

Stages of Practice

Initially, adjusting to being still for a period of time may be challenging, as the body may not feel comfortable and your thoughts may want to wander. This stage is relatively of short duration. As you find comfort being seated, standing, or sitting in a modified cross legged position, you can become more effective with progressive relaxation, being aware of how your body softens and your thoughts are more clear.

Later, you can gradually extend the length of your meditation, adapting the duration to your needs and ability to maintain being in the moment with your thoughts.

Once you have made these achievements, and have made meditation a part of your life, you may become more acutely aware of your energy levels and mind-body balance throughout the day.



Make today the first
step on the path to
reclaiming your life.



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Therapeutic Meditation

Group Classes
with
Dr. James Fox

The National Institutes of Health reports that mind-body therapies, such as meditation, have been shown to help relieve anxiety, stress, fatigue, and general mood and sleep disturbances.

Also, there is some evidence that meditation may reduce blood pressure, and there is moderate evidence that meditation improves symptoms of anxiety.



Get your **Life** back!



In several studies, meditation has been shown to reduce chronic low back pain. The National Center for Complementary and Integrative Medicine (NIH) reports that meditation has been shown to help relieve anxiety, stress, fatigue, and general mood and sleep disturbances, thus improving their quality of life.

Meditation classes are designed for NeuroSpine Institute patients to learn the basic principles of meditation practice and the various methods of stress-reduction, relaxation, and pain management. There are several types of meditation available including mindfulness, progressive relaxation, and traditional Qigong meditation which incorporates very slow, soft, and gentle movements intended to open the flow of Qi throughout the body.

Individual consultation is available to determine the focus of this therapeutic intervention. Simply, ask your NSI provider to refer you to the Therapeutic Meditation program at the Yang Chengfu Tai Chi Chuan Center.



Meditation may be practiced standing, seated in a chair, or sitting on a meditation pillow or yoga mat.



Principles of Meditation

Set realistic goals

Start with a shorter length of time, 3 to 5 minutes, and allow yourself to experience your body relaxing and your thoughts being in the moment.

Establish a routine

Try to meditate, typically in the morning, and make your practice an integral part of your daily activities.

Open your mind

Being receptive to new ideas and experiences allows growth and understanding of oneself and others.

Become more aware of your body

Allowing yourself to experience the release of tension, stress, or pain in the body opens new ways to control your moods and emotions and offers new strategies for coping.



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