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SPEAKERS

Jenny Segail, Molly Knight



Molly Knight 00:00

Hello, everyone, welcome to Health Australia Party talks. I'm Molly. Now Tonight, we're going to be talking with Jenny c girl. And she is a yoga instructor. And I've known Jenny for many, many years. And she brings to her yoga what I see as a very gentle and calming manner that I've had my very much over the years. Now Jenny teaches in Sydney. And mostly now she teaches on zoom. And because of the COVID restrictions, she's had to change her way of teaching, which I know a lot of us have. So, and it's working out really well for her. And I think it's rather wonderful. Jenny started yoga back in about 1999, because she had back and neck issues, pain, and so on. And it's later on quite a journey. So let's talk about that journey. Jenny, welcome. Thank you very much. Thank you. Thank you for joining us.



Jenny Segail 01:06

My pleasure. And so I started yoga, because I had a bad back due to matching pregnancies. And it was, it was so bad that about four o'clock in the afternoon, I would have to go and lie down, because I just couldn't tolerate standing up. And so I was seeing a massage therapist, and he and I was going for massage literally every two weeks. And it really made a difference. It really helped. But he said to me, in order to maintain my body, I should try yoga. And so I started yoga. And the minute I started, I was just hooked. And I started noticing that it really made a difference, the stretching, which is what Yoga is really about, and help to keep my back in check and take the pain away. And today, I'm

very seldom go for massage, and I'm able to keep my back pain at bay purely through yoga. So it really does alleviate pain, massively. But what I discovered along my journey was that there were so many more benefits, and one of the major benefits is stress relief. And, and today, I work with a lot of guards, who are in very stressful jobs, you know, working really hard. And they come to yoga, to release the stress. And the comments that I get off to the class are phenomenal. You know, people are saying things like, Oh, my God, I feel so much better. And I've just got, I've just had this major, like breathing space in my life, and I just feel so much better. And they're able to literally continue and carry on and reset. If you like, you like this breathing space in your life, it actually stops all those crazy voices in your head. And it just causes it grounds you. It just makes you feel a lot more calm.



Molly Knight 03:07

I think that's one of the things that for a lot of people we don't do, we don't take that time for ourselves that moment where we can reset and then recharge our batteries. Correct?



Jenny Segail 03:19

Exactly. So what yoga does is some of the poses are quite challenging. So when you so when you're going through these poses, you cannot actually think of thoughts, you cannot actually focus on your mind, you are so focused on your body, that the voices stop. And it's the voices that cause us so much stress. So we did we do this physical workout drive and and sometimes the stronger the workout, the better. Because when we then go into Shavasana, which is the meditation or the relaxation at the end of the class, we are so physically tired, that the mind is able to completely relax.



Molly Knight 04:04

I think I've lost you money. Or there you go.



Jenny Segail 04:07

Again. So that's the whole concept, you work for the key part, and then the mind is able to literally switch off so when you're in Shavasana you are not thinking about anything, you are just calm, you are relaxed and the and the mind is free. And when when you've had that experience, you just feel so much more refreshed.



Molly Knight 04:31

It's so sounds lovely. Yeah, it's lovely. But, you know, as we were saying before the chat, yoga comes in many different forms. So you know, some people say oh, I do yoga, but what do they really mean? Because there are all sorts of different yoga.



Jenny Segail 04:49

You know, there is strong yoga which is which I do which is vinyasa yoga. Then there is yin yoga, which is you literally do a very, very limited limited amount of poses in the class and you hold the poses for a long period of time. So you literally submerge yourself in the pose. Some people love that. And they find it very meditative. And in this yoga for beginners, so if you are starting yoga, the best thing to do is to do a beginner's course, to learn the basics. And then you progress as your strength develops, as your flexibility develops, you progress to something a little more stronger and a little harder.



Molly Knight 05:35

What about someone like me who's older, and I could certainly get down on the ground, but I'd never get back up easily. How, how would you work with someone like me who hasn't done yoga before? But particularly given the times that we're in now we're a little bit restricted in what we do? How could I learn to do yoga at home, given that I'm not terribly flexible anymore.



