

WHAT ARE THE GOALS OF YOGA THERAPY IN STRESS MANAGEMENT?

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The goal of yoga therapy in this population include reduction and management of stress and its accompanying symptoms that can produce suffering.

A yoga therapist helps a client in a one-on-one setting or a group setting:

- to improve their quality of life
- to help reduce or eliminate symptoms of stress and associated underlying causes of medical conditions
- to help them direct their focus toward improved health and well-being
- to help them modify or adjust their relationship with stress
- to implement a healthy lifestyle

When effectively applied, the tools of Yoga Therapy can help clients move through life with steadiness and ease and ultimately towards gratitude, contentment and pure joy

The methodology of yoga therapy consists of the traditional practice of Yoga that offers the following tools:

- postures
- breathing techniques
- relaxation techniques
- meditation practices, self-reflection strategies,
- lifestyle recommendation that is disciplined and healthy (self-care practices, selfless service, connection with Nature, and connection with others (spouse/partner, teacher, family, friends, community))