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The Integration of Yoga + Meditation With Cannabis



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Medicated Yoga for Everyone

- All body types, sizes, ages, experience levels
- Elderly, sick, veterans, newbies
- Appropriate for all – experienced cannabis users + yogis or newcomers





Cannabis In Mind, Body + Spirit

- Psycho-spiritual integration based on individual belief system
- Cannabis + yoga can help manage inflammatory pain symptoms
- THC + CBD both bring attributes to yoga experience
- Best practices for integrating cannabis with yoga





Cannabis Influences Yoga Experience

- Heightened sensitivity to new sensations
- Allows for new relationship with the body
- Enhances sexual sensitivity, tuning into the body with stretching





Mindfulness + Yoga

- Being present with newly discovered sensations
- More attention paid to sensory stimulation on + off the mat
- Increases salience or meaningfulness



Enhancing Appreciation

- Alters time for non-linear brain to a mystical brain
- Offers spiritual state of consciousness not available in everyday life
- CBD can provide a relaxed, blissful state to temper anxiety



Relieving Pain

- Stress, anxiety, depression impact creation of pain in the brain
- Techniques such as yoga + mindfulness help de-stress + reduce pain, inflammation
- Stretching is an anti-inflammatory act





A Healthy Yoga Practice

- Includes strength, balance + flexibility
- Ensures wellness into old age
- Keeps body supple + limber
- Diverse range of yoga movements is accessible to all people





De-Stressing For Positive Feedback

- Adrenal exhaustion: high levels of cortisol + adrenaline leading to adrenal gland desensitization
- Can lead to sleep disorders, weight gain, memory issues, heart disease, intestinal problems
- More stress means reduced mindfulness → diminished coping capabilities + negative feedback
- Yoga, relaxed breathing + mindfulness = positive feedback loop





Mental Health Improvements

- CBD + THC combo for depression, anxiety, PTSD
- Moderate exercise + meditation (1 hour twice/week) can reduce brain activity linked to negative rumination (negative thoughts leading to depression)





Activating Parasympathetic System

- Reduced heart rate, blood pressure + slower breathing pace
- Provide significant short + long term stress relieving effects
- Become more resilient to stress





Mindfulness to Change Our Reality

- Identify habitual reactions causing conflict + stress
- Take responsibility for change, resulting reduced emotional upset
- Take charge of stressors to alter outcomes



Social Cannabis as Medicine

- Cannabis as preventive medicine for enhanced wellness
- Consider cannabis a health tonic for stress-related health imbalances

Refer to Ethan Russo Module: Clinical Endocannabinoid Deficiency + Tone



Healthy Endocannabinoid Tone

- Neuroprotectant + anti-inflammatory
- Helps with resiliency distress to foster spiritual awakening + evolved consciousness





Historical Perspective

- Four books of Vedas (to know) – transmission given to yogis (Rishis)
- SOMA = cannabis in Sanskrit
- Attaining spiritual state of union of chakras, conscious, mind, body, spirit with cannabis
- Guru = one who brings the light
- Yoga = union

Refer to Prashanti de Jager Module: The Verdic + Ayurvedic Constituents of Cannabis





Cannabis as a Sacred Herb

- Atharvaveda (last book of Vedas) – cannabis is one of 5 sacred herbs, heavenly guide
- Bhang: Indian holiday cannabis beverage
- Sages: yogis smoke, chant to Lord Shiva (cannabis deity)

Refer to Martha Montemayor Module: The Many Ways to Consume: Formats + Tools





Best Practices for Integrating Cannabis with Yoga

- Determine cultivar, consumption method, dosing, frequency
- Consumption methods: smoking, vaping, dabbing, tinctures, topicals
- Vaping: only vapors inhaled into lungs (flower or oil cartridge pens)
- Tinctures/Oils: rapid absorption via membranes under tongue
- Dabbing: high-intensity concentrates
- Edibles: slow onset, body buzz suitable for yoga
- Topicals: no psychotropic effect, so good entry point for some





Trial + Error

- Macrodosing for spiritual experience
- Microdosing for minimal effect
- Consume before, during, or after yoga?
- Personal choice based on intention





Creating Mindfulness

- Flexible + focused: awake to reality
- Not meditation but focus on the present
- Relaxation is the outcome, not the goal
- Mindfulness is a practice that takes time





Yoga + Breath

- Breathe is as important as posture
- Removes tension + can create a cloud of awareness around pain
- Vibration of breath's sound is relieving





The Power of Stretching

- Start with frequent but shorter duration to gain flexibility
- If painful, tissues are not ready
- Go slow or change to massage
- Katie Bowman, resource on biomechanics

Refer to Laura Lagano Module: Food as Medicine: An integrative Approach to Diet + Cannabis





Many Facets of Yoga

- Influences every muscle, organ, gland, tissue + body system
- Facilitates nutrition in and out of cells
- Aids in hormone release + parasympathetic stimulation
- Creates self-awareness + ability to be your own spiritual teacher