Jenny Segail 06:03

So flexibility and strength comes with practice, you know, it's like, it's like riding a bicycle or walking up a hill, when you first start, it's really difficult. And the more you do it, the easier it becomes, and your body adjusts. And then you're able to go to sort of higher levels, and it's the same with yoga, you've got to start somewhere. Think of yoga, as stretching, a lot of the poses are just stretching, stretching is so important for the body. I mean, I don't know, if you notice, we've probably seen, you often see, like an old man, for example, walking down the street, and he's very sort of hunched and folded over. And that's because everything has literally tightened up, and he's unable to literally straighten up his back. So yoga keeps you very flexible. And that flexibility keeps us from aging. Like, you've got to start with small steps. So we start just stretching your hamstrings and just loosening you up. It doesn't you know, you would need to start with with an easier class, a beginners class maybe, or even a restorative class, you know, this restorative yoga, which, which is designed for people that have got trauma, perhaps, or serious illnesses, and they can't do the more you know, strenuous tasks of yoga, and it's designed to really just relax

you and calm you.



Molly Knight 07:40

Okay, so you can have your levels of it and gentle introduction.



Jenny Segail 07:47

The teacher is really important. And you really have to connect with your teacher. Because Yoga is not only a physical thing, it's a spiritual thing. It's a mental thing. It's an emotional thing. So if you are going to a class and you've got a teacher that you're just not in sync with, that you just don't like, or you just don't, you're just not feeling it. You need to try a different teacher. And um, you know, so so I'll often not often but I'll get students that come to my class, and they just don't feel the connection with me, or they feel that my sort of style of yoga is wrong for them. Well, then then They mustn't just give up and go, Oh, well, I've tried yoga, and it wasn't for me, they should rather go well, let me try a different teacher, because a different teacher will give a completely different experience.



Molly Knight 08:37

Okay, and there's many different forms of yoga. So what? There's one that you use heatwaves, isn't it? What do?



Jenny Segail 08:49

Yes, I don't practice that form. Bikram yoga or hot yoga, they call it CTA. Yeah, the belief is, is that when your body is really warm, so you go into a room, and it's really warm. It's not good for people with low blood pressure, and people would have blood pressure. I tried it once an hour, but low blood pressure. And after literally a minute, I thought I was going to cry. And I had actually left the studio, which is not really supposed to do, you're supposed to literally go down into child pose and try and recover. But some people love it and swear by it. And the reason they love it is because when there's heat, the body warms up, flexibility increases, and you're able to do poses that you are unable to do in the cold. So I sort of practice seasonal yoga. So I tell my students, for example, in winter, winter is a time where we maintain our practice. We don't force the practice. We don't build the practice. We don't push at all because it's cold. The joints become stiff. And if you overstretching winter, you get this rebound reaction. So everything tightens up after the class. And that causes pain. Whereas in summer, when it's warm, you are far more flexible, and you can push your practice a little harder and you can build a little harder, you will be good, you will be able to go into poses in summer that you cannot go into in winter.



Molly Knight 10:27

Huh, that's interesting. I've never heard that before.



Jenny Segail 10:30

Yeah, it's actually quite, it's actually quite amazing. So. And it took me a couple of years to learn this. Because what would happen is, I would go in winter, winter would come around, and I would go, Oh, my gosh, I can't touch my toes anymore. And I would force my body to go to touch my toes, because I remembered that I could do it a couple of months ago in summer, and then I would land up with a soul back. So now what happens, interesting, cold, you rot, you tune into your body and you listen to your body. And if your body doesn't want to go there, it's okay for that class. Maybe the next class, you'll be able to go a little further, you have to accept where you are at any given moment. Because the body is different every day, the weather is different every day, moisture in the air, it's a bit harder to do yoga. Yoga in the morning is much harder than yoga in the evening, because your body's warm in the evening. Very interesting. You're going to tune in to what's really going on in your body.



Molly Knight 11:38

Hmm, yeah, fascinating. I certainly didn't know that before. So with some you particularly like yoga for apart from relieving physical pain and tightness, but you like it for stress. So given that we're in this very stressful world at the moment, how could people join your zoom yoga? And how would you work with the stresses that we're all living under at the moment?



