



Somatic Chair Yoga: A Gentle Path to Mindful Movement

Introduction to Somatic Yoga

Somatic yoga is a movement practice that emphasizes awareness and mindfulness in each posture, allowing individuals to reconnect with their bodies. It is rooted in the understanding that movement can enhance physical, emotional, and mental well-being. Unlike traditional yoga, somatic yoga encourages participants to focus on the internal experience of movement, promoting relaxation and self-awareness. This approach is particularly beneficial for those with limited mobility or chronic pain, making chair yoga an ideal entry point.

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How to Practice Somatic Chair Yoga

Preparation

- 1. Choose Your Space:** Find a quiet, comfortable space where you can sit undisturbed. Ensure the chair is sturdy and provides support.
- 2. Dress Comfortably:** Wear loose-fitting clothing that allows for easy movement.

Basic Somatic Chair Yoga Practices

- 1. Grounding Breath:** Sit comfortably with your feet flat on the ground. Take a few deep breaths, focusing on inhaling deeply through your nose and exhaling slowly through your mouth. Feel the connection of your feet to the floor.
- 2. Neck Rolls:** Gently drop your right ear to your right shoulder. Slowly roll your head forward and to the left, bringing your left ear to your left shoulder. Repeat several times, allowing your neck to release tension.
- 3. Shoulder Shrugs:** Raise your shoulders towards your ears as you inhale, then relax them down on an exhale. Repeat this movement several times, noticing how your shoulders feel.

- 4. Spinal Flexion and Extension:** Sit tall, inhale and arch your back, lifting your chest (extension). On the exhale, round your back and tuck your chin (flexion). Repeat this flow gently, connecting breath with movement.
- 5. Seated Twists:** Inhale and lengthen your spine. As you exhale, gently twist to the right, using your left hand to hold the back of the chair for support. Hold for a few breaths, then switch to the left side.
- 6. Leg Extensions:** While seated, extend one leg out in front of you, keeping it straight. Flex and point your toes several times, then switch to the other leg.
- 7. Mindful Meditation:** End your practice by closing your eyes and taking a few moments to focus on your breath. Notice any sensations in your body and embrace the stillness.

Where to Practice

Somatic chair yoga can be practiced in various settings, including:

- **Home:** Create a dedicated space for daily practice.

- **Community Centers:** Many centers offer classes tailored for seniors or those with mobility issues.
- **Workplaces:** Incorporate short sessions during breaks to relieve stress.
- **Online Classes:** Explore virtual sessions that focus on somatic chair yoga.

Conclusion

Somatic chair yoga offers a gentle, accessible way to cultivate mindfulness and movement awareness, making it ideal for people of all ages and abilities. By focusing on internal sensations and breath, practitioners can find relief from tension, improve mobility, and enhance overall well-being. Whether

at home or in a group setting, incorporating somatic chair yoga into your routine can lead to a deeper connection with your body and a greater sense of peace.

EVENTS ORGANIZED



Under the CCRAS PG STAR scheme, the research work of three postgraduate scholars has been selected:

- **Dr. Sushma T.J.** under the guidance of **Dr. Sudhakar Reddy**, Department of Swasthavritta
- **Dr. Rakshith** under the guidance of **Dr. Subash Chandra Bose**, Department of Roga Nidana
- **Dr. Pradeep N.** under the guidance of **Dr. Srihari S.**, Department of Kaumarabhritya

Dr. Nanda K.O., Assistant Professor in the Department of Prasooti Tantra and Stree Roga, delivered a guest lecture on the topic **"Adolescent Problems"** at JSS Pre-University College for Women, Saraswathipuram, Mysore, on September 22, 2024.

In commemoration of the 109th Jayanthi celebrations of Jagadguru Rajagurutilaka Dr. Rajendra Mahaswamiji, a CME on **"Oushada Sutra 2024 - (Drugs Update)"** was organized in association with

Himalaya Wellness, Bengaluru, on September 29, 2024. Dr. Vikram S., Professor and HOD of the RSBK Department at SSCASR, Bangalore, was the inaugural guest. Dr. Srikanth K., AGM of Scientific Services at The Himalaya Wellness Company, delivered a guest lecture on the topic **"Management of Liver Disorders in Diabetic & Overweight Individuals."**



Dr. Visal S. Kumar, Assistant Professor in the Department of PG Studies in



Koumarabhurutya at JSS Ayurveda Medical College, Mysuru, secured the Best Paper Presentation with 1st Rank in the Kashyap Group at the 7th National Seminar "Sthanyamrutham 7.0 - Balamrutham: A New Beginning," held at Parul University, Vadodara, Gujarat, on August 4th and 5th, 2024.



The Department of Rachana Sharir and the NSS Unit organized a guest lecture on the occasion of **National Organ Donation Day 2024** on August 3, 2024, at 10:00 AM. This was followed by a public awareness campaign on **Angdaan Jan Jagrukta Abhiyaan**, organized at Hanchya village at 11:15 AM by I BAMS students.



