

Traditional Wellness & Rehabilitation Methods

"Movement & Healing of the Ancients"



Leonardo J. Stoute

Director, International Silat Federation of America & Indonesia
Professor, Andalas University, Padang, West Sumatra

Leverett House Old Library

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Outline

- Background & Introduction
- Cultural Background
- Complementary & Alternative Methods
- Photo Gallery & Slideshow
- Workshop...



Background: Silat

- Multifaceted system of movement from SE Asia
- Silat Tuo Minang: originates with Minangkabau people of West Sumatra, Indonesia, 5th century



Cultural Background: Minang

- Oldest & largest surviving matrilineal society
- Known for unique dress, arts, architecture
- “Minangkabau” = Grand water buffalo
- Silat movements: included in arts, dance, theater, cultural festivals & ceremonies
- Accompaniment: *Gamelan* traditional orchestra



Natural Healing of the Minang

Complementary & Alternative Medicine

- Meditation in Movement
 - Stress Relief & Stress Management
 - Breathwork: Awareness & Control
 - Focus & Concentration
- Effective stress management is essential for overall health, wellness & career growth



JAMU (Herbalism)

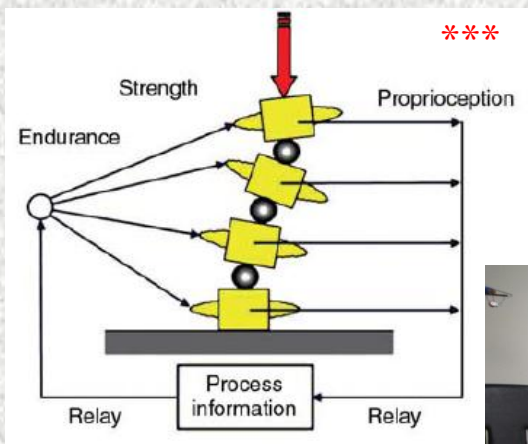
- System of native herbs, used on daily basis
 - **30,000** tropical plants grow in Indonesia
 - Familiar ingredients include: ginger, nutmeg
 - Roots, barks, stems, leaves, fruits; pill/drink form
 - Holistic therapy for balance
 - Source: www.natheal.com/Jamu.php



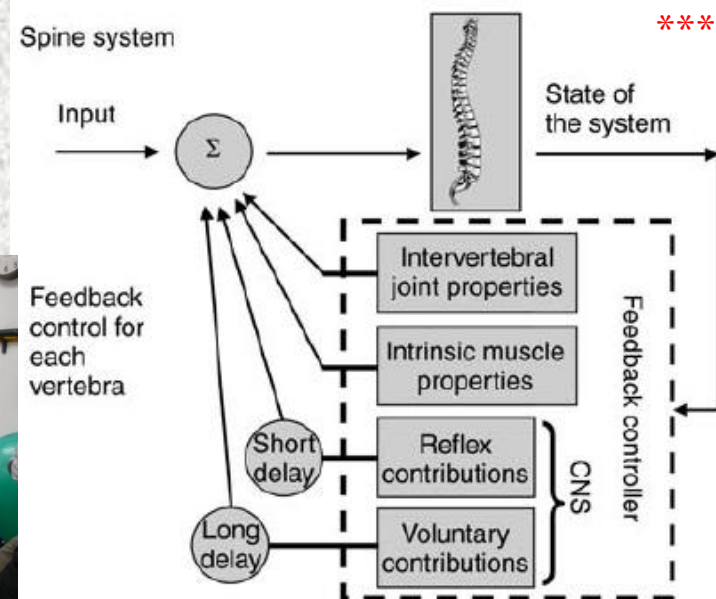
Physical Rehabilitation

Joint Strength & Alignment ~ Injury Prevention & Rehab ~ Balance & Coordination

- Muscular control & alignment prevent injury



At YNHH, 2009



***Zazulak, et al. *J. Am. Acad. Orthop. Surg.* **16**, 497 (2008).

Yale-New Haven Hospital Physical Therapy Department

Training 'In-Session' for Practitioners



Silat Sessions at Pusat Hospital Cardiac Rehabilitation, Jakarta



Silat Sessions at Harvard, Yale, University of Michigan



For more information:
InternationalSilatFederation.com
Yale.edu/Silat

And now...

Time to experience: “See and do”...



Thank You, Terima Kasih!