

Yogic Neuromuscular Therapy as practiced by Dr. Joginder Singh/ Dr. Barry J. Goodman

Yogic Neuromuscular Therapy as taught by Dyal Singh Khalsa, L.M.T.

(Written by Dyal Singh Khalsa)

This is an innovative, powerful and graceful form of psychodynamic therapeutic bodywork which draws upon the principles of Connective Tissue Release, Kundalini Yoga and Reiki.

As a person experiences emotional or physical trauma there are repercussions on many levels, physical, emotional and energetic. Connective Tissue or fascia 'tightens' and 'resists' in order to protect or armor the body, on all three levels, from further harm.

This 'armoring' hastens the aging process while holding trauma memory and pain. The CT theory is that the connective tissue creates 'cross linkages' in the collagen fibers within the connective tissue which should move freely, but after trauma and the creation of these adhesions or cross linkages, it cannot move freely any longer. It is within these now damaged areas *the aging process becomes more apparent* in the skin and the muscle tone and range of motion.

It is within the same areas that the memory of the traumas are also held. When a person experiences dramatic events their bodies records them as trauma.

Generally speaking from the birth to six years the dramatic events that are experienced can put a person into a survival state, initiating and sustaining 'Fight or Flight' stress chemistry, embedding the memory of trauma deeper, and further tightening these tissues, depriving them of health and these experiences may be recorded in their body as trauma. The persons then create a pattern to survive, whatever that might be, as a 'survival pattern'.

Then as the persons grow older, when they come under the same type or level of stress, drama or trauma, they can click to that old survival pattern to get through it. This further embeds the pattern of stress, 'tightening', 'adhesing' these Connective Tissues which should be freely mobile. These survival patterns often may manifest as restrictions in movement or dysfunctional behaviors, kinesiologically (in movement and motor patterns).

Yogic Neuromuscular Therapy aims to release stress, pain, tension and trauma on the physical, emotional and energetic levels by unwinding the traumatized tissue in a series of three movements that function as one fluid movement:

First there is a **focused contact** between the practitioners forearm, the blade of the ulna,*and the clients body.

Second there is a **lengthening** of the compressed connective tissue, while maintaining a deep compressive focused contact.

Third continuing the first two movements the connective tissue is **unwound** with a unique spiraling motion. It is through **the unwinding of these cross linkages in the connective tissue** that pain, tension and traumas can release, revitalizing and rejuvenating the body and allowing for rapid changes on multiple levels* simultaneously.

****VSC5+: Kinesiological, Histological, Myological, Biochemical, Neurological, Energetic, Psycho-Spiritual**

This type of connective tissue release work is based on the foundation of the work of Nate Shulman, PhD a Physical Therapist who addressed only specific areas of restriction. Nate Shulman taught Mark Lamm (one of Yogi Bhanjan's first students/teachers) a pioneer in the Mind-Body-Bodywork movement creating BioSync, which is where the Kundalini Yoga meets the Neuromuscular strokework of Dr. Shulman. Mark Lamm created the system to treat the entire body in each session with this technique. Mark treated and trained Dyal Singh with whom it had further developed as **Yogic Neuromuscular Therapy**.

Until Dyal Singh's untimely passing several years ago, Dyal Singh, one of Yogi Bhanjan's personal Physicians, taught in massage schools and in many professional training programs.

The Sat Jivans, Dyal Singh's dear friends and clients of Dyal, asked me to consider teaching his work, and practicing it here at Kundalini Yoga East.

Part of Yogic Neuromuscular Therapy is to understand the messages the body is giving the person, or the psycho-emotional correlation to a physical restriction or injury. Every area of the body has a psycho-emotional correlation, according to YNMT theory.

YNMT sessions take place with the person fully clothed, vary in length and scope to suit the clients concerns and current circumstance in life. During the sessions the body may be supported by various simple yoga positions that enhance benefits from the YNMT. While traumatized tissue is released physically and energetically, psychological patterns and emotions can release as well. The effects experienced from the treatment continue beyond the treatment, as the body-mind adapt-adjust to new and healthier unrestricted movement patterns.

Foundations of YNMT:

Connective Tissue Release, Kundalini Yoga, Reiki

The Stroke:

Focused Contact, Lengthening, Unwind

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Fb: <https://www.facebook.com/jogindersinghcomplementaryhealer/> CV, BIO and Mission Statement here

YouTube: <https://www.youtube.com/user/AquarianYoga>

Yogic Bath:

Half Pound Sea Salt

Half Pound Baking Soda

8-16oz Organic Apple Cider Vinegar

Hot hot hot bath. Soak. Then rinse with hot shower. Hydrate. Hydrate. Two good days and sleeps. Usually no restrictions.