

YOGA

KAIUT YOGA

FOR MEN



The practice of yoga has been a powerful technique for improving health and well-being for both men and women for thousands of years. Some people consider practitioners of yoga to be predominantly women, but more and more men are attending yoga classes and dedicating time to self-care routines with yoga.

Yoga is becoming popular among men as many more are experiencing the benefits of yoga postures for their overall health. One focus area often neglected by men is the improvement of their pelvic floor health. The pelvic floor is formed by a group of muscles and ligaments that hold the bladder, rectum, and other pelvic organs. Strengthening the pelvic floor helps prevent problems such as urinary incontinence and erectile dysfunction, as well as helping to improve sexual performance.

A sustainable yoga practice for men that includes attention to the pelvic floor will help increase muscle tone and flexibility, improve immune system response, and provide relief from stress and anxiety, among other physical and mental benefits.

Despite often being seen only as a spiritual or religious practice, I believe yoga is an ancestral resource that modern men can use to reclaim the full potential of their bodies. I'm not talking about a body that meets aesthetic standards imposed on us by society, but rather one that is in good health—in fact, excellent health.

Unlike gym activities, the Kaiut Method teaches students postures that accommodate the specific needs and limitations of their bodies and offers an approach adapted to any body type or physical condition. In my opinion, men benefit from doing yoga to prevent health problems and to make their bodies more responsive to the demands of their lives.

Yoga postures create stimuli in the body that have the power to access our joints and nourish them. A consistent practice can generate a state of relaxation that reduces stress, allowing for a calmer and more attentive state of mind during day-to-day activities. A yoga practice does not replace gym workouts, but complements gym activity by helping to avoid injuries and achieve a faster recovery from physical effort.

Practicing yoga gives men the opportunity to develop their best and healthiest selves. Consider with me the power of yoga for men: It is fascinating to think that such an ancient practice is still so present in our modern society. Why does yoga still exist? The answer is simple: because it works.

With an estimated living history of about 10,000 years, yoga has impacted a huge number of people over the centuries. Although some people mistakenly understand yoga as an activity linked to religion or a set of physical postures that include incredible poses, there is a huge number of practitioners—and I include myself—that experience a deeper connection to their bodies every day through their yoga practice, allowing for a clearer, more powerful, full, and expansive expression of their being.



I had the opportunity to experience yoga from an early age and I explored many other yoga methods before I developed my own method, Kaiut Yoga, with elements that make sense to me and that I test and approve through my own experience. My primary intention in developing Kaiut Yoga echoes the goals of ancient yoga practice.

I have found in yoga the opportunity to consciously explore both my masculine and feminine energies. This exploration is deeply therapeutic, as it empowers me with knowledge of both these aspects of myself not just for myself internally, but also as I practice and teach within the classroom.

Yoga transcends the time and cultures of diverse peoples worldwide and is a compass to guide us on a journey of deeper connection to our minds and bodies. It is the key to accessing a healthier and longer-living body.

This e-book is designed to encourage men take the opportunity to practice yoga in their lives. A yoga practice is for everyone, but I would like to offer an overview of the benefits of yoga practice specifically for men, as well as provide information about the Kaiut Yoga Method and how it can be used to improve overall health and well-being.

Francisco Kaiut



"[...] THE PRACTICE OF YOGA HAS BEEN A POWERFUL TECHNIQUE FOR IMPROVING HEALTH AND WELL-BEING FOR BOTH MEN AND WOMEN FOR THOUSANDS OF YEARS ..."



The Importance of the **PELVIC FLOOR** *in Men's Health*

The muscles of the pelvic floor make up the foundation that supports internal organs. This flexible band is composed of muscles, tendons, and fascia and is located in the lower abdomen, stretching from the pubic bone (in the front) to the coccyx (in the back), and from one sit bone to the other. In men, these muscles support the bladder, bowel, and prostate. A toned and healthy pelvic floor supports sexual arousal and orgasm, protects the spine, and supports overall balance in the body.

