

## Welcome to Mindful Being!

*Mindful Being* is dedicated to teaching individuals how to use their brain/minds to change their lives.

Dr. Anderson's journey into the world of mind-body connections began as a graduate student in Health Psychology. It was there that she first learned how thoughts turn into changes in both our emotions and physiology, and how we can move from a state of dis-ease into a more balanced state. She studied various ways (diaphragmatic breathing, relaxation, biofeedback, hypnosis) to use the mind to gain conscious control over what appeared to be subconscious or involuntary processes (e.g., heart rate, blood pressure, body temperature, immune functioning, etc.).

She later turned her attentions toward Eastern practices of mind-body medicine, including yoga, Buddhist psychology, mindfulness, meditation and other forms of energy medicine such as traditional Chinese Medicine and Qi Gong, and became a yoga teacher along the way. Studying these materials was like reading "good psychology" and further confirmed why these ancient forms of wisdom have stood the test of time.

"My work as a psychologist has made me a better yoga teacher and my yoga teacher training has made me a better psychologist". All of her personal and professional experiences have taught her that we have the power to profoundly change our lives by changing our minds.

*Mindful Being* offers classes/workshops in yoga, meditation and mind-body wellness to help individuals achieve improved psychological and physical well-being.

In addition to more "traditional" yoga and meditation classes, you will also find classes uniquely designed to meet the needs of specialty groups.

If you are ready to start changing your mind for the better, take a yoga or meditation class, read more about mindfulness practices or come for a workshop on mind-body wellness. Remember, there's no time like *the present!*

## Why Practice Mindful Being?

Neuroscience research has confirmed that the brain has “neuroplasticity”, that is, the ability to grow and change, throughout the lifespan. Anytime you learn something new you are laying down new pathways, and with repeated practice, these pathways will strengthen and become automatic (e.g., typing without the need to look at your hands anymore). Think of your brain as a muscle. Just as it was initially challenging to learn how to type, walk, or ride a bicycle, it will take some time and effort to retrain your mind how to think in new ways – *but it will happen if you are willing to do the work!*

Brain scans of those who do meditation and mindfulness demonstrate how these practices literally change the architecture of the brain, and in very helpful ways. In particular, the frontal lobe of the brain, the part responsible for insight, self-awareness, abstract reasoning and empathy, gets thicker, so to speak. This gives you an increased capacity for perspective-taking – to see more than one point of view and not take things so personally. So when you are mindful, you have the ability to observe a situation and choose how to best *act*, rather than to just *react*.

Furthermore, research has shown that yoga, meditation and other forms of mindfulness can decrease stress levels and improve mood (anxiety, depression), sleep, immune functioning, chronic pain, just to name a few. It has also been shown to help individuals get over self-sabotaging habits. It can even impact the rate at which you age!

## About Yoga and Meditation

At the heart of yoga is the goal of learning how to “cease the fluctuations of the mind”, i.e., to learn to quiet your thoughts. This is accomplished by practicing the eight limbs of yoga, which includes poses and meditation.

The eight limbs of yoga are:

1. Abstinence (Yama)
2. Observance (Niyama)
3. Poses (Asana)
4. Breath control (Pranayama)
5. Sense withdrawal (Pratyahara)
6. Concentration (Dharana)
7. Meditation (Dhyana)
8. Contemplation, Absorption or Super-Conscious state (Samadhi)

Most yoga classes focus on poses, and some may include breath work and meditation. The remaining limbs are behaviors that one can practice in day-to-day life. Poses, breath work and meditation are a great place to start if you’ve never done yoga before. The rest can come later.

Meditation also comes in many forms. To name a few, mindfulness meditation teaches you how to be a “disinterested” observer of your experience without judgment (e.g., focusing just on your breath, noticing your thoughts and emotions during a specific event). Focused meditation challenges you to quiet the mind and focus on only one thing (e.g., being “quiet” or staying focused on one image, word, etc.). Visualization techniques help you strengthen your ability to define and “see” your goal to help manifest what you want to achieve.

### Class Descriptions:

Relaxation/Meditation: This class includes a variety of “power of mind” techniques to teach you how to quiet your mind/body, gain control over subconscious processes in the body (e.g., heart rate, blood pressure), focus your attention in the moment, and define and strengthen your goals. Techniques include: diaphragmatic breathing to elicit the relaxation response in the body, mindful/focused attention, guided imagery and visualization of goals, and energy tapping.

Hatha Yoga: This mixed-level yoga class combines the synchronization of movement and breath work typical of a more classical Hatha style with alignment principles to promote safety and awareness of the inner body. The poses (asana) are used to build inner heat and to develop strength plus flexibility, and when incorporated with mindfulness, a calmness of mind and body. Yoga theory and philosophy are interwoven to expand awareness of why and how the elements of a yoga practice are important.

Yoga Plus: This class is uniquely designed for individuals who struggle with weight and body image issues. Each class will combine traditional Hatha yoga poses and breath work to decrease stress, improve strength and flexibility and increase inner body awareness, *plus*, meditation and self-hypnosis practices to help quiet the mind, visualize goals, and identify/remove blocks to success.

Neuro Yoga: Yoga and the science of mind-body connections are integrated in this mixed-level class. Learn how thought, emotion and your physiology are linked, and how yoga breathing, asana (poses) and meditation can help to make you more aware of your patterns and release emotional and physical blocks. The synchronization of movement and breath typical of classical Hatha style is combined with alignment principles to promote safety and awareness of the inner body.

