



Yoga-based practices to help RIGHT NOW!

- Ref172

with Anji Gopal

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TRANSCRIPT

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Steven Bruce

We've got the wonderful, the lovely Anji Gopal back. This is her fifth appearance on the show. We've had two in the studio, we've had two which have been streamed through zoom or Microsoft Teams. And she's going to be talking to us about yoga techniques which we can put into practice right now. Just so you know, I mean, Anji, she's come across from the dark side, she used to be a very successful banker. She became an osteopath. She is a yoga instructor. She's great at sharing her knowledge and sharing things that you can use right now in your clinic. And Anji, it's great to have you back on the show again, welcome.

Anji Gopal

Good afternoon, everyone. Hope you're having a good Tuesday.

Steven Bruce

Anji, you said we're going to be talking about yoga techniques that we can use right now in the situation we find ourselves now, how do you interpret that situation?

Anji Gopal

Well, I think we've gone from, these first zooms, if you remember were about a year ago, were they, or maybe a little bit longer. And at that time, it felt like we were all in it together. I hope everyone shares that; we all knew what was going on. We're all facing the same thing coming back to clinic together, PPE, Steven and the team sharing with us. And a year later or longer, you know, actually some of that even within the context of COVID and new ways of working, that certainty has gone. I don't know if you feel that. So we're all now dealing with different types of uncertainty. And what's that doing to us and our patients and our family members and society at large, is that sort of sympathetic overload. Anyone feel that? I can't see you at home, but I imagine there's a few hands up. So the great thing about yoga is that it can help us calm down. So that's what we're going to be doing today in a minute.

Steven Bruce

Super, you've had quite a lot of time to work on this recently, haven't you? How's it been going for you in practice recently?

Anji Gopal

Well, so 2020 was a really great year, despite COVID launching courses and training and then 2021 pulled me up at the roots, and I've had some pelvic surgery. So I've had 10 weeks out of clinic. So that's also been a challenge. But I've been really happy that I've been able to work online with my clients and patients, teaching them exercise based therapy. And I've learned a lot also about yoga for women's health, both through studying and practical experience. So that's what we'll be talking about next time, I'm sure. And then today marks the launch of a new website, the Back Care Foundation, which brings together all my training. As you know, I'm a really passionate advocate of using yoga as evidence informed therapy and treatment for patients with back pain. And so bringing together all that knowledge that has been developed by in my pilot training and clinic at the hospital, in studios and clinics all together in training courses. So it's been very exciting. I haven't been watching Netflix.

Steven Bruce

Well, I'm sure there's a little bit of spare time where you could have been watching Netflix, but I tell you what, Anji, one of the things that I've enjoyed about the times you've been in the studio or online with us in the past is the fact that what you tell us about yoga is generally evidence informed, as you said, it's not just, here are some poses, here are some techniques or whatever else is. This is what the evidence says about, this is how it works in practice. So where are we going to go today with dealing with our sympathetic overload.

Anji Gopal

So we're going to do a practice, first of all, standing and then sitting towards the end. Remember that, you know, yoga comes sometimes shrouded in this sort of magical, esoteric stuff, but really anything that we do works through the same modulated nervous system, right? Everything we do, whether we put our hands on someone, whether we talk to them, whether they exercise, whatever we do works through our neuro physiological system. So we will be tapping into that as we practice.

Steven Bruce

I've said to everybody, this is for patients and practitioners, so you're going to get something it's going to help us as well as our patients.

Anji Gopal

So what I'd really like to do today, because I've only got 30 minutes to teach something, is to teach a grounding practice that's going to help everyone watching, as busy practitioners who are all going through the same process of shifting ground underneath our feet. But let's face it, it's only 30 minutes, so I can't teach you loads. So what I'd like to do is for us to really just experience the practice as I teach it, and then at the end, I'm going to offer you a free video. That's going to have three practices that you can take to your patients and teach them tomorrow. Okay, and I'll teach you how to teach them. So what I invite everyone out there in the audience to do now, is to just experience the practice. And notice how it changes you, your physical, your nervous, your mental system.

