



Susan | Integrative
Samueli | Health Institute

Yoga Therapy Fact Sheet



What is Yoga Therapy?

“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.”

- International Association of Yoga Therapists

Benefits

- Builds physical strength
- Increases flexibility
- Improves balance and coordination
- Increases bone density
- Reduces stress
- Calms and focuses the mind
- Improves mental health and cognitive function
- Reduces pain
- Improves sleep

FAQ

I have a specific health condition, can I practice Yoga?

All classes are taught by Yoga Therapists who are trained to adapt yogic practices to meet the needs of each student. Before class, please let the instructor know about your condition or diagnosis, so they can offer specific adaptations to ensure your safety. Throughout the class, the instructor will offer modifications for each pose so you can choose the one that feels best for you.

I have never done yoga before, can I start here?

Absolutely, all of our instructors have received the highest level of training as yoga therapists. They will modify the poses to best help your needs.

What if I can't get down on the floor?

Don't worry, you can do yoga in a chair or modifications will be introduced to accommodate your needs.

How many people are in a class? Will the teacher be able to help me?

Class are intentionally kept small to ensure that the therapist can support everyone in the group with approximately a 10:1 ratio. Classes are organized by specific health conditions, therapists use best practices that are supported by evidenced based research.

What props do I need?

Every student will need their own yoga mat. If you are committed to a weekly practice, it's a good idea to invest in two blocks and a couple yoga blankets to use as props throughout the practices to improve comfort and safety. Ask your instructor for recommendations.

Do I need to pre-register?

We ask that all students pre-register at least 1 hour before class to ensure their space in the class and receive the Zoom link. Given the therapeutic nature of each class, space is limited.

One-on-One Yoga Therapy

Work one on one with a yoga therapist and receive a therapeutic plan that is customized to meet your specific health needs. Whether you are seeking to manage a chronic condition or looking to upgrade outdated habits, a yoga therapist can offer the appropriate tools and practices to assist you in achieving your health and wellness-related goals.

Yoga therapists conduct client intake, assessment, and develop a therapeutic plan to assist the client in reducing symptoms and achieving their health and wellness related goals.

We recommend clients see a yoga therapist for a minimum of 6 sessions to develop the therapeutic relationship and refine practices over time to assist clients in creating and sustaining positive behavior changes.

Types of Conditions Recommended for one-on-one Yoga Therapy:

- Musculoskeletal
- Digestive
- Diabetes
- Obesity
- Heart Conditions
- Cancer
- Sleep problems
- Pregnancy: Pre-natal / Post-natal
- Mental Health (Mild Anxiety Disorders, Grief-Loss, Trauma)

Pricing:

- New client visit - \$150
- New client package (3 total) 1 new session and 2 follow ups - \$330
- Follow up session package - \$100



Yoga Therapy Group Class Offerings

Yoga for Wellbeing

An all-levels yoga practice that is appropriate for students of all levels and backgrounds. This class provides in depth explanations of foundational Yoga postures, focusing on alignment, the importance of breath and calming the mind. This class will help you to connect to your body, reduce stress and improve focus on and off the mat, while building strength, improving balance and increasing flexibility.

Yoga for Bone Strength

A specific class for students with osteoporosis or osteopenia. Learn a specific set of postures developed by Dr. Loren Fishman that focus on increasing bone density. Students will learn how to build strength in a safe environment, while improving balance and coordination.

Yoga for Cancer Care

A gentle and nourishing yoga practice for those who are currently undergoing treatment as well as for cancer survivors. Slow and gentle movements help to improve range of motion, as well as circulation and lymphatic drainage. This class introduces deep breathing and meditation practices to calm the mind, reduce stress and promote healing.

Yoga for Heart Health

A safe class for students with heart disease, hypertension or obesity. Slow and deliberate movements are designed to improve posture, while increasing range of motion and improving circulation. Learn specific breathing exercises to help lower blood pressure and heart rate, as well as calm the nervous system. Guided visualization tools assist with connecting to the emotional and subtle aspects of the heart.

