

Yoga:
Movement Guided by
Breath and Music



With Kate Kelly, MT-BC, RYT-200 of Empower Music Therapy

Who I am

- Kate Kelly, MT-BC, RYT-200
- My journey to music therapy and yoga
- Studying research on music therapy and movement
- Using music therapy and movement in hospital settings
- Founding Director of Empower Music Therapy
 - Group private practice in Nashville

The logo for Empower Music Therapy LLC is centered on the right side of the slide. It consists of the word "EMPOWER" in a large, bold, black, sans-serif font. Below it, the words "MUSIC THERAPY LLC" are written in a smaller, black, sans-serif font. The text is contained within a light blue, irregular, rounded shape that has a white outline, resembling a speech bubble or a stylized drop.

Empower Music Therapy: What We Do

- Individual and group sessions with children, adolescents, adults and older adults with and without disabilities using music to achieve individualized goals *often including movement/yoga
- Facility collaborations with local businesses, non-profits, rehabilitation facilities, etc.



The Mind-Body Connection

The therapeutic use of music has been linked to stress reduction, decrease in self-reported tension, and emotion regulation.

(Baltazar, M., Västfjäll, D., Asutay, E., Koppel, L., & Saarikallio, S. (2019). Is it me or the music? Stress reduction and the role of regulation strategies and music. *Music & Science*, 2. <https://doi.org/10.1177/2059204319844161>)

Mindful movement has been shown to increase self-awareness and decrease stress.

(McConville, J., Lewis, D., Chambers, R., & Hasted, C. (2019). Physiotherapy student experience of a mindful movement and a mindful stress-reduction intervention: A qualitative study. *New Zealand Journal of Physiotherapy*, 47(3).)

Yoga

Yuj is a Sanskrit root word which means “to yoke,” “to unite,” “to add” or “to join.”
Yoga is a discipline that aims to unite the mind, body and spirit.

Yoga is a physical, mental and spiritual practice that originated in ancient India and became popular in the West in the 20th century.

Yoga has been practiced for thousands of years and many different interpretations have developed about what yoga means. Each different type of yoga has its own emphasis and practices.

Today, let's mindfully focus on “yuj”.

Movement and Music Demonstration



Thank You & Stay in Touch!

Empower Music Therapy LLC

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