Steven Bruce

And I did apologize to you before we came on air. But the studio is such at the moment that I'm not going to be able to participate myself, I dare not move from where I'm sitting, basically. I'm just hoping that you, our audience, will take part and enjoy what Anji is going to show us. Over to you.

Anji Gopal

Are we ready?

Steven Bruce

I am.

Anji Gopal

Yeah. Okay. So everyone, I think the first thing that we should do is stand up, because you might have been sitting a little bit already to get here, sorry, I apologize if you're eating your lunch, just pop it to one side where you can eat it while you're standing up. Let's come to standing. And, you know, this, you're

not going to need any equipment, we're going to do the first part of our practice standing up, and then we will do the second part sitting down at the chair. If the light starts to get a bit funny guys tell me, and I can shut up the blinds. This feeling of certainty versus uncertainty, what does it do to us, this feeling of being uncertain? Well, I don't know if you feel this like me, but it can often just bring all our energy up into the head. And we sometimes forget that we have a body, because our mental fluctuations or chitta vritti, as we call them in yoga, are all up here, doing lots of noises. So our practice today is going to be about grounding ourselves and taking ourselves away from the worries that are up here. Have I got enough patience? Who's got COVID? What's it like, I mean, I live in Ealing, we've got really high rates of COVID at the moment, we're dealing with it, whether we go on summer holidays, what's happening to the children, whether to put the heating on in June, right, all these things that are there, let's take ourselves away by taking the energy into the body. Okay, so first of all, just start to remind yourself that you've got a body and you can have a little shake, you can move from one leg to the other. If you're wearing shoes, this would be a great time to take them off. You don't have to be barefoot, but you could take your shoes off. If you've got a tight belt, take that off. Maybe undo your clinic coat. Just give things a wobble. And start to bring your feet onto the floor. And let's start just with a few hard breaths. So inhale through your nostrils, exhale through your mouth, have a big sigh. Sigh out, what have you got to sigh out today? Now I won't talk too much today about, as you sigh, what is going on. But remember, my teaching is really about being practical and finding ways and practices that can help. So as we haa out the breath here, we're working on the vagus system, right, that vagus nerve, to bring us from sympathetic down into the parasympathetic system. There'll be more about this in the video, so don't worry about it now, just enjoy sighing. Perhaps inhale, lift your shoulders up towards your ears and exhale, sigh out the breath. Again, inhaling up, exhaling down. One more. You need to move your feet too, if you find you need to wobble your shoulders, that's quite a nice thing to do. And then again, ground yourself. And let's just move to taking the arms inhaling up and exhaling down. Perhaps take the palms up, as your palms are facing up as you go up and exhaling palms down. Just start to work with your breath. And you might wonder why we do this? Well it is to even out the breath as we breathe. And I will share with you also the link to how much research has been done on breathing. So breathing evenly is another way of calming the nervous system, proven beyond doubt. Inhaling up. Pain free range, remember, if you want to move forward and back, you can, like this if your shoulders aren't happy to go up and down, you choose. And then gently coming back to the center and let those arms go dangly and let's do some nice big shoulder rolls, rolling one shoulder back, rolling the other shoulder back, Steven's trying it, he can bring his chair, I can see a new car. And then perhaps on doubles, what are those trapezius muscles feeling like? We know that they all feel always a bit tense. They sometimes feel a bit tense, okay, and now how to shake. So shake your arms, and let's take them above the head, not something we tend to do during the day. Very often, again, pain free range, nice and loose. Yeah, have a shake. Oh, and then if you're standing up, also give your legs a shake, one at a time, you can really, you know, shake quite a lot. And feel that you're even letting that tension out from the limbs, it's coming off you like sparkles. Now we come back to the center. And suddenly, you might remember this practice that we have done before when we talked about yoga for stress, and bring your hands out in front of you and I invite you, with a air of curiosity to have whatever it is that you don't want this afternoon, but you're carrying with you now, to let it go. So might it have been your last patient, it could be the, you know, wiping things down in between patients, could be any other worry that you're worrying about or carrying with you. And inhale. And as you exhale, we're going to throw it away. So let go, throw it behind you. Check there's no one that you care about behind you, that's going to get all this stuff. Ah, worst case, it's a nice articulation of your elbows and your shoulders and starting

