

FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



INTRODUCTION

Welcome to Issue 6, Volume 11 of the Friends of NeuroVisual Training Newsletter!

Our feature article explores the powerful combination of these practices. This piece delves into how integrating yoga with Neuro-Visual Training (NVT) can enhance physical, cognitive, and emotional well-being. By combining the ancient wisdom of yoga with modern neuroscience-backed methods, individuals can achieve improved focus, mental clarity, and overall performance.

While the article focuses on the complementary benefits of yoga and NVT, it suggests that incorporating NVT drills into yoga practice can further enhance these benefits, offering new pathways to peak performance and holistic health.

The 'How To' section of this newsletter presents practical techniques for integrating NVT with yoga. Here, we provide step-by-step instructions on performing NVT drills both in isolation and during yoga practice. These exercises, such as gaze stabilization, flashcards for memory, and Stroop, are designed to improve eye discipline, cognitive function, and body control, offering valuable strategies for athletes, yoga practitioners, and individuals seeking to optimize their physical and mental performance.

Join us as we dive deep into the fusion of yoga and NVT, equipping our community with the knowledge and tools to elevate their health and performance. Together, let's continue to explore innovative approaches to achieving a balanced and fulfilling life.

WHAT'S IN OUR LATEST ISSUE

- Introduction
- Yoga and NVT – Esha Reddy
- “How To”: NVT for Yoga – Dr. Joseph Clark, Ph.D.
- Announcements
- Disclaimer

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Article Review: Yoga and NVT

In recent years, the integration of holistic practices with scientific methods has become a trend in the pursuit of enhanced physical and mental performance. One such powerful combination is the blend of yoga and Neuro-Visual Training (NVT). While yoga, an ancient practice rooted in Indian tradition, has been celebrated for centuries for its ability to foster mind-body harmony, NVT brings a modern, neuroscience-backed approach to improving cognitive and ocular performance. Together, they offer a comprehensive path to optimal health and peak performance.

Yoga is often associated with increased flexibility, strength, and stress relief. However, its benefits extend far beyond the physical. Originating in India over 5,000 years ago, yoga emphasizes mindfulness, breath control, and mental clarity, fostering a deeper connection between the mind and body. Through various postures (asanas), breathing exercises (pranayama), and meditation, practitioners learn to tune into their bodies, enhance focus, and cultivate a state of inner calm.

On the other hand, Neuro-Visual Training (NVT) is a collection of brain and eye exercises designed to improve everyday function and elite sport-specific performance. NVT focuses on three main pillars: eye discipline, ocular motor performance, and brain processing. Eye discipline trains the ability to maintain focus despite distractions, which is crucial for both everyday activities and athletic performance. Ocular motor performance exercises strengthen the muscles around the eyes to improve endurance and rapid attention shifts, enhancing "field awareness." Brain processing exercises enhance the brain's ability to take in, process, and act on information quickly, improving decision-making, especially under pressure.

Combining yoga and NVT can lead to enhanced focus and attention. Yoga's emphasis on mindfulness and breath control pairs seamlessly with NVT's focus on eye discipline and brain performance. During yoga practice, maintaining steady gaze points (drishti) in various postures can be enhanced through NVT exercises, leading to improved focus and attention. This integration allows practitioners to stay present and centered, both on and off the mat.

Moreover, the ocular motor strength developed through NVT can significantly benefit yoga practitioners. The various eye movements and focus shifts required in NVT exercises can complement yoga's holistic approach to health, preventing eye strain and enhancing visual clarity. This is particularly beneficial in practices such as Hatha and Vinyasa yoga, where eye focus and movement coordination are integral.

Yoga's impact on mental clarity and emotional balance is well-documented. When combined with NVT's brain processing exercises, which enhance the brain's ability to take in, process, and act on information, practitioners can experience heightened cognitive function and emotional resilience. This integration can be particularly beneficial in high-stress environments, aiding in quicker decision-making and reducing the likelihood of the "freeze" response in unfamiliar situations.

Combining yoga and NVT can be accomplished by doing the two activities in isolation. Conversely some yoga methods can be combined simultaneously with NVT methods. Some NVT methods can be performed while doing some yoga exercises. For more information, in the how to section of this issue there are a couple of examples of these.

