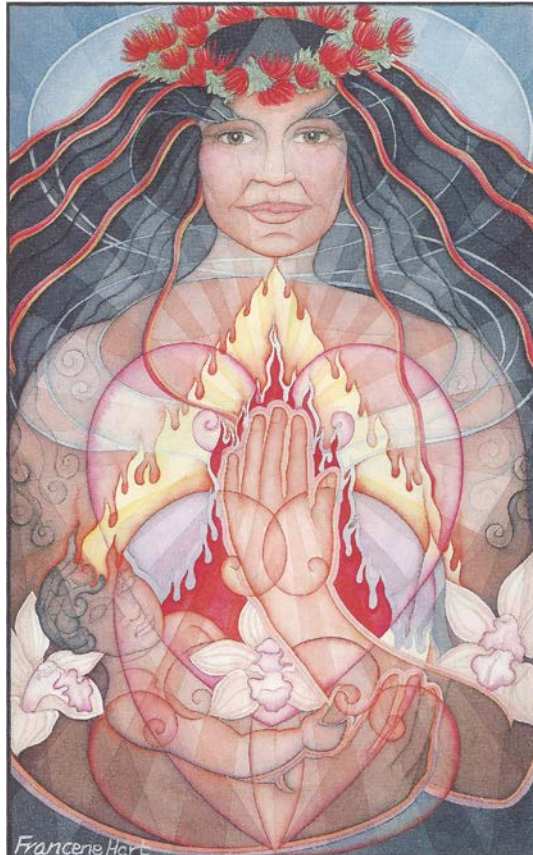
## Pre/Post Test • Question 4

Lissa Rankin, M.D. outlines an 8 step practice for learning to listen to your body & intuition.

Name any two of the steps?



# The Body Vessel





# The Body Vessel

Our bodies are like a field resting in the sun. More than the vehicle that carries us through life, our body is a storehouse for our memories, a sensitive radar that warns of danger and a wise guide that signals us how to best care for our Spirits.

# Objectives

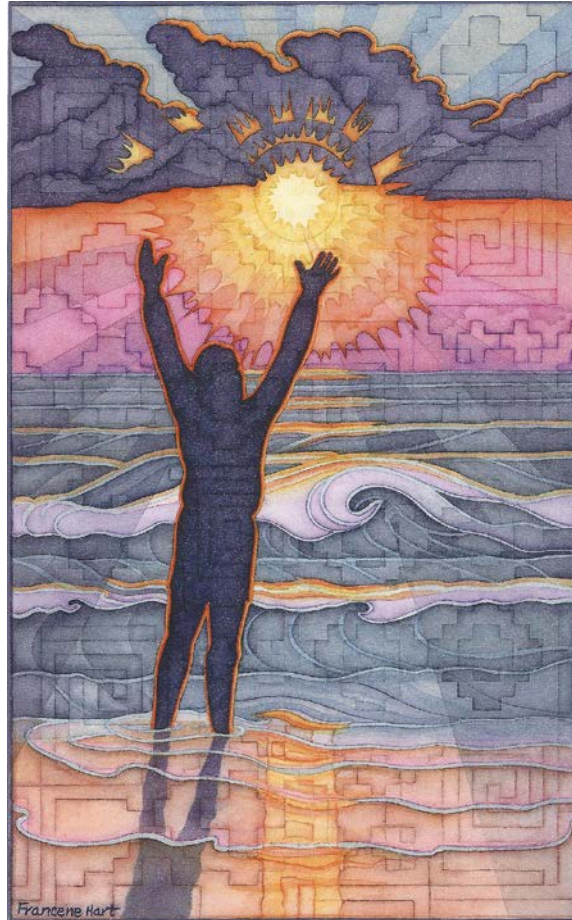
- ▶ Participants will experience an evidence-based blend of modern dance choreography, American Sign Language and Qigong
- ▶ Explore Mind, Body and Breath (Spirit) connections through movement
- ▶ Learn how to listen deeply as the body speaks



# How we are going to get there

- ▶ Brief didactics of case studies will be interspersed with experiential activities to provide participants the opportunity to listen deeply to their own and each other's bodies as they explore the chosen movement activities.
- ▶ Participants will also have the opportunity to experience drawing or journaling during the course of the workshop.

# Mind Body Medicine



# Mind Body Medicine

***Mind Body Medicine*** simultaneously unites and looks across the continuum of modalities that bring about a state of relaxed awareness. We combine modern science, wisdom traditions across cultures, and human connection to create a powerful new medicine centered on a simple concept: ***Self-Care***.

# Mind Body Medicine

***Mind Body Medicine*** practitioners teach skills including breath work, meditation, guided imagery, biofeedback and small group support to health professionals, educators, and other community leaders. Research validates mind-body medicine's powerful effect in relieving trauma, reducing stress, and restoring hope.

# Self Care is the Heart of New Medicine and All Health Care





# The 4 Tenets or Principles of Osteopathic Medicine

- ▶ The osteopathic philosophy embraces the idea of the unity of structure & function through four main principles
  - ▶ The body is a unit & the person represents a combination of mind, body and spirit
  - ▶ The body is capable of self regulation, self-healing & health maintenance
  - ▶ Structure & function are reciprocally interrelated
  - ▶ Rational treatment is based on an understanding of these principles: body unity, self-regulation, & the interrelationship of structure & function



# Core of Fire



# Preparing the Ground of Our Being

## ▶ Breath

- ▶ Soft Belly Breathing
- ▶ Three Part Breathing
- ▶ Breathing in Constructive Rest Position

# Seated Qigong Sequence



# All This Joy

- ▶ Improvisation
- ▶ American Sign Language
- ▶ Assemble Choreography

# Three Drawings

- ▶ Draw yourself now
- ▶ Draw yourself with your biggest problem or challenge
- ▶ Draw yourself with your challenge or problem solved



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# Research Articles

- ▶ **Dance for health: improving fitness in African American Adults and adolescents •**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1382101/>
- ▶ **The effect of Tai Chi on health-related quality of life in people with elevated blood glucose or diabetes: a randomized controlled trial •**  
<https://www.ncbi.nlm.nih.gov/pubmed/23143590>
- ▶ **Tai Chi and Rheumatic Diseases •** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3058626/>
- ▶ **Tai Chi and Qi Gong for Health and Well Being •** <https://nccih.nih.gov/video/taichiDVD>
- ▶ **Community-based Adapted Tango Dancing for Individuals with Parkinson's Disease and Older Adults •**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4396934/>
- ▶ **Physical performance in recently aged adults after 6 weeks traditional Thai dance: a randomized controlled trial •**  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3740823/>
- ▶ **Yoga May Help Treat Back Pain •** <https://newsinhealth.nih.gov/issue/aug2017/capsule1>
- ▶ **Yoga for Health •** <https://nccih.nih.gov/health/providers/digest/yoga>
- ▶ **Healthy Movements: Your Body's Mechanics •** <https://newsinhealth.nih.gov/issue/Jul2013/feature1>

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**CAROL A. PENN, D.O. M.A.**  
MOVEMENT IS MY MEDICINE