Jenny Segail 12:09

Okay, so, so the important thing with yoga is, is the breath. So let's, let's just try something money, because I'll just show you the importance of breath. So if we're stressed, for example, let's just try something. Let's just close our eyes. Now, all we're going to do is take three breaths, but the breaths we can attain, are going to be very long, elongated breaths, right. And inhale, we're going to literally expand the chest and the ribs. So we're going to try and, you know, on this, imagine that we're expanding these ribs and breathe right down into your belly. So you almost have pushed your tummy out as you breathe in. And then they take a nice long pause, which we call a comebacker in yoga. And then we're going to take a long, deep exhale. And as we exhale, we're going to literally pull our tummies in and try and get all the air out of our nose. So we breathe in your belly, breathe through our nose, and exhale through the nose. And we're going to take only take do

three of these and you're going to see how you instantly relax instantly relaxes the parasympathetic nervous system, which, okay, which is the system that is activated during yoga, and that is the system that enables us to relax. So let's just try this. Okay. All right, so it's all through the nose, in the nose and out of the nostrils. So just close, just close. And just brought a nice comfortable position with extra shoulders and try and feel a little bit heavy in your body. You always like melting into your seat. Okay, so let's take a long, deep inhale through the nose. And as you inhale, just expanding the ribs, going up a rod into the belly. Take a little pause. And when you feel comfortable, we get to exhale a nice long, deep exhale. Reading out through the nose and feel free to make it quite noisy. And then just take two more in your town. When you damage your third one, just Genki open, Your Honor.

M

Molly Knight 14:57

Okay, so it just instantly settled here. Just Yeah, it really does,

J

Jenny Segail 15:01

it really does. And that's only with three breaths. So when you go through your practice yoga practice, and it takes a bit of getting used to because it's not easy to do in the beginning, what we try to do is we link the movement of yoga, every movement we do with an inhale and with an exhale. So it's impossible to do throughout the whole class. But there are certain poses that it's much, it's much easier to do. So with this constant, deep inhale and constant deep exhale of the breath, it calms the parasympathetic nervous system down. So with stress, you're probably aware of this. There are two systems in the body, there's the sympathetic nervous system and the parasympathetic nervous system. The sympathetic nervous system is the one that comes into play when we are stressed. So when we stressed it's almost like a seesaw. So when, when the sympathetic nervous system is sort of in play, the parasympathetic nervous system is down. And when the parasympathetic nervous system is that the sympathetic nervous system is down, so when we stressed and I've got some notes here, I'm going to read them because I don't want to forget none of it. Thank you. When we stress this is what happens to us when we stress the sympathetic the sympathetic nervous system comes into play and this is what happens to the body. immune system is essentially shut down and stress hormones are released. The tubes in the broncho area of the lungs dilate, the moment your brain perceives, that perceives a threat whether physical or emotional, your pupils dilate, the heart pumps faster, the breath quickens blood pressure increases muscles tense, non essential in an emergency functions like digestion and immune system responses are also repressed. And stress hormones like adrenaline, cortisol, Nora nephron are released. And inflammation occurs in the body. Because the body releases sotto sotto Khan's calm cons Yes. So



Molly Knight 17:30

I don't know if you've ever been stressed, but I used to be.



Jenny Segail 17:36

Okay. And, and I used to be in events, right? So we had, at the end of the day, there was always like a time limit to how long we had to get this function set up. And I would find that I wouldn't go to the toilet at all during the day. Because I mean, I was in a state of stress. Everything had shut down, my digestion shut down, all the systems had shut down because I was in the state of stress. And the minute I got into my car and was about to go home and relax, all of a sudden I went, Oh my gosh, I need to go to the loo. Because finally my parasympathetic nervous system was coming into play and everything was starting to stall. And the bodily function started to become normal again.



Molly Knight 18:27

Yeah. It's fascinating. What the body does, isn't it?



Jenny Segail 18:31

Stress is a terrible thing. And it causes immense damage. And if you if you are stressful for long periods of time, it does enormous damage to the body. So it's very important that if you are in a stressful job, and you are, you know dealing with stressful situations that you take the time to de stress and yoga does their brain breathing does their excellent, any form of exercise will do that for you?



Molly Knight 19:02

Well, I guess that those even just doing those three breaths, you'd sit on the loo and do that in the middle of your workday. So when you start to feel out of control, just stop, close your eyes and just breathe deeply. And it certainly does help. That's great. So that was the that was the sympathetic nervous system. So when you look at what the parasympathetic nervous system does, this is the complete opposite. And this is this is what meditation reading yoga evokes. It stimulates the parasympathetic nervous system. So this is what the parasympathetic nervous system does for the body. It reduces blood pressure, it slows the heart rate down and it helps blood flow and it end direct the blood to the digestive reproductive organs. The endocrine system. septic system, and parts of the body that are needed in order to survive. The body is then able better to extract nutrients from the food you eat, and more effectively eliminates toxins. because of the increased blood

circulation, it also increases saliva, and it causes your muscles to relax. Mm hmm.