On the occasion of **Sushruta Day**, the Department of PG & Ph.D. Studies in Shalya Tantra organized a Model Making Competition for IV BAMS students on August 2, 2024, at 2 PM in the Yoga Hall.



On the eve of **Charaka Jayanthi** on August 9, 2024, a quiz program for II Professional BAMS students of the 2021-22 batch was organized by the Department of PG Studies in Dravyaguna. The program was sponsored by Baidyanath Ayurveda Pharmacy.



The Department of Samhita and Siddhantha at JSS Ayurveda Medical College, Mysore, organized "**CHARAKA JAYANTI - 2024**" on August 9, 2024, at 12 PM in association with Baidyanath Drugs Ltd. The event featured a CME on the topic "**USHADA SUTRA - 2024 (Drugs Update)**". Expert opinions on Baidyanath Drugs were provided by Dr. Rajesh A. Udupudi, Dean; Dr. Veena G. Rao, Senior Consultant, Department of Panchakarma; and Dr. Beena, Senior Consultant, Department of

Kayachikitsa. The presidential address was delivered by the respected Principal, Dr. Sarbeswar Kar, JSSAMC, Mysuru.

The chief guest for the inauguration program of "**CHARAKA JAYANTI - 2024**" was Prof. (Dr.) S.G. Mangalgi, Former Joint Director, Department of Ayush, Government of Karnataka. He emphasized the importance of Ayurveda and its fundamental principles from the Charaka Samhita, highlighting the need for proper understanding and application.





JSS Ayurveda Medical College, Mysuru, celebrated the 77th Independence Day. The chief guest for the event was Mr. Ajay K. R., Factory Manager of Arya Vaidya Shala, Kottakkal, Nanjangud. He spoke about the importance of celebrating Independence Day in today's era and reminded everyone of the struggles of our freedom fighters who sacrificed their lives for our freedom.

ಕಂಠಿ ಮಲ್ಲಣ್ಣನವರ ಕಲ್ಯಾಣ ಮಂದಿರ ಇಲ್ಲಿ ನಡೆದ ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರದ ವರದಿ

ಎನ್.ಜಿ.ಎಸ್. ಚಾರಿಟಬಲ್ ಟ್ರಸ್ಟ್(ರಿ.), ಮೈಸೂರು ಇವರ ವತಿಯಿಂದ ಜಿಎಸ್‌ಎಸ್ ಮಲ್ಲಿಸ್ವೆಪಾಲಿಟಿ ಆಸ್ಪತ್ರೆ, ಜಿಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆ, ಅನ್ನಪೂರ್ಣ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆ, ಹಾಗೂ ಯೋಗ ಪ್ರಾಣ ವಿದ್ಯಾಕೇಂದ್ರ, ಮೈಸೂರು ಇವರ ಸಹಭಾಗಿತ್ವದೊಂದಿಗೆ ದಿನಾಂಕ: 13.08.2024ರ ಮಂಗಳವಾರದಂದು ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿತ್ತು. ಶಿಬಿರಕ್ಕೆ ಜಿಎಸ್‌ಎಸ್ ಆಯುರ್ವೇದ ಆಸ್ಪತ್ರೆಯಿಂದ - ಡಾ. ಅನುಷಾ ಶೆಟ್ಟಿ ಹಾಗೂ ಒಬ್ಬರು ಕಲಿಕಾ ವೈದ್ಯರನ್ನು ನಿಯೋಜಿಸಲಾಗಿತ್ತು. ಈ ಶಿಬಿರದಲ್ಲಿ ಆಫ್ಲಿಕ್ಟ.

ಚರ್ಮರೋಗ, ಕೆಮ್ಮು, ಬೆನ್ನುನೋವು, ಕುತ್ತಿಗೆನೋವು, ಉಸಿರಾಟದ ತೊಂದರೆ, ಕೀಲುನೋವು, ಮಂಡಿನೋವು, ಮಧುಮೇಹ ಖಾಯಿಲೆಗಳಿಗೆ ತಪಾಸಣೆ ಹಾಗೂ ಸಲಹೆಗಳನ್ನು ನೀಡಲಾಯಿತು. ಈ ಶಿಬಿರದಲ್ಲಿ 25 ಜನರು ಉಚಿತ ತಪಾಸಣೆಯ ಸೌಲಭ್ಯವನ್ನು ಪಡೆದರು. ಶಿಬಿರದ ಆಯೋಜಕರು ಆತ್ಮೀಯವಾಗಿ ಸಹಕರಿಸಿದ್ದು ಊಟ-ತಿಂಡಿಯ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಿದ್ದರು. ಶಿಬಿರದ ಕೊನೆಯಲ್ಲಿ ಮೆಚ್ಚುಗೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸಿ ಎಲ್ಲಾ ವೈದ್ಯರನ್ನೂ ಹೃತ್ಪೂರ್ವಕವಾಗಿ ಅಭಿನಂದಿಸಿದರು.