to pump the blood around. And the best case, you might feel that it lightens your load a little bit. Okay. Some haa breaths here are also really nice, relaxing the jaw. So I often do this as I come home, sometimes from the clinic before I step through the front door. My neighbor's ring doorbell probably has this, all these hours of video of me doing this. So when I walk in the door, I'm not a grumpy monk. Okay, come back to the center. What does it feel like in your neck and shoulders? Is there a change. So it's always interesting to ask that too. So let's start to think about the lower body. Can you bring your feet into, it's called Mountain Pose, and we've got the feet directly underneath the hips, okay, in line with the hips. Remember, your hip joints are here in the middle of your leg, not here out here on your bum. So line your feet up there. And then just find soft knees. So not a bend, but also not locked back. So somewhere in between, just nicely relaxed. And let's take our awareness from the head down into the soles of the feet. Okay? Because when there's stress and tension, and uncertainty, this is where all the noise is. So let's train ourselves to bring it down. So first of all, and it's great if you have taken off your shoes, can you feel your left foot on the ground? You can do this sitting in your chair too. Are you aware of the sole of your right foot? You're welcome to close your eyes if you want. And then start to notice if there's a difference between the connection or, are they connecting the same? No worries about why, just notice. And then with your arms loosely by your side, let's just start to take the weight from the sole of one foot to the sole of the other, keeping both feet on the ground at all times. You can do it with your sitting bones if you're sitting down. Now, don't sway the hips. It's not that action. It's the action of transferring the weight down into the left foot, transferring into the right foot. And if you got room and you're feeling brave, you might move forwards and you might also try back just make sure you don't fall down. And just notice, really just let your brain be in the soles of your feet, leaning forward, feel the weight coming into the balls of the feet, leaning back into the heels. Perhaps try the diagonals, feeling really strong and grounded here. You might even notice that your feet feel that they're sort of stuck down on the floor. We're connected to the earth. Then you might also start to notice that your leg muscles are working. So just this very small movement, perhaps try circle. Allow the practice to be your own, just test play, have fun. Put all the awareness in the soles of the feet. Oh, and don't hold your breath. Okay, so it's a bit like if we were all together, we'd look like a forest of bamboo. If you notice, bamboo tends often to move from the base. And then slowly, wherever you are, whatever you're doing, start to make that movement smaller. And find yourself, in a moment or two, when you're ready, back on both feet planted evenly front and back, both feet also planted evenly. And notice if there's any stillness, does it feel like your feet will never lift off the ground, ever again? And these very simple grounding practices can just serve to take the awareness or the energy out of the head into your feet or out into the body. Okay, from here, so you've got your feet hip width apart. Let's see if we're able to peel the right foot off the floor, we're going to do some balancing. So if you want to, come and hold something, you can or go to the wall. And you might ask Anji, why are we doing balancing things I'm unsettled enough already? Well, if we practice grounding, and balancing in times when things are okay, then we've got more opportunity to be able to be resilient when we need it. So I can leave this, right tiptoe on the floor just like that. Or if you're feeling that you're balanced, you can engage your left glue and just float the right knee off the ground. And just notice what's happening. Smile, no need to look at me, if you want to turn and look out the window, something green, please do. Breathe. Be aware of the left foot on the floor. Particularly the big toe side of the foot, good. Breathing in and breathing out, lower your foot down. Press both feet into the ground, feel supported, we're building scaffolding with strength in the legs. And then when you're ready, float your left foot up. So by building strength, both in the physical system and resilience in the nervous system, we are better able sometimes to cope with change and uncertainty. Good. Breathing in and