Jenny Segail 20:22

They can see how dangerous stress is and how important it is to learn how to relax.



Molly Knight 20:28

Mm hmm. Yeah, absolutely. Yeah. Yes, it's, um, well, stress is a killer. It's pretty simple, isn't it? Really? Yeah. So Jenny, I'm really interested to know, how you do yoga, on a zoom, can you walk me through how you need to teach people



Jenny Segail 20:46

is basically the same sort of thing that we're doing now. And so what I would, what I do is, I would be a little bit further away from the camera, and I set up my mat, so that you can see my full body. And I, I, I teach with my words. So I will tell you exactly to do exactly what to do with my words. And I demonstrate with my body, and all my students are obviously in front of me, it's a little hard for me to see them. You know, when I mean, when I'm teaching in front of people, it's a lot easier for me to keep an eye on everybody. So I tell people that they have to be very, very mindful and anything that doesn't feel wrong, they need to back home. Very important. You have to listen to yourself and monitor your own body. And, and it works really well. It's been like having a lot of people tell me that it's like being in a normal class. Hmm. You know, they just get into the groove of it. It works really well, huh?



Molly Knight 21:52

Yeah. Yes, I guess it would be like being in a class, you just lie on your mat. And you can hear your voice here. So um, what about little children? What? How did they go with yoga, their children's courses for yoga?



Jenny Segail 22:08

Yes, they are kids classes, you know, in India, and all the children in all the schools do yoga. So they are brought up, right from Little children doing yoga, and they are very, very flexible. And that is part of the law firm. Whereas in Western society, we literally take yoga when you're older. And it's quite a struggle to become flexible. If you're a little, a little baby, it's quite amazing. They can put they chose in there now. We are born. And as I get older and older, we get stuck.



Molly Knight 22:49

That's true. That's true. Okay, um, so with with your classes, I'm actually quite keen to give it a go actually not mine. So with the the zoom, you have all your students on, you can see all of them on the little squares in the zoom. Yeah, exactly. And, and then we just watch you and follow suit.



Jenny Segail 23:19

Yeah. So you know what you're doing, you would actually click on my little square enlarge me. So I would literally take up the whole screen. So if you're a little further away from the screen, you can clearly see me and not and I see all my students and it depends how many they are, you know, you can have six, eight to one, you know, it doesn't really matter. mapping, I think, for you money, I would, I would start off by giving you maybe some private classes, just to see where you're at, and just to teach you the basics. And I would get a group of girls together that were at your level and we start with a beginner class.



Molly Knight 24:02

Hmm. Yeah, you have to be very beginner.



Jenny Segail 24:06

And that would be fine. I mean, I've seen I've seen people start and progress literally in three months. Not very long before the flexibility comes in the strength comes in.



Molly Knight 24:21

Hmm. Yeah. And I think certainly, in my lifetime, I've not been honoring my body in terms of exercise because I've always been working so much, but I think a lot I know a lot of people are like that, particularly in the business world, they, they work long hours, they come home and they poop. They just don't want to be bothered thinking about doing anything. And then some people will go to a gym once or twice a week and do a really hard workout, which I think is even more dangerous than doing no exercise because of the stress put on the body but You know, something to keep your body a bit flexible. I think it's wonderful. And I sort of kicked myself a bit for not thinking about doing yoga. Earlier, really. But like I say, you know, time, it's always been time. Yeah, well, we don't have that excuse. Now we can just get on zoom. Exactly. And I think you have to, you have to get yourself into Tina, I've always done exercise my whole life. And I also work hard. But I

made the time for it. You know, you can at six o'clock in the evening, you could you could do yoga, I always found that mornings for me were a bit easier. I felt I had more energy in the morning. But what's interesting about the evening is, you know, sometimes at about five, six o'clock, you go, aha, I'm so exhausted. And if you actually went, you know what I'm going to do yoga, or anyway, well, I'm going to do some sort of exercise anyway, you'd be amazed at how the energy you just bought, the energy comes so many times up, because I teach often at six o'clock in the evenings. And sometimes I think the last thing I do is, I don't feel like teaching at the moment, and I start teaching and this energy just around, it just comes. And before you know it, you're just energized. You're full of beans, and you're off. So sometimes you just got to find that that feeling of Oh, I'm too tired. I'm just going to lie in front of the TV. Because once you start you feel you feel better immediately, huh? Okay. Yeah. All right. Well, um, let's, um, let's call out and get some people who haven't done much exercise who were rigid and well, getting old like me. And let's have a class I think.



