Group Yoga Classes and Individual Yoga Therapy

What is yoga?
Yoga originated in the Far East and has been practiced for thousands of years. Yoga includes postures, breathing and meditation practices that connect the mind and body. Recent scientific studies conclude that yoga improves mental and physical health. Yoga is offered at the Integrative Medicine Center in group classes or as individual yoga therapy sessions.
Four things you should know about yoga:

1. **By using breathing, meditation and posture techniques, yoga unites the mind, breath and body.** A variety of forms of yoga are practiced around the world. Hatha yoga is the style of therapeutic yoga offered by The Integrative Medicine Center. It focuses on hundreds of different postures (or asanas) and several breathing practices that are modified to fit your specific needs. Through Hatha yoga, you will learn a sense of balance and techniques that you can apply to your entire life.

2. **Yoga is a sister science to Ayurvedic medicine, one of the world’s oldest whole-health medical systems.** Our yoga therapist might include some of these principles in his or her consultation, particularly in the realm of nutrition.

3. **Anyone can benefit from yoga.** The practice of yoga has been shown to decrease chronic pain and stress and improve range of motion, strength, focus, balance and sleep.

4. **Yoga can be modified to fit your age, experience, ability and/or health condition.** Even if your movement is limited or you are in a wheelchair, you can practice yoga. Practicing yoga with a trained yoga therapist is generally safe and free of side effects.

What is individual yoga therapy?

Yoga therapy improves health and well-being through the application and the teaching of yoga in an individual session. A yoga therapist will begin with a personalized consultation and work with you to create a yoga practice that meets your health goals. Yoga therapy applies the teachings of yoga under the direction of a skilled yoga therapist and is not the same as the recreational yoga that is practiced in many community yoga studios and recreation centers.