

Hove StressBusters Newsletter

Issue No. 1, November 2011

Improving Life, Improving Experience

Finally on our home turf in Hove, at the Cornerstone Community Centre, we had another great stress-busting evening.

Our October event entitled 'The Science of Yoga' started off with a science talk about stress, yoga and the brain. Using simple words and examples understandable to everyone without neglecting the scientific accuracy and complexity of the explanations, Dr Jelena Nesic (INNERNATION / University College London Hospital) described the neurobiological mechanisms of the stress response. She went on to summarize a number of significant physiological effects and health benefits of yoga, and finished off by presenting the results of a groundbreaking brain imaging study which showed that regular yoga practice improved mood and reduced anxiety by increasing the levels of brain's own anti-anxiety compound, the neurotransmitter called GABA.



After the break, we all had a chance to experience the stress-reducing properties of yoga ourselves. Penelope Zikic, the founder of Maitri Yoga, expanded on Jelena's talk by explaining the main principles of yoga and running a 50 minute session which demonstrated that:

1) yoga really can be done by anyone, regardless of their level of physical ability, 2) it really is possible to do it using a chair, and 3) it can be fun! For most people this was their very first encounter with yoga and at the end of the session they bombarded Penelope with questions about yoga and her classes.

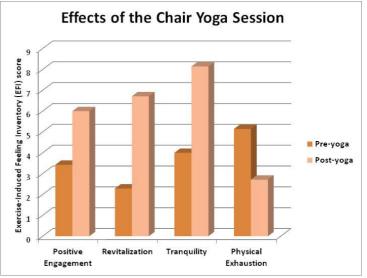
The event attracted a very interesting mix of people: scientists, practitioners, business and IT people, and everyone learned something new and had lots of fun in the process. In what is already becoming a

Hove StressBusters tradition, this meeting also had a twist. Everyone took part in a mini scientific study evaluating the mood effects of yoga. While we could not see what was happening to GABA in our brains, the results of our study showed that even this brief yoga session with Penelope produced a significant increase in self-reported positive engagement and the feelings of revitalization and tranquility.



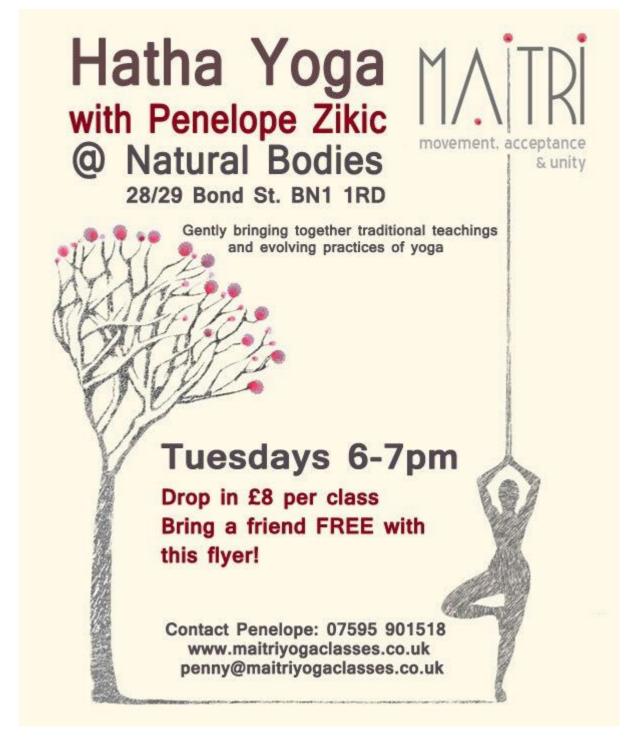
See overleaf for the time-limited special offer from Maitri Yoga.





Ten participants completed a questionnaire before and after the 50 minute chair yoga session. Results indicate that yoga induced a significant increase in positive engagement and the feelings of revitalization and tranquility. Many participants also reported a reduction in physical exhaustion following the session although this effect did not reach statistical significance.





Next Hove StressBusters event: 7th December, 7.00-9.00pm

@ Cornerstone Community Centre

Join us for some pre-Christmas stress busting!



Hove StressBusters is a public forum powered by INNERNATION Coaching & Development: The forum is open to therapists, practitioners, teachers and the members of the local community interested in exchanging knowledge and learning different approaches to understanding and combating stress.

Contact us: info@hovestressbusters.co.uk