

NSCA

COACHES

CONFERENCE 2023

JANUARY 4 – 6, 2023

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

Yoga: A Surprising Tool For The Strength Coach

What is Yoga

Requirements:

- A basic understanding of the true essence of yogic principles.
- Embracing the practices of those principles.

Question becomes:

What is the purpose of adding yoga as companion or component of a traditional strength & conditioning program?

THE BHAGAVAD GITA

The journey of the self,
through the self,
to the self.

SANSKRIT

"yuj" a Sanskrit verb meaning
"to unite"
More closely in English,
to "yoke"

PANTAJALI/ YOGA SUTRAS

Inner peace or "ceasing the
fluctuations of the mind"

The Science of Yoga

BREATHWORK

Recovery tool.

MEDITATION

Sustained purposeful focus.

NEUROLOGICAL EFFORT

Connection of conscious thought
to muscle innervation.

Breathwork and ANS

INHALATION

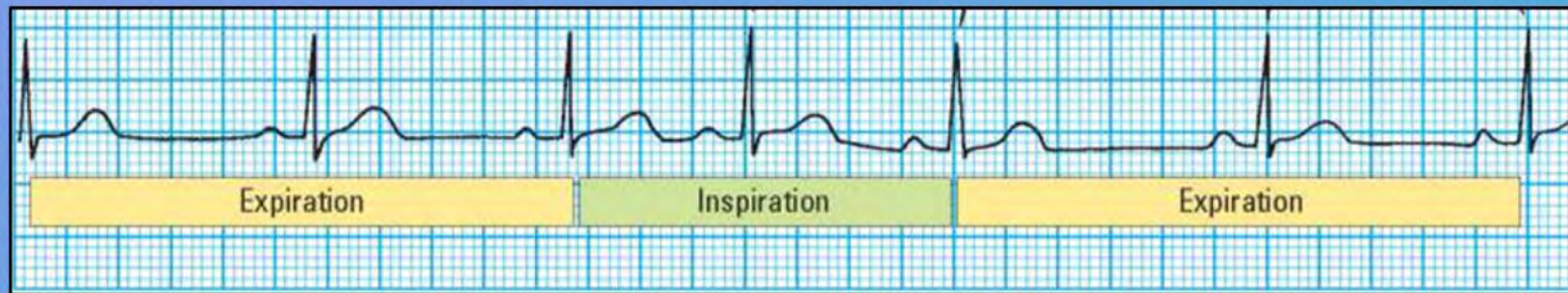


Tied to a Sympathetic (SNS) response

EXHALATION



Tied to a Parasympathetic (PNS) response



The Power to Empower

Breath, Heart Rate & HRV

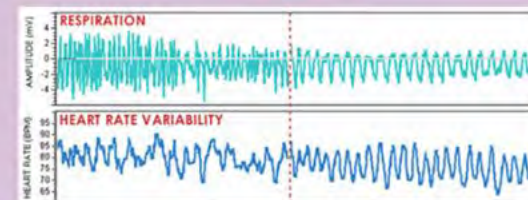
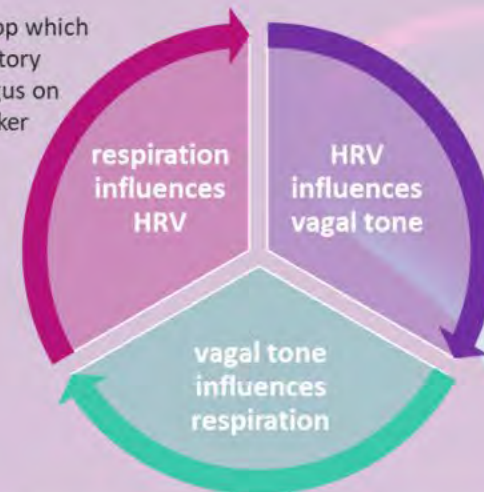
Feedback Loop

Neural feedback loop which regulates the inhibitory influence of the vagus on the heart's pacemaker

Cardiac Vagal Tone: the contribution of the Parasympathetic Nervous System (PNS) to cardiac regulation