breathing out, lower that foot down, well done. Okay, so the yoga posture is tree pose, or one of them. And I do like tree pose because it's really strengthening for the legs, but also fantastic for bringing that mind down. So you're welcome to join at whatever level works for you. So we're going to bend the right foot again. Right knee and then lift the right foot off if you're working with your right, take it off the ground, and just planting that foot somewhere on the left shin. Okay, don't worry about trying to take the leg out. This sometimes isn't comfy on the pelvis and the SI. So just keep the knee facing quite forwards. And then you can either bring your arms here, or we can take the arms up. What do you think? As you balance, have in mind and breathe, have in mind how we know trees, their roots extend down in the ground about as far as the canopy up. So our rootedness and our support that we build through the foot and the strength of the leg is holding us up. If you're really good at balancing, close your eyes and see what that does, but please don't topple over. Also, don't hold your breath. When you're ready to, breathing in and breathing out. Release your hands down, come back to Mountain Pose. Press both feet down into the floor. So we bring everything back to symmetry. Especially if you are taking your leg a little wide. And then when you're ready, transfer the weight onto your other leg. Either just stay with the foot on the floor or lift it up or plant it somewhere on your shin. Find a spot to look at that isn't moving, something at eye height, inhale, take your arms up, have a sense of effortless effort. And again, if you'd like to close your eyes, if you're good at balancing, if you want to test something different. And sometimes with the eyes closed, we really are able to feel all those little micro movements happening in the sole of the foot, right, you can really feel your ankle, your foot, everything that's going on there in minute detail. Good, breathing in, breathing out, bring your hands down, release your foot to the floor, find that comfortable stance again for a moment, bend the knee softly and press those feet down. Good, check your breathing. And give your legs a shake. And a real favourite of the Academy of Physical Medicine, let's have a little fun and swing our arms. So great for, again, moving the shoulders, releasing tension, maybe some sighing out breaths, big haas, we're laughing, if you're able to laugh at yourself and work in a pain free range. Okay, so for some of us, this will be down here, but others, we might extend a bit more, lifting the arms. And so of course don't rip a hole in your suit, Steven, but you might want to take one arm up and the other arm over. So one forward one back.

Steven Bruce

That's too much coordinating.

Anji Gopal

Is that working? And then if you do that, of course, you have to go the other way as well. If you can't do it, don't worry, we know that as we feel the weight of the world sits on our shoulders, we need to open the shoulder that way. So perhaps just have a few on one side at a time. A few soft shoulder extensions, good. And then the other side or, as I said, just keep swinging. Really helpful. Shake your hands again, lots of shaking lots of sighs to relieve any sense that we're holding on and gripping to tension. Okay, from here, let's have a nice backstretch, so I'm not going to get you down on the floor to do a downward dog. But one of the favorites from the yoga for back care family and yoga for back care exercises is a gentle stretch of the spine. So what we're going to do is, I'm going to show you by grabbing a chair, that's in shot, and I'm going to put my hands on the back of the chair and stretch back, but you've got a table. So all you need to do is to come forward and place your hands about shoulder width apart on your desktop, okay, or on the plinth, whatever you've got to hand or even on the wall. So let's stand in Mountain Pose facing whatever it is your hands are going the rest on, inhale, take up your arms, bend your knees.

