

Yoga Therapy Process, Roles, and Responsibilities

What is Yoga Therapy?

Yoga Therapy is the application of yoga tools and concepts of yoga teachings to empower clients on their path of healing and wellbeing. Yoga Therapists use these tools in combination with the knowledge and insight of biomedical implications. Yoga Therapy is a complementary practice that works in partnership with the client to bring harmony to all aspects of being -mind, body, and spirit, to help alleviate suffering and dis-ease.

How Yoga Therapy is approached?

Yoga therapy is a relationship between client and therapist that is led by the client fostering optimal wellbeing through empowerment. The yoga Therapist completes a range of assessments as an inquiry into the client's current state and disposition. These assessments may include observation of the musculoskeletal system's function and alignment as well as the client's ideas and emotions around their experiences, connection with themselves and others. Client feedback is then used to establish a plan of care encompassing the client's areas of focus and goals. The therapist will offer yogic tools and practices that the client can use to explore the messages and feedback from their own body to inform on their path to change and wellness.

Scope of Practice

Yoga therapists work within the guidelines of offering physical postures that promote alignment and awareness of the physical structure. Other yogic tools such as breath training, meditation, journaling, and contemplative practices may be offered to guide the client towards their goals and improving wellbeing.

Yoga Therapists serve as facilitators for the client to navigate, enhance, or maintain their optimal wellbeing through non-invasive, self-implemented practices that promote change. Yoga therapists work with the client to be present-focused or in the moment of experience and offer tools the client can explore that may support them towards their goals.

The yoga therapist may recommend and refer clients to other professionals with a specialized focus outside of this scope that may serve as beneficial to the client and work in conjunction with the client and yoga therapist relationship.

Clients Responsibility

As a yoga therapy client, you will be responsible for communicating your wants, needs, and discomforts with the yoga therapist. Pertinent health information and communication with other health care professionals on your team may be considered by the therapist in order to offer and maintain a safe and appropriate experience.

Referring to Other Professionals

In keeping with a holistic lens to wellness and health, referrals to additional wellness, or specialized medical professionals may be considered. These providers may include but not be limited to psychologists, nutritionists, or allopathic specialists that may be of benefit the client. With the client's consent, the yoga therapist may be in communication with other professionals on the client's team to ensure the continued safe treatment and approach to your yoga therapy plan.