

YOGA HILLSBORO

& THE STRESS REDUCTION CLINIC

CEREBRAL PALSY, ENGINEERING, YOGA, NIA & FREEDOM TO DANCE

We asked our students to share their experience of learning MBSR, yoga and Nia. Here is an essay from one of our students about engineering, the challenges of palsy and the joys of yoga and the Nia Technique:

"Yoga – There is a sophomore engineering course called Statics that focuses on forces at work on non-moving objects (such as bridge trusses). I find it easy to apply the same principles in my yoga poses. Even though each pose may look static, the individual muscles and joints, aligned properly, works the same way to create stability and a solid structure.

Yoga – I have mild cerebral palsy, which affects my posture, movements and balance. Yoga Hillsboro's philosophy really works for me. There's no pressure to create the "perfect" pose; rather, I find my own body's alignment and balance in each pose – then endeavor to reach beyond.

Nia – I have mild cerebral palsy and coordination has always been harder for me. Nia allows me the freedom to dance to a choreographed routine without having to do it the "Right Way." By adding my own energy and creative style, I am about to transform it into something that works for me.

Both yoga and Nia – I find yoga and Nia compliment each other and balance well. Through yoga, I feel grounded, emotionally stable and physically supported. Nia builds on that yoga base – adding energy and movement to uplift my heart, body and mind. The combination of the two allow me to feel both grounded and energized simultaneously."

- Teresa S., Engineer, 2008