Exhale, just bring your hands on to whatever that is. And keep your knees soft. And as you breathe in and as you breathe out, think about taking your sitting bones back and finding a nice stretch through your spine. And go slow here, there's no pushing and pulling, you can stay down, there's no pushing and pulling. Instead, what we're thinking about is a lengthening. A lengthening of those natural curves, that natural wave of the spine as you breathe. Okay. Keep your face nice and relaxed. A really lovely stretch, one to do in between patients, we've got a plinth, we're cleaning anyway, pop your hands down, stretch your back and keep your feet even on the ground. Lay really rooted and grounded today. Inhale. And then to come forward, as you exhale, walk yourself forward. Keep hold of the chair if you have a tendency for a bit of low blood pressure, roll your shoulders back and let the crown of the head extend up. Everybody ok. I'm hoping that you are. So let's come back now and we're going to sit again and ask you when you come to sitting. I invite you to just sit with maybe perhaps towards the front of the chair. Okay. So you're sitting bones are connected and perhaps the top of the thighs, but not the whole of the leg, but this will keep you upright, rather than give you, you know, tendency to slump. And check that your feet are hip width apart. And again, just here, connect your feet to the floor, left and right. And then as those feet connect down, let that awareness travel up through the bones of the legs, and feel your sitting bones connected to the seat. And then rest your hands either in your lap or on the table, wherever it's comfy. And let's do a little eye yoga. Okay, sounds weird. I know. But remember the eyes are, you know, one of the really accessible parts of the nervous system right, they're right here, and they plug right into your brain. So just put aside any questions, just explore, have fun, we're all scientists of some sort, or other, aren't we as manual therapists. And we're interested in how the body works. So you know, do this because it might be something new. So we're going to do probably about, we'll do five of everything. So let's squeeze and open the eyes. Oh, and if you want to, turn and do this, looking out at something green, you don't need to look at us, or me, squeeze, and open, squeeze, start to really open. You might notice that there's tension in your eyes. I'm sorry, you will have to watch me. And open, good, and then blink. And you know, we often when we're stressed, our face holds tension. So that might be what you notice. Good. And then let's look up and down, three of each of these, three up and down without moving your head. Steven, that's important. Keep the neck out of it for now. And then from side to side. Again, notice if your head wants to travel with you. And then let's take the eyes in a clockwise circle. So as if you do five or so of these, as if you're scouring the inside of your orbit with your eyeballs. And again, resist the temptation to think about which eye muscles it is, we all forgot that probably the day we left college. But notice you might notice tension in your eyes or tightness. Let's go the other way. Go slow, if you can. And make sure that you're still breathing. You haven't tensed up any other muscles of your face by concentrating on this, good, and then come back to the center. And then we'll just work on the muscles of the lens. So we're going to look at something very close. So either tip of your nose or your finger and then find the furthest thing away to focus the gaze on. So focusing close. And then focusing far. And focusing close, go slowly and focusing far. Focusing close. And then focusing far away, good, well done. Definitely need to sigh out the breath after all of that. Wriggle your face, perhaps wiggle your jaw. And then let's come, if you might need to bring your chair forward, you decide, what I'm going to invite you to do is to put your elbows on the table and then to place this bony ring of the palm all the way around your eyes sockets. Okay. So fingers, hopefully are a little cool. And the palms fit really nicely over the eye sockets and the fingers are just holding your forehead, you're cradling your hands in your head, your head in your hands, but the hands are providing support for your head. Okay. Now don't collapse, keep the feet connected. Keep the seat connected, let the back of the neck be nice and long. If we have more time we'd look at whether the elbows could be higher or lower to give your back a stretch, too. Now from

