

“Yoga for Health” - Yoga Therapy Workshop

What is Yoga Therapy

Yoga is beneficial for the health in ways that modern science is just beginning to understand. Even though it has been applied with therapeutic intention for thousands of years, Yoga Therapy is only just now emerging as a discipline in itself. More health care practitioners are starting to include yogic techniques in their approach to healing -- and more yoga teachers give a therapeutic intention to their teaching. People who have never tried yoga before are starting to consider including Yoga in their treatment plan.

Yoga therapy is the adaptation of yoga practices for people with health challenges. Yoga therapists prescribe specific regimens of postures, breathing exercises, and relaxation techniques to suit individual needs. **Medical research shows that Yoga therapy is among the most effective complementary therapies for several common ailments.** The challenges may be an illness, a temporary condition like pregnancy or childbirth, or a chronic condition associated with old age or infirmity. **The therapy is particularly appropriate for many chronic conditions that persist despite conventional medical treatments.**

Event Details

The “Yoga for Health” workshop focuses on taking yoga beyond a recreational activity and making it part of our daily routines to overcome some of the common and not so common mental and physical ailments like stress, back pain, weight loss all the way to diabetes and Alzheimer’s. Here we will learn to identify the messages that our body is constantly sending out to us whenever it is in discomfort.

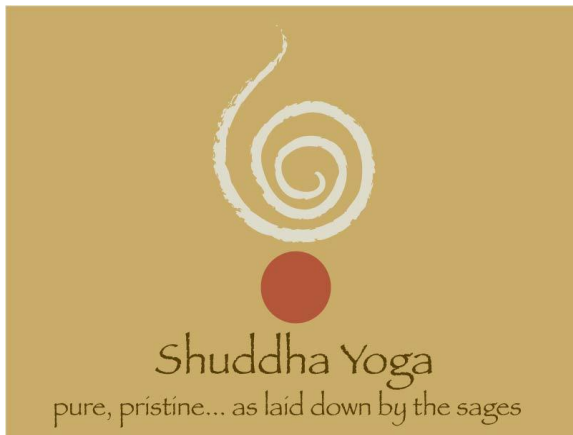
You will be taught tools and techniques that you could incorporate in your day to day life to curb the symptoms of these ailments. This would comprise of yoga postures, breathing exercises and relaxation techniques.

The workshop is designed for everyone who would like to learn more about overcoming their ailments with the help of yoga therapy



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[Yoga Biomedical Trust](#) (England)
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Date :

Timings:

Pricing:

