

## What is Yoga Therapy?

Yoga therapy uses the ancient science of yoga to enhance health and wellness at all levels of the person: physical, emotional, and spiritual. Yoga therapy is useful both for people who seek relief for specific health challenges, as well as for people who want to enjoy good health, prevent disease, and seek an active daily lifestyle.

Yoga therapy is based on a view of the individual as wholeness. For true health to occur, all aspects of a person must be addressed as a whole. In yoga therapy, the techniques of yoga serve to reconnect each client to him or herself at all levels – from the physical body to the breath, the energetic body, mind and emotions.

### Key Benefits of Yoga Therapy

- **Yoga therapy works with YOUR goals.** Each session is tailored to your needs, whether you want to gain relief from chronic pain, facilitate injury recovery, improve flexibility, reduce stress, improve well-being, seek help with depression
- **Yoga therapy targets your yoga practice to YOUR specific condition.** A yoga therapy program for back pain, for example, would differ from a plan focused on increasing flexibility. Some yoga therapists specialize in mainly one or multiple disease conditions.
- **Yoga therapy adjusts the yoga poses to YOUR body's needs.** A yoga therapist shows you how to modify and adjust yoga poses to your body's specific needs, using props, modifications, and alignment assists.
- **Yoga therapy deepens body awareness.** Yoga therapy is offered in individual sessions or small classes, enabling the therapist to guide you in muscle relaxation, stretching, and strengthening.

(Modified and Adapted from yogauonline.com "Yoga vs Yoga Therapy," copyrighted 2014)