here, start to do some nice deep sighs and on your outbreath and that sigh, let your jaw, your TMJ, let your jaw bone, lower one, just relax and soften. Inhaling through the nostrils, exhaling through the mouth. And as the jaw softens, bring your awareness to the root of the tongue, so the back of the tongue, and allow your tongue to soften. And again, if this sounds strange, don't worry, just go with it or I invite you to go with it. Allow the back of the palate to relax. And as the tongue softens, let the throat soften, all the while the head and the face enjoying the support from these strong grounded arms, from your feet, from your sitting bones. And as the throat softens, allow the neck to soften. And then allow that softening to pass like, I don't know, a Chinese whisper, all the way from your neck to your shoulders, all the way down through to the organs, through to the bones and muscles, through the whole of the cell. Grounded and steady. Feeling really supported here. Good, two or three more breaths. And then when you're ready to come back to the room, back to the world, you might not be yet, but you can practice this later, start to feel your feet on the floor again, engage the feet down very gently, 20% of your strength, press the sitting bones down and start to transfer the weight back a little. And then inhale. And as you exhale, take the weight of the head into the spine, bring your hands down. And just stop here for a moment with your eyes closed, allow the head to come up onto the top of the column. And just notice how you feel. So if I could see you, and I can only see one of you, we have this parasympathetic pink flush coming up, you wouldn't notice it so much on me. But in Steven this it's there right now. Now, there are esoteric bits of yoga. And some of them actually are quite useful. So I invite you to join me now with this. So there are lots of hand positions in yoga, and they're called mudras. And they are considered to evoke a particular emotional state. So the ones to meditation are this, you'll see the Buddha statues like this or like this, you recognize those, these are drawing the awareness inwards. This is the mudra of giving and receiving, which we're going to do today. So again, it's either an articulation for your hands and wrists, which is quite nice, or it can have a bit more intention, if you wish. And as carers, because we're all in caring and practitioners in this world. We are very used to giving, right? Even the APM team, I count them in this, whatever their role, we give, that's our job, it's in our heart. And whilst we're very happy to give, sometimes we find it difficult to receive when we need support. Right. And we also know that if we, if there's an imbalance there between the giving and the receiving, it sometimes gets difficult to help our own patients. So this is a mudra, it's a moving one, and we're going to offer and then we're going to draw the palms together and then draw the fingers in. So join me, don't worry if it feels clunky this first few times. Next time you do it, it will feel better. And we can either just concentrate on rolling the fingers together front and back in a symmetrical way. Or you can think about giving and how we give freely to the universe but also as we draw in, being able to ask for the support and receive the support that we need. And sometimes it might be that we need it in our body. Sometimes it might be that we need it in our heart or our voice to deal with things. And sometimes it might be that we actually need that support mentally or in our head. But just these grounding practices to sit, feet and seats connected, and to notice, today, in this moment, do you need more or are you balanced? Or is there something that you need to go and ask for? Okay. Maybe like that, maybe me to do it later. And then when you're ready, bring your palms down. And perhaps join one hand on to the belly and one hand on to the heart. And to conclude our practice, just start to notice that your brain, the mind is present throughout the body. Notice how you feel. Be aware of the body. Be aware of the breath. Be aware of your heart. Be aware of your head. And I invite you to give thanks to your body and breath for allowing you to practice today. And thanks for all the blessings that we enjoy. Okay, gently release the hands down to the lap, let your head look down, open your eyes, if they were closed. And if you'd like to, you can take your arms up one last time, open the eyes, lift the corners of your mouth. I'll say namaste, but you don't need to, thank you, that was really great to be

invited again here. And I really look forward to you letting me know what you thought of the practice. Steven.

Steven Bruce

Yeah, I was just going to say, it must be quite strange, dealing with all these people you can't see and trying to take them through a practice like that.

Anji Gopal

It's alright, I can see you. So that's all I need.

Steven Bruce

Well, I was trying to stand and do practice surrounded by all this stuff that I am in this studio, was a little bit tricky. But right at the beginning, you said that this has been proven beyond doubt. By whom? How?

Anji Gopal

So I talked about it before that actually yoga practices, and remember yoga isn't that acrobatic stuff that you see on Instagram, actually, there are lots of these very refined practices, breathing and breathing slowly in and out at the same rate. You can research it, it's called regular breathing or coherent breathing, mindful breathing, you know it's coming in lots of forms, has been researched by neurologists, psychiatrists, insomnia doctors, yoga people. It's where the first yoga research project happened, the one that was in The Lancet 1975, done by cardiologists in London, teaching patients with heart problems to breathe in and breathe out at the same rate. And what did they find? And it was a proper RCT as well, done even you know, 50 years ago, that Breathing in and breathing out, that practicing it calms the nervous system, specifically works on heart rate variability, which is how primed your autonomic nervous system is to deal with stress. So I can, you know, I can share with you a link to a paper that sort of summarises things, and then people can explore.

