



Yoga and Breathing To Assist Patients/Caregivers

About the Aging and Integrative Pain Assessment and Management Association (AI-PAMI)



AI-PAMI is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care through the development of provider and patient workshops focused on integrative pain management.

Funding provided by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association.

Visit pami.emergency.med.jax.ufl.edu to learn more.

Contact PAMI at pami@jax.ufl.edu or 904-244-4986.



Yoga 4 Change

Kathryn Thomas
Veteran
Executive Director

Who does

Yoga 4 Change

Serve

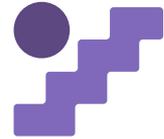
Across Florida:



Veterans



**Incarcerated
Individuals**



Mental Health



Youth

Proven Benefits Of Yoga

- **Increases Mood**
- **Decreases Stress and Anxiety**
- **Increases Post Traumatic Growth**
- **Decrease Pain**

The background is a solid teal color. On the left side, there are several overlapping, semi-transparent geometric shapes in a lighter shade of teal, creating a layered, abstract effect. The shapes include a large trapezoid at the top and a smaller, similar shape below it, both pointing towards the right.

How Can Yoga Help You?

**Breath #1:
Square Breath**

- **Inhale for 4 counts**
- **Hold your breath in for 4 counts**
- **Exhale for 4 counts**
- **Hold your breath out for 4 counts**

Breath #2: Lion's Breath

- **Inhale slowly**
- **Open up the mouth, stick out your tongue while exhaling**
- **Bonus: Make your exhale audible by making a "Roar"**

**Breath #3:
Humming Bee
Breath**

- **Cover your ears with your index fingers**
- **Inhale through your nose**
- **Keep your lips together and exhale through your mouth making a humming noise**

Breath #4: Breath of Joy

- **Inhale bring arms forward to shoulder height**
- **Inhale again bring arms out to side shoulder height**
- **Inhale again bring arms up over your head**
- **Exhale, fold forward bring arms behind you**
- **Repeat**

**Decrease
Stress**

**Increase
Mood**

**Decrease
Anxiety**





Yoga 4 Change

An Embodied
Approach to
Resilience

**Vicarious
Trauma**

**Compassion
Fatigue**

Burnout

