

Yoga therapy may be defined as the application of Yogic principles to a particular person with the objective of achieving a particular spiritual, psychological, or physiological goal.

Through a typical yoga Therapy session the practitioner, or teacher, listens deeply to the student/ client and combines Therapeutic yoga postures and breath work for his or her well-being.

The practitioner may also include healing touch, and mantra, or meditation to support the clients health and wellness.

The session will be individualized depending on the particular need to be addressed.

It would be common for the individual to leave the session with an individualized sequence to practice at home, and then return at some point to find out about the effects and to gain more knowledge or another individualized sequence.

Yoga therapy respects individual differences in age, culture, religion, philosophy, occupation, and mental and physical health.