

Disclaimer

The yoga therapy components of my teaching and private work are based on my studies with Svastha Yoga & Ayurveda School, and not derived from my status as an RYT 200 with Yoga Alliance Registry. The instruction, information and advice presented by me is in no way meant to be a substitute for counseling from your doctor. Please consult your doctor before beginning this program or any other healthcare program.

Allopathic, Osteopathic and Integrative medicine doctors have recommended yoga and yoga therapy for addressing physical and mental health conditions.* Clinical trials and studies are being performed for conditions related to pain, stress and physiological issues

*Sources:

The Annals of Internal Medicine

“Offering a 12-week yoga program to adults with chronic or recurrent low back pain led to greater improvements in back function than did usual care.”

<http://annals.org/aim/article/1033130/yoga-chronic-low-back-pain-randomized-trial>

The National Institute of Health

Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3447533/>

National Center for Complementary and Integrative Health

<https://nccih.nih.gov/health/yoga/introduction.htm>

“Recent studies in people with chronic low-back pain suggest that a carefully adapted set of yoga poses may help reduce pain and improve function (the ability to walk and move). Studies also suggest that practicing yoga (as well as other forms of regular exercise) might have other health benefits such as reducing heart rate and blood pressure, and may also help relieve anxiety and depression.”