

What is Yoga Therapy?

	YOGA THERAPY/THERAPIST	YOGA TEACHER
AIM	To empower individuals in their efforts at gaining improved physical health and overall well-being	To lead a safe, nurturing practice > can lead to strength & flexibility (physically, mentally & spiritually)
WHAT TO EXPECT	Problem (complaints) > Causes of problem > SMART Goals > Plan (Yoga Therapy tools)	Class/Session (Movement, Breathing, Meditation and/or other mindful techniques)
FOCUS	Specific needs of clients e.g symptom relief/reduction, improved QoL, 5-layer approach	Proper alignment of yoga poses, breathing techniques, meditation, other mindful practices
TECHNIQUE	Personalized, individual need-based or group need-based application of yoga therapy tools	Sequences (poses, breathing techniques, meditation, other mindful practices); yoga philosophy
SETTING	One-on-one = Yoga Therapist + Client; Yoga Therapist + Group with similar complaint	Private sessions or group classes
EDUCATION	200-hour teacher training, 500-hour teacher training, 850-hour yoga therapy training	200-hour teacher training, 500-hour teacher training
HEALTH SERVICE COMPONENT	SOAP notes; can be a part of integrative medicine, with other health providers	None

By Aimee Quizon, C-IAYT