

Exam 2 Study Guide

Hatha Yoga

Practice of asana and poses. One of five yogic paths of physical balance. Mainly deals with mind body spirit union, promoting overall health and well being.

- Translation

- Strong, willful, forceful

- Positions

- Forward fold
- Downward dog
- Butterfly
- Plank
- Chatarunga
- Bridge
- Eagle
- Warrior pose
- Pigeon pose

- Effects

- Increases: strength, balance, flexibility, concentration, and bone density
- Promotes: calm and inner peace

Poetry Therapy

- Writing poetry to enhance both increased awareness and emotional catharsis of a variety of issues

Music Therapy

- Biochemical theory-music is heard in the eardrum and perceives as pleasant or not
- Entrainment- organisms matching vibrations