



...HEALTHY CONVERSATIONS ABOUT DEATH AND DYING...

## Publications

Taylor, J. End-of-Life Yoga Therapy: Exploring Life and Death. *Intl J of Yoga Therapy* 18: 2008, 97-103.

Abstract: Loss and death are ongoing, universal, natural aspects of life. Yoga therapy is a profession that inherently addresses the many physical, mental, emotional, and spiritual aspects within end-of-life care and requires extensive preparation both professionally and personally. his article introduces concepts, tools, and specific guidelines that can assist Yoga therapists to more effectively and compassionately serve those who are living with serious illness, loss, and end-of-life issues. Yoga philosophy that supports end-of-life therapy is discussed. **Keywords:** Yoga, hospice, dying, meditation, pranayama

Taylor, JC. Courageous Conversations: Exploring matters of life and death in geriatric rehabilitation. *Topics in Geriatric Rehabilitation* Vol 27:1, (2011) 81-86.

Abstract: Death, dying, loss, and grief are aspects of the human condition, constituting important topics not routinely discussed within personal and professional relationships. This article focuses on the importance of awareness and preparation for these often challenging conversations. In addition, an overview of the knowledge, values, and skills needed to effectively discuss topics of dying, grief, and loss with clients and families is provided. **Key words:** conversation, geriatric rehabilitation professional, thanatology, therapeutic relationship, personal development

Taylor, JC, Taylor MJ. Yoga Therapeutics: Preparation and support for end of life. *Topics in Geriatric Rehabilitation* Vol 27:2, (2011) 142-150.

Abstract: This article describes how Yoga therapeutics can provide preparation and support for end of life geriatric rehabilitation. As an integral practice Yoga therapeutics provides the geriatric rehabilitation professional with practical tools and rationale as either sole providers or as members of an interdisciplinary team. Context is provided for how Yoga addresses dying and death with techniques that employ skills within the traditional providers' scope of practice. Yoga therapeutics offers both self-care for the provider as well as the extensive list of techniques to share with patients. Following proper training and personal practice, the provision of Yoga therapeutics has the potential to facilitate a "good death" and minimize suffering in end of life geriatric rehabilitation. **Key words:** end of life rehabilitation, geriatrics, palliative care, yoga, yoga therapeutics