Jenny Segail 26:49

Let's just start just with the basics stretching, a bit of meditation, you will feel so much better, I promise, I promise you you will.



Molly Knight 27:00

I do believe you. I know. It's a it is a wonderful modality.



Jenny Segail 27:05

So the thing, the thing with yoga is some people go and you spoke about this a moment ago, you know, they go, Oh, well, I'll just do yoga once a week, you actually can't do that. It's too hard on the body. And I suggest at least two to three times a week. Because you because if you just slept, stretching your body, within 24 hours, your body tightens up again. So if you did yoga three times a week, you maintain the flexibility and your body is not fighting all the time to get back to where it was. I'm doing it once a week is usually not a good thing. And often people hurt themselves if they do yoga once a week.



Molly Knight 27:50

Yeah, I mean, that makes sense. Because your body hard on the body.



Jenny Segail 27:53

Exactly. Yeah. And another thing I find is, especially with guys, that ego drives them, you know, they see other people and other people are doing, you know, are quite flexible and strong. And they're going, Oh, I should be doing that. And they push themselves so hard, that they end up hurting themselves. Sports just like any other sport, and you can injure yourself if you are not careful. So you really do have to be able to go to listen, and you've got to go, why that's not working for me or that pose doesn't work for my body. I'm going to make modifications and not going so strong. That's very important to adjust according to your physical means.



Molly Knight 28:39

Yeah, yeah, I guess just listening to your body and stopping when it feels enough, isn't it?



Jenny Segail 28:45

Exactly. I mean, I urge people to rest at any time in the class. You know, like, if you feel that, you know, you had enough just go down onto the floor into a little ball called child pose and just raise Hmm. And take as long as you need to, you know, get your energy and your strength back and then join in again.



Molly Knight 29:05

Yeah, is there any way something like yoga could be done? Not on the floor, like from a sitting position? Is that possible? Yes. Yeah, there are. You can do yoga in a chair. And there are certain poses you can do in engineering, and are sort of like to combine it all. A lot to do floor work. Chair work, you can do standing work. Okay. Hmm. All it's nice to have variety. Okay. Hmm. What would there be better benefits if you do more floor work or does it not make a big difference to the overall outcome.



Jenny Segail 29:52

There are certain things that you do on the floor like for example, lining your back and raising your leg up and then putting a strap around the ball of your foot, you're actually stretching your hamstrings. you align your back, you raise your leg up, pointing, leading with a strap around the ball of the foot and just gently ease the leg towards you. You're stretching your hamstring. That's the one pose that I always suggest people do return. Because if you can stretch your hamstrings, so many poses depend on looser hamstrings, hamstrings a little looser. The other poses become easier to Hmm,

M Molly Knight 30:33
okay, good to know. that you do on your back some poses us sitting on the floor, some poses you do. It's it's a variety. What's the oldest person you've taught? Did some hobby? Somebody in the 70s? Are?

J Jenny Segail 30:54
You Yeah. And quite. Some people are amazing. You know?

M Molly Knight 31:02
There's no limit.

J Jenny Segail 31:06
Yeah, well, I guess in in places like India, they pretty well do it all their life, don't they? Definitely event. And you know that there are some teachers that teach very elderly people and they do do yoga and changes. It's called chain yoga. For people that can't really you can choose?

M Molly Knight 31:26
Yeah, that'd be great in the nursing homes.

J Jenny Segail 31:30
Yeah, exactly. People inflexible is that I think that's more of a specialized teacher would be working with those that have patience, you know?

M Molly Knight 31:39
Yeah, yeah. Yeah. Yeah. Okay, well, okay, so how long does the session take Jenny?