Like other muscles in the body, the pelvic floor can weaken and suffer dysfunction. Some causes of pelvic floor weakening include obesity, smoking, trauma, surgeries, and chronic constipation. In some of these situations, pelvic floor muscles may be overly stretched,

weakened, or become too tense. Changes in the tone of the pelvic floor can cause chronic pelvic, abdominal, or rectal pain, erectile dysfunction, premature ejaculation, or urinary incontinence. Even the natural aging process can reduce pelvic floor tone, affecting quality of life.

Difficulty urinating is the moment when starting or stopping the flow of urine is compromised. An enlarged prostate or a weak pelvic floor can be the cause. Erectile dysfunction, when there is a physiological inability to have an erection, can also be the result of weak pelvic floor muscles. Pelvic floor problems in men, although relatively common, are often ignored by men even when they are living with discomfort. The good news, according to an article



"[...] THE BEST WAY TO PREVENT CHRONIC PELVIC FLOOR CONDITIONS IS TO MAINTAIN A HEALTHY LIFESTYLE WITH REGULAR EXERCISE, A BALANCED DIET, AND STRESS MANAGEMENT..."

published in Yoga Journal, is that there are treatments for these problems, such as the use of medication; a combination of physiotherapy, biofeedback, and yoga; or even electrical stimulation and surgery.

I would like to draw attention to the term biofeedback. This is a technique that uses electronic instruments to measure and provide information about the body's physiological functions, such as heart rate, brain activity, muscle tension, and breathing. This information is then displayed in real-time on a monitor, allowing an individual to become aware of and learn how to control these bodily functions. Biofeedback provides a mechanism to help people learn to control some body functions in order to improve their health and well-being. Biofeedback is often used in the treatment of medical conditions such as headaches, anxiety, depression, sleep disorders, or chronic pain.

Each individual presents a body history and lifestyle that informs the health and tone of their pelvic floor. A doctor should provide the correct diagnosis and the most suitable treatment for a patient's profile. The best way to prevent chronic pelvic floor conditions is to maintain a healthy lifestyle with regular exercise, a balanced diet, and stress management. It is equally important to practice good posture, avoid heavy lifting, and include toning exercises for the pelvic floor in your workout regimen.

One of the most recommended exercises, known as Kegel exercises, is to contract and relax the pelvic floor muscles. Kegel exercises have been shown to be effective in strengthening the muscles in the region and improve bladder control and sexual performance in men, according to researchers at the Mayo Clinic.

Although Kegel exercises are more often proscribed for women, men can also use them to combat urinary or fecal incontinence, or the condition of dribbling after urination. Experts recommend initially learning to identify the correct muscles of the pelvic floor. To locate these muscles, try interrupting the flow of urine or contracting the muscles that prevent the passage of gas. Once you know how to recognize your pelvic floor muscles, you can practice Kegel exercises in any position.

Kegel exercises *for men*

- Tighten your pelvic floor muscles as if you were lifting the area around the anus. Hold the contraction for three seconds and then relax for three seconds.
- Repeat in sets of up to 10 repetitions at least three times a day.
- As you progress, you can try doing the exercises in various positions, such as lying down, sitting, or even walking.
- To get good results, it's important to focus on your pelvic floor muscles. Don't tense other muscles such as your abdomen, thighs, or buttocks. And don't hold your breath—breathe freely during the exercises.

Um ponto muito importante que gostaria de trazer é que não são todos os problemas do assoalho pélvico que demandam de exercícios de fortalecimento. Isso porque a função muscular ideal requer boa força, tempo, coordenação e relaxamento corretos. É um equilíbrio minucioso que, se o assoalho pélvico estiver muito apertado, pode sofrer com problemas como dor pélvica ou genital, disfunção sexual, problemas urinários, incluindo bexiga hiperativa e problemas intestinais. Por isso, é sempre recomendado procurar um profissional da saúde para entender o que mais se adequar a seu caso.

A vantagem de manter hábitos de cuidado com essa região do corpo é similar ao que acontece com a prática de yoga, a regularidade resulta em bons resultados no seu corpo e mantém a região funcionando como se deve ao longo dos anos, sem as perdas desnecessárias. Os exercícios para o assoalho pélvico ajudam a evitar lesões e até combater disfunção erétil e da bexiga. Isso é comprovado por estudos, como um realizado por pesquisadores da University of The West of England, na Inglaterra.