Class Schedule and Locations (as of January 1, 2009):

**Mondays:** Relaxation/Meditation 7:30 – 8:30 p.m.  
(Golden Monkey Healing)  
Fee: Donation

**Wednesdays:** *YogaPlus* 7:30 – 9:00 p.m.  
(Pilates Sports Center)  
Fee: \$15-18

**Saturdays:** Hatha Yoga 11:00 – 12:30 a.m.  
(Golden Monkey Healing)  
Fee: Donation

**Locations:**

Golden Monkey Healing: 13259 Moorpark Street, Sherman Oaks, CA 91423 (just east of Fulton Ave., above the Finland Baths & Massage Spa, on the north side). Street parking. Enter through door/gate and take the steps up to the second floor.  
[www.goldenmonkeyhealing.com](http://www.goldenmonkeyhealing.com)

Pilates Sports Center: 16430 Ventura Boulevard, #100/100A, Encino, CA 91604 (just east of Hayvenhurst Ave., next to Gelson's, on the south side). Underground parking is free after 5:30 p.m.  
[www.pilatessportscenter.com](http://www.pilatessportscenter.com)

Workshops

Coming Soon!

Recommended Readings:

Anatomy of the Spirit: The Seven Stages of Power and Healing. (1996). Caroline Myss, Ph.D. Three Rivers Press.

The Body Has Its Own Mind: How Body Maps In Your Brain Make You Do (Almost) Everything Better. (2007). Sandra Blakeslee & Matthew Blakeslee. Random House Publishing Group.

The Brain That Changes Itself. (2007). Norman Doidge, M.D. Penguin Book.

Buddhist Psychology: The Foundation of Buddhist Thought – Volume 3. (2006). Geshe Tashi Tsering. Wisdom Publications.

Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self. (1996). Anodea Judith. Celestial Arts.

The Intention Experiment. (2007). Lynne McTaggart. Free Press.

The Journey: A Practical Guide to Healing Your Life and Setting Yourself Free. (2002). Brandon Bays. Simon & Schuster.

The Little Book of Stress Relief. (2004). David Posen, M.D. Health Press.

The Mindbody Prescription: Healing The Body, Healing The Pain. (1998). John Sarno, M.D. Warner Books Inc.

Peaceful Mind: Using Mindfulness & Cognitive Behavioral Psychology to Overcome Depression. (2004). John R. McQuaid, Ph.D., & Paula E. Carmona, R.N., MSN. New Harbinger Publications, Inc.

The Power of Now. (1999). Eckhart Tolle. Namaste Publishing and New World Library.

Quantum Healing: Exploring the Frontiers of Mind/Body Medicine. (1989). Deepak Chopra, M.D. Bantam Books.

Train Your Mind, Change Your Brain. (2007). Sharon Begley. Ballantine Books.

Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing. (2006). Christiane Northrup, M.D. Bantam Books.

When The Body Says No: Understanding The Stress-Disease Connection. (2003). Gabor Mate, M.D. John Wiley & Sons, Inc.

Why Zebras Don't Get Ulcers. (2004). Robert M. Sapolsky. Henry Holt and Company, LLC.

The Yoga Sutras of Patanjali (translation and commentary by Sri Swami Satchidananda). (2004). Integral Yoga Publications.

## Gratitude

Being grateful for who you are, what you have and where you are right now is one of the key ingredients for authentic happiness.

I once heard a yoga teacher at a conference say that behind her stood every teacher that she had ever worked with – that she was drawing from everything they had taught her, even if she could not remember where or when she learned something.

So I would like to take this opportunity to share my gratitude with all of the teachers who stand behind me – my beloved family, dear friends, every teacher, professor and clinical supervisor who helped me along my path as a psychologist, all of my yoga and meditation teachers, and my clients/students. I am grateful for all that you have taught me and will continue to teach me.

Namaste  
Deborah Anderson

## Bio

Deborah Anderson, Ph.D., RYT, is a registered yoga teacher as well as a mind-body expert. She first began to study mind-body connections in her doctoral training in Health Psychology/Behavioral Medicine at the University of North Texas. This was followed by a Fellowship in Neuropsychology at the UCLA Neuropsychiatric Institute where she continued to study the relationships between the brain and our behavior. In her psychology private practice, Dr. Anderson uses numerous mind-body techniques (e.g., relaxation and mindfulness training, hypnosis, energy tapping) to help clients reduce symptoms from stress and other forms of physical/emotional pain so that these individuals can experience improvements in mood, sleep, energy and other aspects of quality of life.

After practicing yoga herself for several years and recommending it to her clients, Dr. Anderson decided to become a teacher to expand her knowledge of this ancient healing practice. She completed her yoga teaching training in 2006. Her style of teaching incorporates primarily classical Hatha and Anusara techniques but she draws upon all of her years of mind-body training and subsequent yoga teachings as well.

Dr. Anderson learned that yoga and psychology are the same healing practices at their core – teaching individuals how to take control of their lives via the mind and heal from within. Recent studies are demonstrating just that – yoga and meditation can be used to alleviate symptoms associated with numerous physical conditions (e.g., chronic pain, menopause) in addition to being a powerful healing tool for symptoms of depression, anxiety, and post-traumatic stress disorder, to name a few. Her combined knowledge of psychology and yoga creates a unique perspective with which to approach clients in both practices.

Dr. Anderson teaches individual and group yoga and meditation classes, and prenatal yoga.