The benefits of combining yoga and NVT extend beyond individual practice. Athletes can experience enhanced performance, reduced injury risk, and quicker recovery times. For everyday individuals, this combination can lead to improved job performance, better quality of life, and enhanced safety in daily activities. When paired with yoga's emphasis on mindfulness and physical conditioning, the potential for enhanced athletic performance and reduced injury risk is large. Athletes trained in both practices may show improved multitasking abilities, quicker reflexes, and a greater ability to stay calm under pressure.

The integration of yoga and Neuro-Visual Training represents a holistic approach to health and performance. By combining the ancient wisdom of yoga with the modern science of NVT, individuals can achieve a higher level of physical, cognitive, and emotional well-being. This powerful combination not only enhances athletic performance but also fosters a deeper connection between the mind and body, paving the way for a balanced and fulfilling life.

How To: NVT for Yoga

If you are interested in improving your yoga experience, you may wish to consider engaging in NVT. You can do some NVT drills during your yoga practice and you can also do NVT in isolation with a goal to improving yoga.

Some drills to consider in isolation to improve your yoga performance is Stroop, Gaze Stabilization, flashcards, Hart Charts, flashcards for memory, T-scope, and eye discipline.

Some drills to consider in combination with doing some yoga practices are gaze stabilization, flashcards for memory, eye discipline and T-scope. During some yoga activities the direction and fixation of the eyes can be important for body control and balance. Keeping the eyes fixed and disciplined on a target can improve the yoga experience. Thus, please consider eye discipline during yoga exercises. This can be set up with a phone or computer in the location of your gaze. These programs can run automatically, and you can get immediate feedback concerning your disciplined gaze.

Setting up the Tachistoscope in a similar way can enhance the yoga experience as well. Set the program to run with an auto timer setting and keep your eyes fixed on the computer screen. When the images flash use your internal dialogue to perform the Tachistoscope activity. This brain training while yoga training will help engage your mind and brain and allow you to gain muscle memory and proficiency with the added task of the tachistoscope.

Gaze stabilization is a compliment to Eye discipline in that the eyes are supposed to stay fixed on a point while the head or body is moving. Practicing small and or short periods of head turning or head nodding when performing some yoga positions will make you more stable at the task in general. Note, we are not changing the instructions for your Yoga, rather we are adding some small challenges to improve your overall proficiency.

Some drills that can be performed in isolation. While we recommended Gaze stabilization in combination with the practice of yoga, we want to suggest some Gaze stabilization exercises in isolation too. This will support the yoga experience and the combined NVT with yoga. Consider doing Gaze stabilization of head nodding or head shaking when standing, sitting, kneeling, kneeling on all fours, head up, head to the side and other non-traditional body positions. Being able to fix your gaze while in different non-yoga positions may aid in your eye discipline and balance when engaging in yoga exercises.

The Hart Charts for near far, scanning saccades and reading saccades can be performed in isolation from the yoga exercises to improve ocular motor performance, eye discipline and balance. Concerning balance, consider doing the near far hart charts on the floor and at a distance away. This is an activity that may be relevant to ensure good balance and posture during yoga. Consider scanning Hart charts on the vertical, horizontal and / or diagonal. This activity is important because it is recommended that you practice this activity and keep your head still. This is a drill in body control. Have the eyes saccade, but keep the body motionless. Such discipline of body movement may aid in the proficiency of the yoga you are doing.

Stroop is a great tool for training and conditioning impulse control. The discipline of yoga can benefit greatly from improved impulse control. Thus, including Stroop as an adjunct to your yoga training may aid in impulse control and / or body control when engaging in yoga activities.

In conclusion, there may be ways in which a yoga practitioner can overlay NVT during yoga as well as a compliment to yoga with a goal to enhance and improve the yoga experience. The brain controls the body and NVT helps the brain control the body better.

Announcements

As always, please also check out our store, <http://www.inneuractive.com/shop> ! We regularly add new products and are excited for the upcoming launch of our NVT warmup panels, and the Speed of Accommodation and Processing software platform.

We encourage our Friends of NeuroVisual Training community to engage with these enriching resources. Your commitment to staying updated fuels the advancement of our field, and for that, we are sincerely appreciative.

***Disclaimer:** Nothing in this communication should be construed as a practice of medicine, an endorsement, or political action. The opinions are the opinions of the authors.*