J Jenny Segail 31:48
A typical session, I like to teach for an hour and a quarter. So we start off with a very Star War, that's very important to warm up the body, you can't just launch into yoga, it's just you're gonna hurt yourself. So we warm up. And then we do a little bit of a stronger standing word. And then we do cooling down and counter posing at the end. So when you

finish with the class, it's very important that you counter pose. So we do twist to get the spine back in alignment, we release the hips, we release the glutes. Okay, and then we were taxing cheap Shavasana meditation and relaxation as part of the course. So what happens at the end of the class is we lie down little our pillow over there, the eyes, maybe a little blanket under the head. And it's it's consolidation. So everything we have done, just infiltrates the body. And Devon, phasing, yoga releases quite a lot of emotion. I've had so many people at the end of my class burst into tears. It's just the release of studying.

M Molly Knight 33:08
Yeah, it's quite interesting. Mm. Hmm.

J Jenny Segail 33:12
Yeah, very freeing, isn't it?

M Molly Knight 33:13
Yeah, exactly.

J Jenny Segail 33:15
Just Yoga is like it's a release, it's about letting go. It's about shutting off the world. It's about going within, it's going internal, it's connecting to your wisdom or your intuition. And I don't know how many times I've sort of had a problem, and I've done a yoga class, and at the end of the class, that's what I need to do. Sort of, it just frees your mind so that you can think, okay, and is there when you at the end of your class, you do the meditation? Is there a particular way that you do this? Or is it guided, or that sort of meditation is there many kinds of different meditation and you could do meditation in a seated position and you can do breathing techniques to evoke meditation, you can literally Close your eyes and relax and that is meditation. The 70 we do what is called Yoga nidra. So that's like a guided meditation. So you in a relaxed position, and I would be obviously reading you almost have poetry in a way it's almost like it's a story. And, and, and it distracts your voices, and it enables you to relax.

M Molly Knight 34:39
Hmm, okay, that sounds lovely. I already feel relaxed. I think just thinking about see works well.



Jenny Segail 34:50

Yes, it's good nuts. It's definitely worth a try, you know, huh?



Molly Knight 34:54

Yeah. Great. And what time do you have specific nights or days that you like? To do the zooms, or are you? You know, do you have special class times,



Jenny Segail 35:05

I teach at the moment, I'm only teaching three times a week, I teach on a Monday night at six, a Thursday, night six, and a Saturday morning at 830. And the class that those three classes are what I called the vinyasa flow classes. So the students in those classes have done yoga before. And they're a little bit, I wouldn't say they really strong, but they are a little bit stronger. And I think if I had to teach beginners I would have it if I had a request to do a beginner class, I would start with a new time that suited you know, the people that you want to grab, if you can put a few of your friends or what have you. I think we would start a different class, I don't think you would be ready to participate in those classes.



Molly Knight 35:57

No, definitely. I'm sure I would not. I see some of the yoga poses. Oh, my God, that's impossible. It's not people do these things.



Jenny Segail 36:08

Look, I don't believe that you have that you have to do yoga, gymnastics, you know what I mean? I don't think some of those poses are actually helpful. And some of the poses I actually stay away from, and I'll give you an example. headstand, for example. I don't think that headstand for me, is a good idea. Because when you're in a headstand, you're literally putting all of your weight onto your head and your neck. And simple people in my age record. I don't know if that is such a good thing to do. So I don't I don't do a lot of the yoga gymnastic poses, you know, I'm very aware of my age.



Molly Knight 36:50

You should be doing when you're a bit older, you know?

J Jenny Segail 36:54
Yes. Yeah. And certain things you? Well, yeah, you can't do I think,

M Molly Knight 36:58
yeah, exactly. No.

J Jenny Segail 37:01
But Yoga is not about getting yourself into knots and doing like fancy, you know, it's about stretching. It's about getting healthier. You know, it's about limbering up and keeping pain away. And it's about, you know, not being stressed and staying peaceful and calm. That's what it's about. Okay, it's not about doing fancy gymnastic top yoga, it's not about that at all.

