

	Private Session	Yoga Therapy
General	All yoga can be therapeutic. General yoga sessions may help to reduce bodily tension, stress, and to increase strength for longevity and greater quality of living.	Individualized, specific practices targeted at cultivating balance by utilizing a client's strengths to work towards and achieve set wellness, health directed, goals. Yoga therapy may support symptom management and contribute to greater overall well being. <i>Please note: Yoga therapists do not diagnose or treat diseases. Yoga therapy is intended to support natural frameworks of health through personal assessment, developed wellness goals, lifestyle management, and therapeutic yoga tools.</i>
Session Breakdowns	<ul style="list-style-type: none"> ● 60 Minutes <ul style="list-style-type: none"> ○ 5-10 checkin ○ 40-45 movement and breathwork ○ 5-10 relaxation ○ 5-10 closeout 	<ul style="list-style-type: none"> ● 90 Minute Intake ● 75 Minute Returns <ul style="list-style-type: none"> ○ 5-10 checkin, education ○ 30 - 40 guided practice ○ 10 - 20 minute yoga nidra ○ 5 - 10 silent relaxation ○ 5 - 10 closeout
Best For	<ul style="list-style-type: none"> ● Acute conditions or injuries ● Alignment questions ● Postural modifications for personal needs ● Basic prop support for specific needs ● Alternative studio practices - chair, wall use for flows and postures ● Constructing a general home practice 	<ul style="list-style-type: none"> ● Chronic or complicated conditions ● Chronic pain or trauma ● Injury recovery/prevention ● Fall prevention, aging gracefully, arthritis ● Stress disorders and stress management ● Caregiver burnout, compassion fatigue ● Nervous system disorders, sensory-motor amnesia ● Grief, depression, anxiety ● Meditation ● Ongoing home practices ● Practice plateaus
Incorporates	<ul style="list-style-type: none"> ● Generally focuses on the first two koshas: the physical body and the energetic body. ● May utilize asana, pranayama, and mudras. ● Do not confer or refer with other providers ● Client takes their own notes ● No hands on assists 	<ul style="list-style-type: none"> ● Panchamaya Kosha Model - Bio-psycho-social-spiritual model <ul style="list-style-type: none"> ○ Physical Body ○ Energetic Body ○ Mental/Emotional Body ○ Witness Body ○ Bliss Body ● Set Wellness Goals, Monitor progress We Return To ● Team Approach, May Wish to Confer with Other Providers, Refer Out ● Receive a Write-Up for each session ● Home practices for support in between sessions ● 10 Step Process including tools from asana, pranayama, mudra, mantra, guided meditation/yoga nidra, muscle testing, postural assessment and integration, somatics, Ayurvedic principles, latest in chronic pain management and polyvagal theory, chakra, element, vayu, and energy work. ● Hands on assists, with consent, available ● "Yoga-fying" physical therapy exercises