

So, what happens in a yoga therapy session?

After an intake that asks you information about your current health states and goals, you will be given a set of practices that best meet your goals. You will set a daily time commitment realistic to your lifestyle.

Short daily practices have been shown to be more effective than longer and fewer practices for creating new, healthy patterns. The practice is designed to provide immediate benefits and inspire continued, regular practice.

The therapist meets with the client to discern how the 'prescription' is working and what changes, if any, need to be made. The client will have clear descriptions, photos even videos of their personal practice to which to refer and then meet gradually less with the therapist so the tools become part of the client.

Yoga can help you with many physical and mental health issues

- Stress and Anxiety
- Insomnia
- Heart disease
- Arthritis
- Lower Back Pain
- Cancer/Surgery Recovery
- Depression & Trauma
- Addiction Recovery
- Diabetes
- Pain Management

Who benefits from yoga therapy?

Current research shows that practicing yoga, which includes meditation, benefits a wide range of conditions and illness and often these issues are worsened or begun by stress. Yoga is proven to lower heart rate and blood pressure, improve sleep, elevate mood, alleviates pain, improve strength and flexibility and overall quality of life.

What practices are used?

Yoga is holistic and includes practices for the whole person, body, mind and spirit. The scope of Yoga Therapy practices can include:

- Pranayama or Breathing Practices
- Asanas or Poses
- Yoga Nidra or Guided Relaxation
- Meditation
- Visualization
- Mudra or Focused Hand Gestures
- Chanting
- Mantra and Affirmations
- Lifestyle Modifications (diet, music, nature)
- Self Reflection, Setting Goals & Intentions, Finding More Meaning in Daily Life
- Seva or Selfless Service
- Sangha or Finding Supporting Community

Are there risks?

According to NCCAM, yoga is a cost effective, preventative, safe practice with minimal or no risks when practiced under the guidance of a well trained instructor.

About Elaine

Elaine is a certified Yoga Therapist with the International Association of Yoga Therapists, and trained at TriYoga Boston to receive her 300 hour Yoga Therapeutics certification, to combine with her 200 hour RYT for her E-500 status. She holds a Master's degree in Human Development and Psychology from the Harvard Graduate School of Education.

She is certified in Trauma Sensitive Yoga and specializes in Yoga for Anxiety, Stress and Depression and works with Y12SR, Yoga for Recovery and Addiction.

Elaine works also as a trauma clinician, expressive therapist and school social worker, mindfulness educator and is a certified Usuri Reiki Master. She is a mother of two who uses humor, and many other healing tools to support her yoga therapy practice so her clients are comfortable, open and ready to use their own powers to grow and heal.



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Yoga Therapy



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