Steven Bruce

That would be useful. You won't be aware of this, Anji, but while that was going on, Claire, and the team had put out a poll on Facebook to see how many people were just eating lunch and how many were participating. And it looks as though most of them were participating. I'm guessing that's the case, because we didn't get any questions in while we were doing that. So you know, you can't write questions while you're eating lunch. Vimeo team. Sorry, we couldn't do a poll for you. But we're going to assume that you were joining in because there was no, there were no great questions there. So, yeah, I think you've reinforced unfortunately, one of those old myths though, haven't you, about size being important?

Anji Gopal

How so?

Steven Bruce

You kept telling us that sighs were important.

Anji Gopal

Oh stop it. I think it's really good. If you, I'd say take back control, I hate that phrase, obviously, but take back control of the sigh, right? Instead of it being a huuuh, that sort of sigh. Huh, okay, I've got something to do, I don't want to do. Huh, I'm going to say out that irritation that I feel and then I'm going to get on with it. But, and I know that we perhaps haven't had any comments, but I'd really, you know, it would be interesting to hear if people out there, all of us, experienced some quietening and that sense of grounding and coming out of the head. And so what I'd love for you to do is, explore that with your patients, because lots of pain is, obviously pain is modulated by the nervous system. And I don't know if you're finding that our patients are anxious, too. So what if we could teach them some of these things during their treatment or as a home practice, and that might help the treatment stick? I remember we're not just here I don't think, to, you know, work on elbows or backs, we treat the whole person as an osteopath, as chiropractors, as physios and whoever else is watching.

Steven Bruce

Lots and lots of thank yous for that, Anji. People really enjoyed the session. So somebody's saying that their jaw feels a lot softer. I'm not sure who that is. But yeah, that was some really, really valuable stuff. You talked about the video that you're going to share with people.

Anji Gopal

Yeah, so I offered you at the start a 30-minute free video that will show you how to teach three of these practices, okay? They're not postures, I hope you all agree. They're some postures we did tree pose. But they are practices. And it'll also the video will teach you how to teach them and also explain how they work. So for those of you that are interested like me, and why things work, you will have that knowledge and that evidence base in your own mind to teach things. So because all my team, I've been building a new website, it's called Back Care Foundation. If you want to go and have a look. Today, everyone's exhausted, we're going to do this, the easiest way to get the video to you is that all you're going to need to do is send me a text, Steven is going to share my number, and with your name so I know who you are. And I will, by the end of the day, send you a link to a video to watch, okay, and that way you can watch it on your phone, simple as anything, send me a text with your name, please. And so I know you're not a patient, you might not be patient, and I will send you the link. I've also got some courses coming up in the autumn, but now's not the time to talk about them. If you're interested in a sort of deep dive into backcare yoga for persistent pain, which is the work that I do in the NHS or more, you can also send me a text and just say let's talk or something like that. And we'll work out a time to talk, we'll have a look at the website and get in touch. So I'm done. Hopefully everyone's feeling nice and calm.

Steven Bruce

Let's hope so. I mean, one of them Charles says he thinks I should be sacked for making that joke earlier on. But it was worth it just for the expression on your face while you tried to work out what I was talking about to be honest.

Anji Gopal

I thought it would have been Robin Moody putting that to be honest in the comments. Is he feeding it to you.

Steven Bruce

Anji, we're out of time. So thank you for that. What I'm going to do is I'm going to share all that information on the screen in a second. But also as part of the follow up email that I put out, we might even be able to simplify that whole business with a video for you if you want us to. And I've just been thinking about that while you were talking about it. So yeah, we'll get that information out to people.

Anji Gopal

Maybe take a photo of the screen or if you've got a pen my numbers 07737821082. Easy peasy.

Steven Bruce

We'll send out. Yeah, and we're going to get you back in the autumn to talk about yoga and women's health.

Anji Gopal

Yeah, yoga for the pelvic, for pelvic health, really important and also really important for back pain and an area that perhaps we don't think about very often. Have a nice day everyone.

Steven Bruce

And you. Thank you very much, Anji.