

What Is Yoga Therapy?



All yoga is potentially therapeutic...

Yoga therapy:

Specifically applies yogic tools—postures, breathwork, meditation, & more

To address an individual's needs—physically, mentally, emotionally, & even spiritually



**Yoga itself offers tools
that touch on the whole
spectrum of human
experience**

Yoga therapy can address a range of concerns

CHRONIC PAIN

Low-back pain

Arthritis

PMS

Fibromyalgia

Etc

NEUROLOGIC ISSUES

Stroke effects

MS

Parkinson's

TBI

MENTAL HEALTH

Anxiety

Depression

PTSD

Insomnia

ILLNESS SUPPORT

Cancer, diabetes

Heart disease

HEALTHY AGING

Osteoporosis

Balance & fall prevention

And go beyond conditions & individual systems or parts

CHRONIC PAIN

Low-back pain
Arthritis
PMS
Fibromyalgia
Etc

NEUROLOGIC ISSUES

Stroke effects
MS
Parkinson's
TBI

MENTAL HEALTH

Anxiety
Depression
PTSD
Insomnia

ILLNESS SUPPORT

Cancer, diabetes
Heart disease

HEALTHY AGING

Osteoporosis
Balance & fall prevention

OVERALL WELL-BEING

Yoga therapy...

“clients are usually not coming to learn yoga, but to get help with or relief from some symptom or health condition that is troubling them. In most cases, the instruction focuses on their condition and how the yoga techniques can help them feel better or improve their function, rather than on the techniques or methods of yoga practice.”

—Gary Kraftsow, C-IAYT

Differing focus

YOGA CLASS

- Instruction in yoga techniques
- General practice, often fitness-oriented
- Limited individual adaptations
- Community practice

YOGA THERAPY SESSION

- Individual assessment, formal intake
- Address specific concern(s)
- Practices tailored to client goals
- Individual empowered with self-healing
- Therapeutic relationship, possibly in a group

Training hours

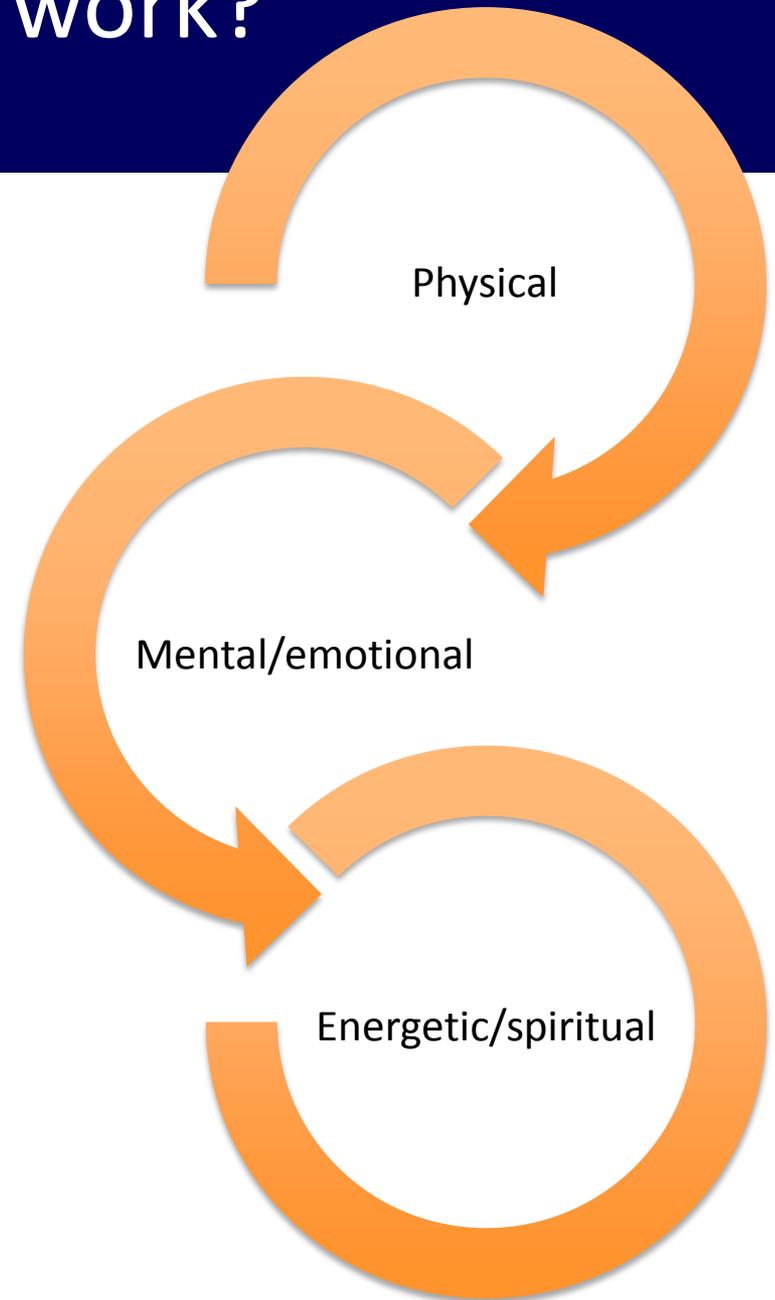
Subject Area	Yoga Alliance– Registered Yoga Teacher	IAYT-Certified Yoga Therapist
Yoga philosophy	At least 30	At least 120
Anatomy & physiology	At least 20	At least 90
Psychology, additional biomedicine	Not required	At least 45
Adapting yoga tools to individual needs	Not required	At least 140
Supervised clinical practicum	Not required	At least 205
Practice teaching, assisting a teacher	At least 10	At least 140
Total training hours	200+	1,000+

<https://www.yogaalliance.org/Credentialing/Standards/200-HourStandards>
https://c.ymcdn.com/sites/iayt.site-ym.com/resource/resmgr/accreditationmaterials/2017_11_Updates-Ed_Std/2017_IAYT_Educational_Standards.pdf

How does yoga therapy work?

