Does your program include Yoga or meditation?

General FAQs and Resources · https://www.re-origin.com/support/does-re-origin-include-yoga-or-meditation

Is Yoga or Meditation Part of the re-origin Brain Retraining Program?

Yoga and meditation are not core components of the re-origin brain retraining program. However, many members find that they complement the work effectively when used alongside the program's structured approach to neuroplasticity and nervous system regulation.

The re-origin program is built on science-based cognitive and somatic brain retraining techniques. These methods are specifically designed to support neuroplasticity — the brain's ability to rewire and form new neural pathways — and to reduce symptoms driven by a sensitised nervous system.

While yoga and meditation share similar goals, such as calming the nervous system and reducing stress, they are not a substitute for brain retraining. Instead, they act as supportive tools within a broader healing approach.

The re-origin brain retraining program focuses on actively changing neural patterns through repetition, consistency, and targeted cognitive and somatic practices. Neuroscience research shows that the brain changes most effectively through consistent, repeated input. This is why the re-origin method prioritises structured practice over more passive approaches.

Unlike general relaxation techniques, brain retraining works directly with the underlying patterns in the nervous system that drive symptoms. This makes it a more targeted approach for those experiencing chronic stress-related conditions.

Yoga, meditation, and mindfulness practices can support neuroplasticity and nervous system regulation when used appropriately. Practices such as breathwork, gentle movement, and mindfulness can help regulate the autonomic nervous system, supporting a shift from a fight-or-flight state into a parasympathetic (rest-and-repair) state, which is more conducive to healing.

Many people ask whether yoga can help nervous system regulation. The answer is yes — particularly gentle, regulated practices that promote a sense of safety in the body.

However, while these practices support emotional balance and stress reduction, they do not directly retrain maladaptive neural pathways in the same structured way as a brain retraining program.

Many re-origin members successfully integrate yoga and meditation into their personal healing routines. For example, a short meditation may help settle the mind before a brain retraining session, gentle yoga can reduce physical tension and improve body awareness, and breathwork can support physiological regulation throughout the day.

Within the re-origin community, some community-led sessions and shared resources also include elements of mindfulness, movement, and breath-based practices. This allows members to personalise their approach while remaining aligned with the program’s core principles.

Yoga and meditation can play a valuable role in supporting nervous system regulation, emotional balance, and overall well-being. When combined with a structured brain retraining program like re-origin, they help reinforce the conditions needed for neuroplastic healing.

The key is balance: prioritise the core techniques that actively drive neural change, and use supportive practices to enhance and reinforce the process.

You can read more about Yoga-Nidra and purchase our Yoga-Nidra audio companion here- https://www.re-origin.com/articles/yoga-nidra-for-beginners

You can also watch this short video on the difference between meditation and brain retraining here https://www.youtube.com/watch?v=7wDPMF4ANvc

Neuroplasticity vs Meditation | How to Get Lasting Results

Yoga and meditation aren't core components of the re-origin program, but many members find they complement the brain retraining work beautifully.

Embedded media: https://www.youtube.com/embed/7wDPMF4ANvc?feature=oembed

Does re-origin include yoga or meditation?

The re-origin program is not a yoga or meditation program, although some practices may overlap in supporting nervous system regulation. Re-origin is a structured neuroplasticity-based program

designed to help people reduce chronic stress responses, interrupt unhelpful brain and body loops, and build greater regulation, resilience, and symptom relief through practical mind-body tools.

Is re-origin a yoga or meditation program?

No, re-origin is not a yoga or meditation program. While some practices may overlap in supporting relaxation and awareness, re-origin is a structured neuroplasticity-based program focused on retraining the brain and nervous system. It includes a range of tools beyond traditional meditation or yoga, designed to support lasting change in how the body and mind respond to stress.