Yoga and Mindfulness-Based Modalities in Nutrition Practice  
Annie B. Kay MS, RD, RYT, Lead Nutritionist, Kripalu Center for Yoga & Health

Session ID: 291
Session Title: Yoga in Health and Disease: Psychophysiological Mechanisms and Therapeutic Applications
Session Date/Time: Tuesday, October 9, 2012 9:45 AM – 11:15 AM

Session Description: Clinical interest in yoga and mindfulness to support lifestyle change is growing. While early observational reports and case studies are promising, randomized trials are needed to elucidate the relationship between participation in yoga practice and nutritional status. Immersion programs featuring nutrition education and coaching, yoga practice and philosophy, mindfulness and mindful eating practice, have produced positive changes in nutritional status. Integrative yoga-based programs targeting weight management and diabetes prevention and management will be described, and nutrition-focused case studies presented.

Rationales for improvements in nutrition status observed in those participating in yoga-based programs may include yoga’s role in mediating stress-induced and dysfunctional eating, and enhancement of mind-body awareness.

Mindful eating is a form of meditation practice that entails applying techniques of mindfulness (ie: slowing down, internal focus, attitude of self-compassion) to food and eating as a means of cognitive restructuring and acceptance around relationships with food. This tool has been reported to aid with compulsive eating patterns, cultivate self-acceptance, and promote self-regulation. It has been studied in individuals with binge eating disorders, and for weight loss. The Kripalu approach to mindful eating utilizes present-moment awareness; BRFWA (breathe, relax, feel, watch, allow); and compassionate self-observation to explore relationships with food and eating.

Bibliography:
Reviews:


Rolls ET. Understanding the mechanisms of food intake and obesity. Obesity reviews. 2007; 8: (Suppl. 1).


Selected Original Research:


**Professional trainings and resources:**

Kripalu Healthy Living (http://healthyliving.kripalu.org/)
The Center for Mindful Eating (http://www.tcme.org/)

Annie Kay MS, RD, RYT
Lead Nutritionist
Kripalu Center for Yoga & Health
anniek@kripalu.org
www.everybiteisdivine.com