



Marlysa Sullivan: Polyvagal Theory, Yoga, and Pain



Marlysa is a physical therapist (PT) and yoga therapist (C-IYAT) with over 15 years of experience working with people suffering with chronic pain conditions. Explore the relationship of polyvagal theory in autonomic regulation to chronic, persistent pain coupled with yoga practices to work with regulation and resilience of the system.

TOP EMBODIMENT TIP: Understand important values and what the body feels like in a space of kindness.

When interacting with self and others - use the body as a way to monitor that you are in alignment with your values.

Autonomic Nervous System: Learn how dysregulation is a part of and contributes to chronic pain

- Vital in systems wide communication between the brain and; bodily systems activation integrating it with emotion, memory and thought with the sympathetic, parasympathetic nervous systems, nucleus ambiguus and dorsal motor nucleus.

Polyvagal Theory: Contributes to shared physiological, psychological, and behavioral states/responses

- Delves into concepts of Neuroception, Interoception, and Exteroception - How the brain interprets information so that it can work with the body's systems to self-regulate when it perceives threat or danger.

Yoga Regulation and Resilience: Adaptive body-mind states and social interaction

- Meditative movement and inquiry into sensation for regulation and interoceptive awareness.
- Breath practice to create regulated states of the body and mind.
- Regulatory Techniques - relation between emotion and Laban movement.
- Resilience practices in order to move between neural platforms and widen the window of tolerance to sensation.
- **Change relationship and habitual reactions to sensations for greater autonomic regulation and resilience.**

Resources

- ❖ **Books:** Yoga and Science in pain care : Treating the Person in Pain (2019)
- ❖ **Books:** Understanding Yoga Therapy: Applied Philosophy and Science for Well-being (2020)
- ❖ **Website:** <https://marlysasullivan.com> or www.MUIH.eduwww.irest.org
- ❖ **Instagram:** @marlysayoga
- ❖ **Facebook:** <https://www.facebook.com/understandingyogatherapy>
- ❖ **References:** Dr. Stephen Porges' "Safe and Sound Protocol"; "Understanding Yoga Therapy: Applied Philosophy and Science for Health and Well-Being", Dr. Forges paper Frontiers of Human Neuroscience and others @ 00:57:10 in video



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Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.

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