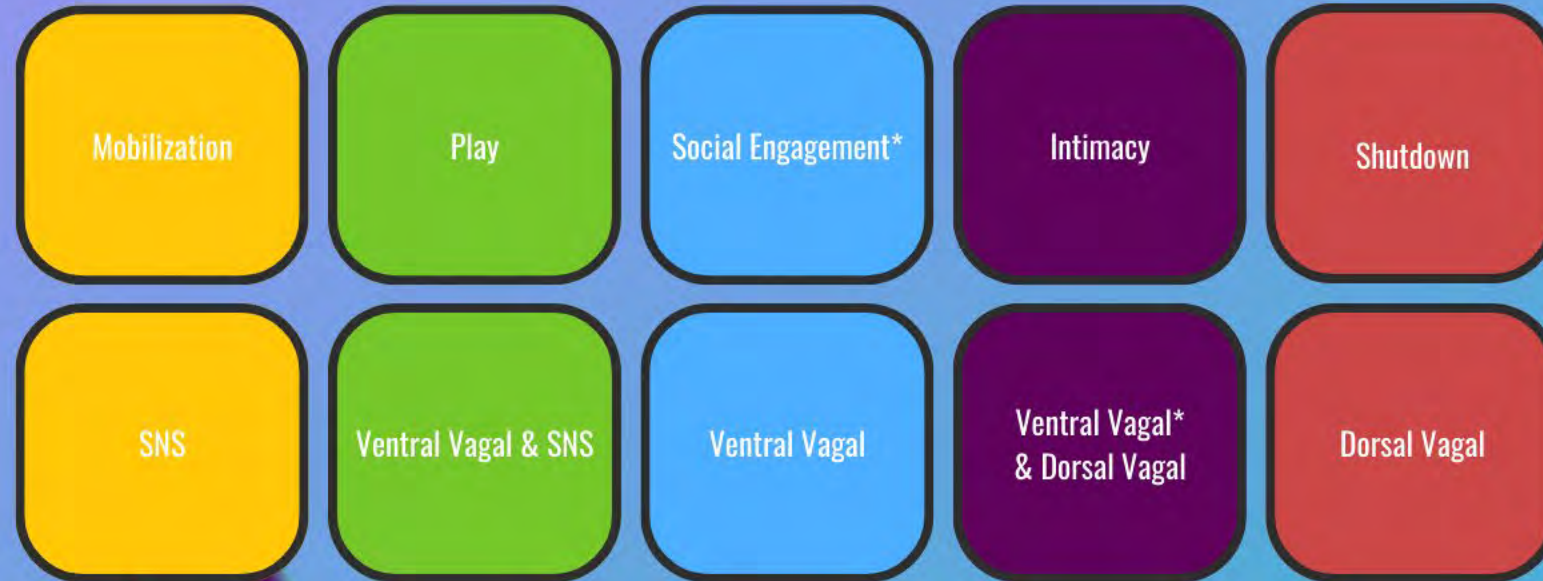
Respiratory sinus arrhythmia:

- Rhythmic increases and decreases in heart rate occurring at the frequency of breathing
- Functional manifestation of vagal influences on the heart.
- Serves as an accurate index of **cardiac vagal tone**



The heart sends more info to the brain,
than the brain sends to the heart.

3 AUTONOMIC CIRCUITS



Choosing an Instructor

Please Consider...

- Style of yoga taught
 - How do they describe their class?
- Background knowledge
 - athletics?
 - sport specific?
 - physiology knowledge?
- Approach to meditation and breathwork.

Recovery

Training

Mobility

Stability

Meditation

Centering

Choosing an Instructor

Please Consider...

- Tone of voice
- Including self inquiry
- Style/ tone of self inquiry

How much woo woo is right for you?

- Guided meditation
- Imagery
- Silence

- Music
- Surface (flooring)
- Lighting
- Disruptions

Choosing an Instructor

Please Consider...

- Share your team's mission/guiding principles.
- Clear goal of the session(s)
 - share typical training results
 - ask how instructor gauges class needs
- Discuss the handling of accountability and discipline.
 - uncomfortably = giggles
 - what is the vibe
- Expectations for
 - equipment
 - attire
 - schedule adjustments

**Authenticity
&
Intention**

CENTERING/ SELF INQUIRY

Intention setting, breathwork, seated meditation, "dropping in"

WARM UP

Increasing core temp, focus on connecting breath to movement, basic alignment cues

POSE WORK

Maintaining breath connection to movement, adding opportunities for stability and/or mobility

COOL DOWN

Simplifying movements to come back to focus on breath, opportunity for stillness/ deep rest

CLEAR EXPECTATIONS BEFORE

Plan for class, behavior expectations

CLEAR RECAP AFTER

Highlight successes, answer questions

Session Structure

PREPARE FOR SUCCESS

BE IMPECCABLE WITH YOUR WORD

Word choice matters, be intentional and thoughtful about your choices. Employ the pause.

ALWAYS DO YOUR BEST

Just as readiness can change from day to day so will "you best". Accept your best is variable and so it that of others

DONT' TAKE ANYTHIGN PERSONALLY

Check yourself. Employ the pause and ask yourself, "are my reactions due to my own injuries?"

DON'T MAKE ASSUMPTIONS

At the end of the day, you don't know what someone else is going to do.

The Four Agreements

GUIDING PRINCIPLES

Practice



Caitlin C Quinn, MS, CSCS
Yoga: A Surprising Tool for the Strength Coach