Yoga for Stroke Rehabilitation

A supportive class for stroke survivors to not only improve neuromuscular patterns and motor skills but to learn how to apply breathwork and meditation practices to improve mental / emotional health as well.

Yoga for Stress Reduction

Slow down, breathe deep and be restored. Yoga for stress reduction is designed to calm the mind and the nervous system, promoting a sense of ease. A meditative, gentle yoga practice, where the postures are held for longer periods of time to release tension in the body and mind. Research has shown that this restorative yoga practice is beneficial in reducing insomnia, anxiety and depression.

Yoga for Spinal Health

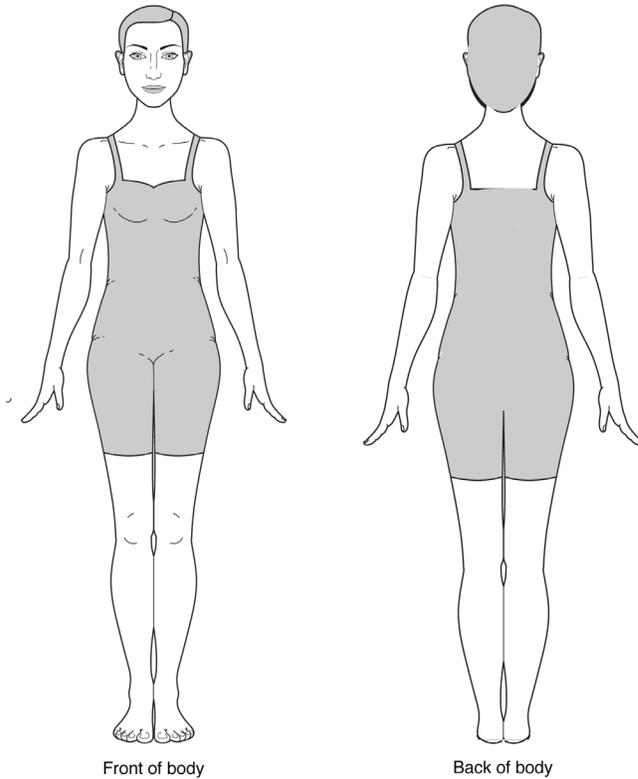
A class focused on strengthening and stabilizing back and core health. This class is safe for students who have experienced strained muscles, herniated discs and sciatica, as long as they are not in the acute phase. Class will also introduce body awareness tools to help improve your posture throughout the day.

Pricing

- Single class - \$25
- 5 classes - \$115
- 10 classes - \$215
- 6-week series - \$200

Group Yoga Class Individual Assessment

Please utilize the symbols below to indicate the location and type of pain that you experience:



- /// sharp pain
- xxx burning pain
- ooo dull ache
- === numbness

Please rate the level of intensity of the pain on a scale from 0-10 with 0 being no pain and 10 being the worst pain imaginable.

Diagnosis:

Chief complaint:

Before Class:

1. From 0-10, How much pain or discomfort are you experiencing right now?
(0 = No Pain / Less Pain and 10 Severe Pain / Discomfort) _____
2. From 0-10, Do you feel relaxed right now?
(0 = Very Relaxed and 10 Not Relaxed) _____
3. From 0-10, How would you rate your level of stress right now?
(0 = No stress and 10 Extremely Stressed) _____

After Class:

1. From 0-10, Do you have more or less pain / discomfort after yoga?
(0 = No Pain / Less Pain and 10 Severe Pain / Discomfort) _____
2. From 0-10, Do you feel more or less relaxed after yoga?
(0 = Very Relaxed and 10 Not Relaxed) _____
3. From 0-10, How would you rate your level of stress right now?
(0 = No stress and 10 Extremely Stressed) _____

Additional Comments or Suggestions: