

From the International Association of Yoga Therapist (IAYT) Scope of Practice:

“Yoga therapy is the professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management, and yoga practices for individuals or small groups. The yoga tradition views each human being as a multidimensional system that includes numerous aspects—including body, breath, and mind (intellect and emotions)—and their mutual interaction. Yoga therapy is founded on the basic principle that intelligent practice can positively influence the direction of change within these human dimensions, which are distinct from an individual’s unchanging nature or spirit. The goals of yoga therapy include eliminating, reducing, and/or managing symptoms that cause suffering; improving function; helping to prevent the occurrence or re-occurrence of underlying causes of illness; and moving toward improved health and well-being.

Yoga therapists draw from the principles of yoga and the full range of yogic practices and assessment skills, as well as familiarity with biomedical and psychological foundational knowledge. Yoga therapists work with the client to develop and implement a self-empowering therapeutic plan appropriate to the client’s needs and oriented around prevention and health promotion.

An IAYT-Certified Yoga Therapist (C-IAYT) has undertaken specialized training beyond that of a yoga teacher, in accordance with the IAYT’s [educational competencies for the training of yoga therapists](#) or has met IAYT’s requirements for certification under alternate pathways. IAYT-Certified Yoga Therapists adhere to the professional ethics, guidelines, and codes relating to the practice of yoga therapy as defined by the IAYT.”

Key Components of Yoga Therapy Work:

As a yoga therapist I will offer therapeutic practices with outcomes oriented toward nervous system regulation, pain management and alleviation, and musculoskeletal healing and stability. These outcomes will be oriented toward symptom management and/or cessation of whichever disease or ailment the client is suffering

from. Through biomedically informed movements based in the yogic tradition, breathwork and mental health management through bodywork I will guide clients towards their particular healing goals as a supportive therapist.

It is important that all clients understand that my goal is not to “heal” or “cure” but rather to support in the healing process, facilitate space for the client to heal themselves and provide guidance in therapeutic action. I work alongside healthcare providers and will not provide advice counter to that which you have received from your doctor or talk therapist.

It is also important for the client to recognize that yoga therapists work without pain. This is a key component of the profession and results in more gentle and slower progress. We do this to avoid traumatizing or retraumatizing clients, to reduce inflammation in the body and to create long term, substantive results.

In addition to my training as a Yoga Therapist I hold other certifications that will likely affect my therapeutic approach either consciously or unconsciously. The ways in which these certifications and educations will affect my therapeutic approach are as follows:

As an integrative nutrition specialist:

- Belief in a balanced approach to nutrition
- Understanding of the interconnection between physical nutrients and emotional resources

As a certified aromatherapist:

- Support for natural, non-toxic approaches to preventative medicine
- Understanding of nervous system regulation using natural solutions

As a functional stress management specialist:

- Belief that the nervous system underlies and interacts with most if not all diseases

- Incorporation of nervous system regulation in all therapeutic movements and actions
- Constant consideration of nervous system response to stimuli, movement, thought and action

What I **will** offer during our sessions as a Yoga Therapist:

- Assess each individual client using qualitative and/or quantitative yoga therapy assessment tools and maintain records according to any applicable statutory requirements.
- Use the assessment process to identify any risk factors or contraindications to ensure the safety and appropriateness of the yoga therapy intervention and to develop an appropriate therapeutic plan
- Develop a therapeutic plan and/or provide advice within the yoga therapy framework in accordance with the individual client's needs, goals, learning style, life circumstances, and access to resources such as time and equipment
- Guide clients in implementing the therapeutic plan, aimed at prevention and health promotion
- Use and modify practices of yoga therapy to support the client and help the client manage their physical, emotional, mental, and spiritual health
- Make modification to a practice by verbal instruction and/or consented touches as deemed competent to enact in training
- Provide clear instructions for any home practice that is recommended, with appropriate feedback mechanisms
- Foster the client's own support networks, independent practice, and self-responsibility for his/her own well-being
- Have an understanding of typical disease states and associated symptoms, the effects of medications, and associated contraindications. The therapist will use this understanding to inform what is recommended as a suitable practice for each individual
- Understand and integrate information provided by diagnoses from other qualified healthcare professionals

What I **do not** offer during our sessions as a Yoga Therapist:

- Psychological counseling in the form of CBT or other widely practiced psychological frameworks
- Specific dietary advice such as meal plans
- **Diagnostic services (I will refer all clients back to their primary care provider for diagnostic services)**
- Prescriptive services for supplements or medications
- Interpretation of raw medical or psychological diagnostic test results (these must be previously viewed and interpreted by medical provider for which/by whom they were ordered)

What you can expect during our sessions (not an exhaustive list but intended to provide clear expectations for what yoga therapy entails):

- Therapeutic movements ranging from very restorative to strengthening facilitated for you depending on health intentions and medical contraindications
- Breathwork facilitated for you depending on health intentions and medical contraindications
- Yoga Nidra (yogic form of gentle hypnosis or hypnotherapy also known as non-sleep deep rest) facilitated for you depending on health intentions and medical contraindications