

Medical Yoga Therapy



Yoga Therapy is a **self-empowering process** where the care-seeker takes an active role towards their own healing. Yoga therapist provides them with help and guidance to implement a customised and evolving practice. The practices use the entire spectrum of yoga tools that includes but not limited to āsana-s, breathing techniques and meditation that is aimed towards addressing the illness in a multi-dimensional, progressive and complimentary manner. Yoga Therapy can serve to be preventative, curative and in some cases as a means to manage a condition. Yoga Therapy looks at an individual as a whole thereby helps in restoring physical, physiological and emotional systems.

Benefits of Medical Yoga Therapy

- helps to relieve symptoms
- develops self-care behaviours
- improves quality of life
- improves sleep
- enhance new positive mental patterns
- provide means to develop coping strategies
- all stress related disorders including insomnia, headaches, anxiety, depression etc
- musculoskeletal problems such as knee pain, back pain etc
- immune system disorders such as arthritis

- endocrine and hormonal problems such as diabetes and women's health issues
- asthma and other lung disorders
- Grief
- Emotional Strain

Yoga Therapy Process

Yoga Therapy process starts with the first thought of using yoga as tool to address a need- that need could be personal transformation, or for health. Usually, it is necessary to have few sessions to evolve a practice which the care seeker can keep for a long time. The first sessions which is the first consultation is a bit longer, generally around an hour and half, in order for me to understand and get to know the care seeker. After which I design a yoga practice that the care seeker takes home and ideally practice regularly everyday. The next session usually takes place much quicker and is for an hour and takes place soon after the first consultation so that I can see whether the practice needs changing: this may be for a variety of reasons - sometimes the care seeker is ready to progress, sometimes other priorities surface, sometimes the practice needs to be refined, sometimes people just want something different. This pattern of checking and refining continues, with the intervals between classes usually becoming gradually longer. Some people are happy to come for about four sessions and then feel that they can be independent for quite a while. Others prefer to continue to come back at intervals of, perhaps, 4, 6 or 8 weeks. This is not prescriptive and changes as each one of us are unique and have our own needs and requirements.