Not all pelvic floor problems require strengthening exercises. Ideal muscle function requires good strength, timing, coordination, and correct relaxation. It's a meticulous balance. If a pelvic floor is too tight, it can lead to pelvic or genital pain, sexual dysfunction, urinary problems including an overactive bladder, or bowel problems. It's always recommended to seek a healthcare professional to understand what approach to pelvic floor health is best for each individual.

The advantage of maintaining a regular habit of pelvic floor care results in the region functioning as it should over the years, without unnecessary loss in tone. Pelvic floor exercises can help prevent injuries and even combat erectile and bladder dysfunction.

In a study conducted by researchers at the University of The West of England, men diagnosed with erectile dysfunction were instructed to do exercises for the pelvic floor muscles, use biofeedback techniques, and follow suggestions for lifestyle changes. After following their progress, researchers concluded that exercises for the pelvic floor muscles were highly effective in reducing post-micturition dribbling—the continued leakage of urine after urination.

"[...] THE GOOD NEWS, ACCORDING TO AN ARTICLE PUBLISHED IN YOGA JOURNAL, IS THAT THERE ARE TREATMENTS FOR THESE PROBLEMS, SUCH AS THE USE OF MEDICATION; A COMBINATION OF PHYSIOTHERAPY, BIOFEEDBACK, AND YOGA; OR EVEN ELECTRICAL STIMULATION AND SURGERY.."



BENEFITS OF YOGA

for Men's Health

Pelvic floor muscles are not visible but they are essential for performing daily tasks. They can be affected by stress, irregular sleep, and other lifestyle factors. An article from Men's Health magazine brings up a very interesting discussion about the impacts of the pandemic on pelvic floor health.

The author spoke with doctors who explained that working from home, stressful situations, uncertainty, too much time sitting, and lack of exercise contribute dysfunction in the pelvic floor. Muscles respond to our emotional state. In moments of stress, fear, or anxiety, we tend to contract the pelvic floor, shrinking the region. In this case, contraction is not beneficial. The author recommends breathing deeply through the belly to mitigate any extra pressure on the pelvic floor that may happen unconsciously in response to everyday tensions. Another important factor is to sit correctly with feet on the ground, maintaining a neutral arch in the lumbar region.

Dedicating a few minutes a day in your yoga practice to the critical muscles in the pelvic floor can help improve overall health by coordinating pelvic floor exercises with breathing to intentionally relax these muscles. According to Yoga Journal, a yoga practice can reduce stress, a known factor causing muscle tension, pain, and other aggravating symptoms. Men can improve their quality of life and avoid pelvic floor dysfunction that negatively affects their overall health. With practice, strengthening pelvic floor muscles improves posture and balance.

Yoga is also a great resource to assist men during and after prostate cancer treatment. Prostate cancer is one of the most common diseases worldwide and is currently considered the most frequently occurring of all cancers in Europe and North America. Mortality rates are high, especially in less developed countries, as pointed out by the National Cancer Institute of the United States. We have decades of research demonstrating the effectiveness of a yoga practice in reducing the physical and emotional fatigue caused by cancer treatments.

In 2017, scientists from the University of Pennsylvania School of Medicine concluded that a yoga practice helps reduce the impact of erectile dysfunction and urinary incontinence in men undergoing treatment for prostate cancer. Those who took yoga classes twice a week during prostate cancer radiation

therapy reported feeling less fatigue, fewer sexual side effects, and better urinary function compared to those who did not. The changes experienced by the group of practitioners were remarkably positive.

In light of the study's results, lead researcher Dr. Neha Vapiwala declared that yoga can improve erectile and urinary function by strengthening core muscles and improving blood flow. It is recommended that men give themselves the opportunity to take yoga classes if they are undergoing cancer treatment. They may be surprised by the benefits that a sustainable yoga practice will bring to their lives when they are experiencing no medical interventions as well. Yoga is shown to improve the quality of life for men.

While yoga is a powerful resource to help men deal with cancer treatment side effects, a consistent practice can also improve their quality of life and promote overall health, including prostate health. I like to emphasize that emotional well-being can help us improve our ability to deal with stress, anxiety, and clinical symptoms caused by prostate cancer treatments.