Biopsychosocial-spiritual methodology

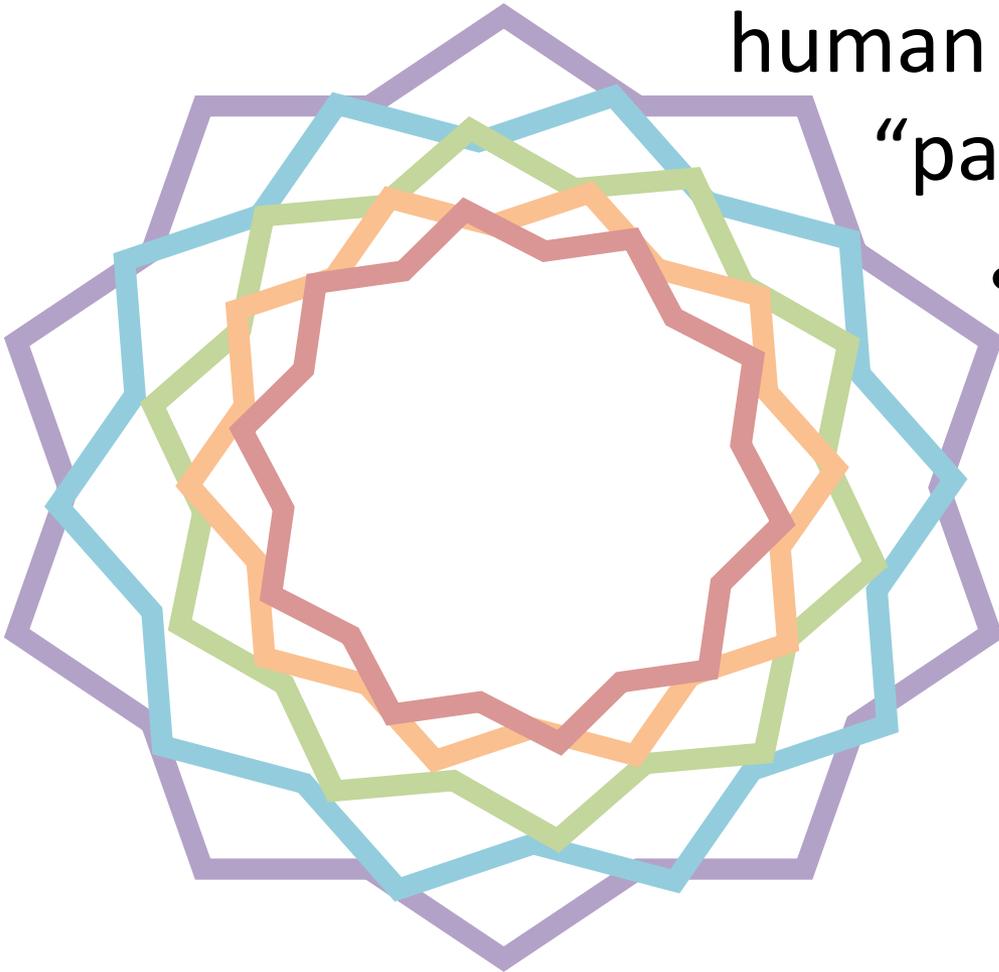
- Musculoskeletal stretching & strengthening
- Changed neurological processing
- Nervous system regulation



How does yoga therapy work?

- Inextricably interconnected human system, the “pancamaya” model

- Tool used in one area (eg, breathwork) affects another (eg, musculoskeletal) —in fact, affects *all* others



A growing evidence base: Research starting points

- Barrows JL & Fleury J. Systematic review of yoga interventions to promote **cardiovascular health** in older adults. *Western Journal of Nursing Research* 2016;38:753–81.
- Cramer H, et al. Yoga for **multiple sclerosis**: A systematic review and meta-analysis. *PLoS One* 2014;9. doi:10.1371/journal.pone.0112414
- Gard T, et al. Potential **self-regulatory mechanisms** of yoga for psychological health. *Frontiers in Human Neuroscience* 2014;8:770.
- Khalsa SBS, et al (eds). *The Principles and Practice of Yoga in Health Care*. Pencaitland, UK: Handspring, 2016.
- Sharma M, et al. A systematic review of yoga interventions as integrative treatment in **breast cancer**. *Journal of Cancer Research and Clinical Oncology* 2016;142:2523–40.
- Sherman KJ, et al. A randomized trial comparing yoga, stretching, and a self-care book for **chronic low back pain**. *Archives of Internal Medicine* 2011;171:2019–26.
- Uebelacker LA & Broughton MK. Yoga for **depression and anxiety**: A review of published research and implications for healthcare providers. *Rhode Island Medical Journal* 2013;99: 20–22.
- Vizcaino M & Stover E. The effect of yoga practice on glycemic control and other health parameters in **type 2 diabetes mellitus** patients: A systematic review and meta-analysis. *Complementary Therapies in Medicine* 2016;28:57–66.

How can I find a yoga therapist?

Yoga therapists practice in hospitals, private clinics of all kinds, & on their own

Some offer online sessions or specialize

To find a certified yoga therapist, visit

yogatherapy.health

Who is IAYT?

- Not-for-profit professional organization founded in 1989
- Now represents 5,600+ yoga & healthcare professionals worldwide
- Mission: to establish yoga as a recognized, respected therapy
- In-depth competency-based educational standards
- Rigorous accreditation process for training programs
- Certification of individual therapists (C-IAYT)
- Learn more at www.IAYT.org