

KyroYoga

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So, if all the yogi's are always encouraging proper alignment in all of their yoga teacher trainings and yoga classes, why don't you see Chiropractic alignment being spoken about in Yoga Journals and magazines?

I recently saw an article in a popular Yoga magazine that was expressing their suggested 3 treatments for spinal degenerative joint disease, basically spinal arthritis. One was, of course, Yoga, the second was Aruveydic Medicine and the third was Mindful Walking.

Chiropractic manipulation was not mentioned, as usual. I was once told, by a yoga instructor that if everyone practiced yoga asanas or postures, there would be no need for Chiropractors. He knew he was speaking to a fellow certified Yoga instructor as well as a Doctor of Chiropractic. Quite misguided.

As a Yoga instructor that lived the lifestyle on a Yoga ashram and immersed myself into the lifestyle as opposed to these 200 hour weekend yoga instructor students, I always chuckle at their simple minded arrogance while they teach their "power" yoga classes with their Ohm tattoos on their ankles or wrists. My teacher, Manni, from India within the lineage of Vishnu Sivananda had no tattoos nor did he teach "power" yoga, although there was no denying his power, packed into a 140 pound being of clarity and focused path. That is Yoga.

There is no better union than Chiropractic manipulation and Yoga postures for functional spinal alignment and health. When I was living on the Sivananda Yoga ashram and going thru my yoga teacher training, I was injured by a massage therapist on my one day off of work, at the ashram, and was having difficulty moving into my yoga postures, hence limiting my practice. I was referred, by the ashram, to the Chiropractic Doctor that taught anatomy and physiology to the yoga students, for evaluation. I skipped the next morning yoga asana or posture session, received a full spine

Chiropractic adjustment and returned for the afternoon session able to move fluidly in and out of the demanding postures with no pain or restriction. That prompted me to create “Kyro Yoga” which I presented in Aspen, Colorado and taught out of my ranch. The Kyro Yoga concept has since been expanded to our Yoga/Wellness Retreats as I adjust attendees with Chiropractic manipulation prior to all Yoga classes we teach to a resounding positive reaction.

If there is restriction in the spinal intersegmental function or imbrication in the articulating joint or arthrogyrotic facet joint kinematics, there will be restriction of gross movement and pain. Chiropractic manipulation or adjustments directly address the spinal intersegmental dysfunction and aberrant kinematics to restore functional facet joint kinematics or biomechanics and enhance nervous system function.

So, why don't yogi's and Yoga magazines speak to Chiropractic when all the ancient East Indian manuscripts address spinal manipulation as an avenue to health? And if they don't want to “align” with Chiropractic, then why aren't they addressing the importance of spinal manipulation. It is curious that many Yoga instructors discount Chiropractic manipulation when all of their ancient teachers utilized spinal manipulation as a healing art and spoke to the critical importance of spinal health and mobility for health. They would be interested in knowing, at a functional fundamental level, the profound benefits Chiropractic manipulation would have on their practices and students.

Personally, as a certified yoga instructor, a Doctor of Chiropractic Medicine and a Naturopathic Physician I could not imagine living my life without a daily yoga practice to include all aspects of what yoga really is and spinal manipulation. Most of what you see on the covers of Yoga magazines is not Yoga. They are simply very limber, former dancers or gymnasts performing difficult postures which the masses could never imagine doing. The college I teach at has Yoga offered under the Dance Department instead of the Kinesiology department where it more appropriately belongs. Actually, it should have its own department, shouldn't it? They call the Yoga students, dancers. That is not Yoga and that is precisely why most folks never step foot into a yoga studio or attempt a yoga practice. Yoga has been

reduced to asanas and models in magazines performing very advanced postures that are not conducive to bringing more students to the practice. In any type of practice, showboating your skills to your students is not teaching. In fact in any type of teacher training, one of the real taboos is to try and impress your students with your prowess. During my time living on the yoga ashram, I never saw my primary teacher demonstrate one asana. However, I knew he knew and could do. As Lao Tsu said, "he who knows does not speak, he who speaks does not know". That is Yoga.

I am not suggesting we do not demonstrate. I am suggesting we do not showboat. That is not Yoga. The idea is to empower the student, not ourselves at the expense of the student. The big idea is to have the student surpass the master. That is yoga. That is the ultimate goal of every teacher, to have your student surpass your knowledge and your skill. That means you have taught and taught well. It is sad and embarrassing to watch teachers attempt to impress their students by hanging pictures of themselves all over the walls of their offices. The pictures should be of their students excelling in the present, not of the teacher attempting to hold on to the past.

There is no better union than Chiropractic and Yoga. They both compliment each other. When I have used Yoga postures in rehabilitation with my patients and athletes, their issues resolve much quicker and they realize long term benefits from the two working in concert on a physical as well as on an emotional level.

Whether you wish to call them Chiropractic adjustments or manipulation or spinal manipulation and/or adjustment does not matter. That is a semantics exercise that clouds the benefits of these two incredible worlds coming together to enhance one's overall functional wellbeing.

At His feet in humble service

"The master acts without doing anything and teaches without saying anything" -Lao Tsu