

Yoga Therapy

Those who wish to develop their natural wellbeing may find yoga therapy a useful route. Yoga therapy is taught by yoga teachers with additional training and experience in the therapeutic adaptation and application of yoga. People may be taught one-to-one or in a therapy group setting.

Yoga therapy may help with many issues and can be appropriate for a wide range of ages and lifestyles as well as those looking for a healthier way of life. All that is needed from the participant is the desire to help her or himself and the willingness to practise regularly.

Through practising a yoga therapy programme the participant may, for example, become more aware of posture and breathing. She/he may also find regular practice can help to promote relaxation, aid sleep and relieve tension; it may help to contribute to an increased sense of wellbeing and a positive mood.

In a typical first yoga therapy session a medical history will be taken by the yoga therapist. The body, posture, simple movements and the breath may be observed and issues and concerns discussed. Working with yoga therapeutically is about the whole person.

The yoga therapist will then assess how yoga therapy may help before planning and teaching a practice tailored to the needs of that individual. Practices may include one or more of a range of techniques such as posture work, breathing, relaxation, working with sound, reflection, and/or meditation. A number of sessions are likely to be needed to confirm safe and appropriate practice.

Choosing a practitioner

It is important to choose a qualified yoga therapist who has undertaken all the necessary training to understand the theory and practice of yoga therapy.

You can check whether a yoga therapist is registered with the Complementary & Natural Healthcare Council (CNHC) by searching the register at www.cnhc.org.uk. By choosing yoga therapists registered with the CNHC you can be confident that they are properly trained, qualified and insured.