M Molly Knight 37:30
So if someone came to you, and they had a specific neck problem, or lower back or knee pain, for instance, or ankle, or their specific poses, or structures that you may do specifically for this,

J Jenny Segail 37:49
yes, I've actually done a yoga back workshop for people with back pain. And the whole class was designed to help their back. And then it was amazing. I had people that that were not that hadn't done much yoga. And we went through all of these poses and postures, they would help their back. And everybody at the end of the class said that their background vision. They are different poses. And oftentimes, you know, just a small number of people in the class, I'll actually ask them what they would like to work on. And they are poses for the neck, they're held to release neck pain, they poses for the hip, some people have very tight hips, some work on the hips, and back, whatever it is. Absolutely.

M Molly Knight 38:38
Okay. And what about Jen? If, if someone has had a hip replacement or a knee replacement? Does the requirement change? In this specific case?

J Jenny Segail 38:48

Yes, you do have to make certain modifications with some of the poses. And pain is your biggest guard with any form of exercise. If something is feeling painful, it means it's your body's way of guiding you to do something different. And I always say to people, don't take a painkiller before you come to class, the worst thing you can possibly do, because your body is you've got no God. So you're going to go into a pose that you shouldn't be going into because you can't feel the pain. need to be able to feel that pain, because it's your body's way of saying to you don't do that. Exactly. I love pain. I always say to my patients, it's your best friend, because it's giving you such an important message. Right? Exactly. Exactly. Yoga usually doesn't create a relieve pain. So the stretches actually relieve pain. And if you think of What message does massage, relieves pain, it's actually massaging out all those knots and yoga does basically the same thing is out there. Not

M

Molly Knight 40:00

It does sound good. I know my husband has often said we should go and learn yoga. We should go and do yoga because many, many years ago he did it and really liked it. So but um, yeah, time. Okay. So let's see if we can call out and get, you know, half a dozen oldies like me. haven't done yet a good before. Okay, let's do a course.

J

Jenny Segail 40:25

Yeah, let's do a course and at a time that suits you that doesn't interfere with work, you know. So maybe it's before you start early in the morning or maybe it's lunch? Or maybe it's evening, you know, any evening. Okay.

M

Molly Knight 40:41

Yeah. All right. So let's see. Let's see what happens. We'll see if we can get get a group of people together.

J

Jenny Segail 40:47

Okay, sounds good.

M

Molly Knight 40:51

Thanks, Jenny. Um, well, I've certainly enjoyed our talk today, I think I've benefited from this very much. And I've learned a lot about yoga, it's a lot more involved, I guess there's a lot more levels to it than what I had originally ever thought. I think of Yogi sort of just think of all these strange and difficult poses. But it's doesn't have to be that and it's certainly far

more than this.

J Jenny Segail 41:22
Yeah, exactly. But as I said, I started out trying to heal my back. And what I realized was including my stress, it was making me calmer. I was coping better. I was, it does a lot more than then, than just normal exercise.

M Molly Knight 41:42
Mm hmm. Yeah, certainly sounds like, all right, Jenny, thank you so much for joining us in this session. It's been marvelous. And we'll put your contact details on the web page. So people can have your email and contact details so that they can get in touch.

J Jenny Segail 42:03
If they would like to join a class or start a class. That would be great. Just contact me directly. by email, mobile, whatever it is, and go from there. Take it from there.

M Molly Knight 42:17
Yeah. Lovely. Thank you, Jenny, very much. Appreciate it.

J Jenny Segail 42:21
Thank you. And thank you for doing the work you're doing. I think you're doing just the most fantastic stuff. You know, with all of these interviews that you're doing, you're teaching people, so many wonderful things. Thank you.

M Molly Knight 42:38
All right, take care. Take care. Bye. Bye. Thank you, everyone, for joining us. I hope you've gotten as much out of this talk as I certainly have. And if anyone's interested, and we'd like to join a group of stiffened up older people. Let's know and let's let's get a class together and do some stretching because I think one of the things that I would think of in terms of benefit apart from becoming a little bit more flexible and loosening up is the fact that the stretches that help circulation, and certainly would help limp fluid moving through your body. And they to me are two vital aspects of good health. So let's see if anybody wants to join me Come on down so to speak. And let's have a class



Jenny Segail 43:28

really improved digestion money. Very good. Yeah. All things you know, we do a lot of twists and massages all the internal organs. digest.



Molly Knight 43:42

Yeah, good point. Good point. Yes. Makes sense. Okay, that's it for us tonight. Thank you so much. Good night. Thanks, Jenny. night everybody. Thank you so much for joining us some Health Australia Party certainly appreciates your support. Good night.