

## Abstract for

20th WADP congress / XXXIII International Symposium of the German Academy  
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco  
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"

Presentation

Workshop

Male  / Female  / Diverse

Name: **Bauer**

First Name: **Hedi**

Title / Position:

Graduate psychologist, TSY ingradual® (Trauma Sensitive Yoga)

Yoga teacher (BYV) / Yin Yoga teacher (BYV)

Country:

Germany

Workshop title:

**Fostering Mental Health Through Yoga: A 90 Minute Self-Experience**

Abstract text up to 15 lines in English:

The serene ambience of the 90-minute yoga self-experience offers a transformative journey towards introspection and emotional release - accessible to all, with or without prior yoga experience.

Guided by the gentle melodies of the Indian harmonium and the soothing vibrations of mantras, participants embark on a profound exploration of self-awareness and inner peace. Through the harmonious blend of physical postures, relaxation, breathwork and the uplifting vibrations of the harmonium and mantras, yoga enables individuals to remain fully present in the current moment, fostering a heightened sense of mindfulness and self-attunement. By focusing on the sensations within the body and the rhythm of the breath, practitioners can develop a profound sense of inner calm, emotional balance and mental clarity.

Moreover, the meditative aspects of yoga allow individuals to explore their thoughts and emotions without judgment, fostering a non-reactive and accepting attitude towards their experiences. This practice of non-judgmental awareness helps cultivate a sense of emotional resilience and psychological well-being.

Everyone - regardless of prior yoga experience - is welcome in this workshop!