Yoga and Men's Emotional Well-being

Practicing yoga helps reduce pain and inflammation in the body, improve blood circulation and cellular oxygenation, and enhance the immune system. Researchers at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital indicate that those who practice relaxation therapies like yoga are 43% less likely to seek hospital care or need frequent medical exams. According to the study, yoga mitigates the negative effects of stress. Managing stress is essential to achieving and maintaining well-being.

Researchers considered the impact of stress-related illnesses on healthcare utilization in the United States. Depression and anxiety diagnoses consumed over \$80 billion in 2012, ranking as the third leading healthcare cost after heart disease and cancer. They clarify that the relaxation supported by mind-body therapies such as yoga, meditation, or biofeedback is a reaction mediated by the hypothalamus, resulting in a decrease in sympathetic nervous system activity, heart rate, metabolism, and respiratory rate.

Mind-body interventions prove to be more economically accessible compared to the cost of visits to emergency rooms, clinics, and hospitals. Mind-body therapies are safe and can help better manage symptoms of disease.


The Covid pandemic triggered a series of emotional and psychological problems in countless people around the world caused by social isolation and stress. In a report of its own, the World Economic Forum estimated that approximately 2.6 billion people worldwide experienced some form of isolation that could lead to a second epidemic of stress-related disorders during the second half of 2020.

A study by the Indian Psychiatric Society showed that the pandemic impacted two-fifths of the population, resulting in some kind of mental disorder. As an alternative therapy for improving mental health, including for men, some researchers found that a yoga practice used as a complementary therapy has proven effective for the self-management of stress-related problems.



The researchers found that yoga practitioners demonstrated greater personal control in stressful situations, more coherence and understanding of life challenges, better resistance to the emotional impacts of Covid, and less cognitive and emotional loss from the disease. As found in other studies, this study also revealed that those who practiced yoga had less depression, stress, anxiety, and experienced greater well-being and peace of mind.

The emotional impact of Covid was lower among long- and medium-term yoga practitioners, a fact proving that a sustained yoga practice increases physical strength, and promotes respiratory and cardiovascular function. With improved physiological functions, yoga practitioners experience a reduction in stress, anxiety, and depression. The psychological benefits of a yoga practice include inducing changes in one's perspective on life, self-awareness, sense of balance between body and mind, and generally a positive outlook—even in difficult situations.



"[...] THE COVID PANDEMIC TRIGGERED A SERIES OF EMOTIONAL AND PSYCHOLOGICAL PROBLEMS IN COUNTLESS PEOPLE AROUND THE WORLD CAUSED BY SOCIAL ISOLATION AND STRESS..."

Strengthening the Body and Mind to Increase Longevity.



Practicing yoga brings many health benefits to men. I emphasize that the gains occur for all age groups, even for individuals with sleep disorders and declines in functionality associated with aging. It is estimated that 67% of older people complain of poor sleep, difficulty falling asleep, or disturbed sleep. Many people will resort to medications that may not always generate the desired effect and could have adverse side effects.

A study evaluated the effect of yoga on the sleep quality of adults over 60 years old. Researchers identified a direct relationship between poor sleep quality and increased physical and psychiatric impairment and cognitive function decline. Many people consider these problems to be part of the aging process, which is false.

Researchers considered any non-pharmacological therapy that improved physical capacity and reduced sleep disorders among older adults—including yoga—for promoting a reduction in blood pressure, providing relief from anxiety, delaying functional decline, and improving serum lipid profiles. They also evaluated studies showing that after six months of yoga practice older adults experienced a significant reduction in the time it took to fall asleep and had decreased sleep disturbance during the night resulting in better sleep quality.

Participants also decreased the use of sleep medications and reported feeling more alert and energetic in the morning when compared to those who did not

practice yoga. Researchers noted that practicing yoga involves the stretching and relaxation of muscles, requiring significant physical and mental effort. Consequently, sleep is deeper, less disturbed, and becomes more efficient in reviving the body and mind.

