

What Is Yoga Therapy?



Although all yoga is potentially therapeutic and healing, yoga therapy is the specific application of yogic tools—postures/exercises, breathwork, meditation techniques, and more—to address an individual’s physical, mental, and emotional needs. Many people first learn about yoga through its physical practices, but a common misconception is that the discipline is all about stretching or movement. In fact, yoga therapy can help people who can’t move at all, as well as active individuals!

The yogic model of health is unique because it addresses every aspect of life rather than considering each body part or system separately.

Yoga therapy is a safe way of working with the natural capacity of your body and mind to optimize well-being.



How Can I Find a Certified Yoga Therapist?

Yoga therapists practice in hospitals, private clinics of all kinds, and on their own. To learn more about yoga therapy and find an IAYT-certified yoga therapist near you visit

www.yogatherapy.health



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