



Yoga Therapy with Jennifer Houghton

What is Yoga Therapy?

Yoga therapy involves breath work, guided imagery, meditation, mindfulness techniques, specific physical yoga practices designed for the individual, and may also involve some Ayurvedic* traditions. It combines scientific information with the ancient wisdom of yoga. It is a path rather than a magic-pill type solution. When done consistently, the practices we develop in yoga therapy can lead to a more peaceful and comfortable existence. It is aimed at helping relieve chronic pain, improve quality of life, and help with mood management.

*Ayurveda is often called “yoga’s sister science”. It is a 5,000-year-old system of medicine aimed at helping people maintain good health through lifestyle choices based on their individual constitutions.

Who is it for?

Yoga therapy is for anyone who is uncertain they can tolerate a public yoga class, for those experiencing chronic pain, illness, disease, or injury, or those in need of some mood management techniques. Yoga therapy can be helpful to those who are experiencing depression or anxiety associated with chronic pain or limiting conditions. It may also be helpful for those in palliative care situations. Chronic pain can be caused by many factors including disease, acute injury, emotional trauma, congenital conditions, general stress, illness, or recovery from surgery. Pain may be something you are feeling both physically and emotionally and has been preventing you from enjoying your life fully.

What happens at a yoga therapy session?

In each session together we will discuss your experiences and develop practices that help to balance the nervous system, to correct imbalances in flexibility and strength, and improve breath control and reduce tension in the body. These practices will be a combination of appropriate physical yoga postures, breathing techniques, guided imagery, meditations, mindfulness techniques, and Ayurvedic information. We will start slowly allowing you to incorporate these practices into your life and expand your practice over time.

You will also be provided with information to help you understand and manage your symptoms yourself.

In order for the therapy to be successful it is important that people are willing to commit to incorporating some simple practices into their daily lives, e.g. breathing and relaxation techniques that anyone can do. They may also involve yoga positions that are aimed at helping your body feel better and stimulate or relax the nervous system.

Sessions are one-on-one (no couples) unless you need to be accompanied by a caregiver.

Do I have to know yoga to take yoga therapy?

You do not have to have yoga experience to benefit from yoga therapy. Just a willingness to try some things that might be new to you. I try to make our sessions as friendly and unintimidating as possible.

How soon will I feel results?

This is a complex issue and depends on many factors, including your starting point, the level of your current pain, your state of mind, and your willingness to incorporate some techniques into your daily life. Some people may feel immediate results and for others it may take a few months.

How many sessions will I need?

This also depends on many factors. In most cases we will start with 2 sessions and see how you feel.

Can I do yoga therapy and see other practitioners too?

While yoga therapy can be extremely helpful in correcting imbalances, soothing pain, and helping people live their lives more fully it may not be all that is required. It is important that in some cases yoga therapy be used in conjunction with other healing modalities. For certain people I will recommend other types of treatment such as massage, physiotherapy, medical specialist, or psychologist/counselor. You may also wish to visit other healers such as acupuncturists, reiki practitioners, or those who offer spiritual guidance (whatever that signifies for you).

How is yoga therapy different from a private yoga session?

A person wanting private yoga may not have an illness or limitations and is simply looking for a customized yoga practice and/or cannot attend yoga classes because of scheduling.

Where do the sessions take place?

Sessions take place at Flowing Yogi Studio, 126 – 2 Ave W, Cochrane, AB. Home visits are available only in the Cochrane area and only to those who are unable to travel. If you CAN travel, sessions at the studio are best because people are less distracted there than in their home environment.

Jennifer Houghton is a certified yoga instructor and director of Flowing Yogi Studio in Cochrane, Alberta. She specializes in gentle yoga classes for seniors and for those with limiting conditions. She has an appreciation of the way that illness, disease, and pain have an affect on the mind as well as the body.

Yoga Therapy

Introductory Rates, January – April 2012

\$60 + gst for 1-1.25 hour sessions

Contact:

Jennifer Houghton

403-932-6109

jennifer@flowingyogi.com

www.FlowingYogi.com