Yoga can help strengthen the muscles of the upper airways, improving oxygen saturation and reducing snoring. Regular yoga practice also improves joint flexibility and prevents the decline of physical function, improving the quality of life in older adults.

The practice of yoga also shows promise in treating common chronic health issues, including obesity, type 2 diabetes, cardiovascular disease, and cancer when these diseases are accompanied by poor habits associated with diet, lack of physical activity, excessive alcohol and cigarette consumption, irregular sleep, or poor mental health.

At first glance, this list seems scary, but habits can be intentionally changed. Giving up harmful habits is a small effort for improved health. It's worth reviewing our behaviors in order to take control of our life. Including a yoga practice in to a daily routine has proven to be effective for resolving health issues directly related to lifestyle choices.

Studies suggest that yoga has a regulatory effect on two important systems of the human body: the hypothalamic-pituitary-adrenal (HPA) axis and the sympathetic nervous system (SNS), both of which are related to our stress response. Yoga decreases the response of the HPA and SNS systems during stressful situations through the stimulation of the vagus nerve thereby reducing cortisol, blood glucose, and norepinephrine levels—which act in the maintenance of heart rate, glucose, and blood pressure, and epinephrine—which is related to increasing glucose levels and heart rate. This regulatory effect helps to reduce heart rate, blood pressure, and inflammation.

The impact of yoga practice on health intrigues scientists so much that a group of researchers from the University of Maryland and the National Institutes of Health Clinical Center aimed to understand the interrelation between yoga and health. They interviewed students who had participated in at least two months of yoga classes.

This study investigated the effects of yoga practice on health, especially for those who maintain their practice at home. The results indicated that the frequency of practice at home was an important predictor for mindfulness, well-being, a healthy BMI, healthy eating habits, and the occurrence of sleep disorders. Additionally, those who practiced more than five days per week tended to master more aspects of their yoga practice, including physical postures, breathing, and meditation, than those who practiced less often.

According to the study, practicing more frequently is associated with healthier eating behaviors or desires, such as the consumption of more fruits and vegetables and less alcohol. This is because yoga postures generate deeper relaxation. The study concluded including all aspects of a sustained yoga practice in your routine can be more beneficial than a practice that is limited.



CONCLUSION

The Transformative Power of Yoga: How Men Find Balance and Well-being Through This Ancient Practice

The practice of yoga has a lot to contribute to improving men's health. I have seen the presence of men increasing in my classes. This is excellent, because I know how common negligence is around men's physical and mental health when life's accumulating challenges put taking care of ourselves at the bottom of our agenda.

Even though yoga is an ancient practice, it has long been hidden behind the false idea that it is an activity for flexible bodies or mostly for women. Younger generations either have had no interest in a yoga practice, do not know how to initiate one, or tend to follow trends dictated by the fitness universe. Today, I see a positive change underway with more people accessing a clearer understanding about what yoga is and the physical and mental well-being it promotes.

More and more men with stressful lives are turning to Kaiut Yoga to find a balance between their professional and personal lives. They want relief from stress through the method's therapeutic postures and the meditative state that calms their mind and body.

The Kaiut Yoga Method addresses the challenges of addressing the male pelvic floor by breaking down rigidity patterns in the hip joints. The hip joint is in the region we call the pelvic girdle. The hip joints need to be mobilized in order to generate natural toning and restore original functionality and biomechanics. Mobility and power in the pelvic girdle can be rescued through toning and mobilizing hip joints in our practice.

Recent studies demonstrate that a sustainable yoga practice can offer benefits for men's health, including strengthening pelvic floor muscles, reducing pain associated with pelvic floor dysfunction, improving flexibility and muscle strength, reducing stress and anxiety, promoting better and more restful sleep, and improving posture.

The Kaiut Yoga Method is an option for men who want to experience all these benefits. It is designed to meet the individual needs and limitations of each practitioner and to access the potential of the body, increase longevity, and positively affect both physical and mental health. In short, Kaiut Yoga is a key to self-development, helping us to have a fulfilling life.

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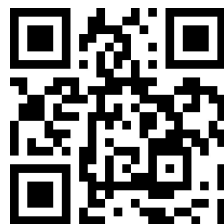
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