

WHAT IS INTEGRATIVE YOGA THERAPY?

Integrative Yoga Therapy sessions are adapted to your needs and concerns.

Physical, mental, emotional, and spiritual aspects are addressed, however there may be a emphasis in one area as we explore your particular needs and health issues. Your current health, life experiences, and unique challenges are all considered.

The development of an individualized program will help you manage illnesses, reduce symptoms, restore balance, increase vitality, and improve your attitude. This is accomplished through the application of yoga therapies, mindfulness techniques, and specific integrative protocols. These practices, along with other integrative therapies, work with your commitment to improve your health and well being.

"This approach not only addresses the illness in a multi-dimensional manner, but also aims to alleviate suffering in a progressive, noninvasive and complementary manner. Depending upon the nature of the illness, yoga therapy can not only be preventative or curative, but also serve as a means to manage the illness, or facilitate healing in the person at all levels."

— TKV Desikachar



DEANNA ENGLISH, RN, RYT, MBSR, CMT

Deanna is a registered nurse, yoga therapist, and medical massage practitioner. Her focus is the application of integrative and mindfulness-based yoga therapies.

She is a member of International Association of Yoga Therapists and is proactively developing her skills in this evolving area of health care.

She consults with hospitals and clinics to develop and implement the addition of integrative therapies within their systems. Programs have included chronic pain protocols, cardiac rehabilitation, yoga therapy for specific disease entities, massage and stress management.



deanna@emergence-mindfulness.com
emergence-mindfulness.com
73 Spirit Horse Lane • Grangeville, ID 83530

208-507-0165

INTEGRATIVE YOGA THERAPY

A
focus
on
physical,
emotional,
psychological,
and
spiritual
wellness.



Emergence



WHAT HAPPENS AT AN INTEGRATIVE YOGA THERAPY SESSION?

- A history is taken of past illness, surgeries, accidents, and lifestyle.
- Family history is evaluated.
- Present situation and current concerns are discussed.
- A questionnaire is offered to help determine your “doshas” or your body constitution and your likes and dislikes.
- Structural balances and imbalances are noted.
- Movement, body dynamics, breath, speech are assessed.
- Tongue is examined and assessed.
- Additional questions are addressed.

The assessment may take several sessions and the focus of each session may vary.

ASSESSMENT AND RECOMMENDATIONS

After the first session, you will receive an assessment of where you are now and recommendations for how to move toward where you'd like to be.

Recommendations might include:

- ✓ Diet and lifestyle changes
- ✓ Vitamin, mineral, and/or spice supplementation suggestions
- ✓ Yoga postures (Asanas) specific to the issues being addressed and adapted for your individual abilities
- ✓ Pranyama (breath), meditation, and visualization techniques
- ✓ Oils and self-massage techniques
- ✓ Water therapies (soaks, baths)
- ✓ Exercise
- ✓ Referral to yoga and/or stress management classes
- ✓ Referral to other professionals for massage, acupuncture, naturopathy, nutrition, physical therapy, medical concerns, and/or selected lab tests and treatments.

INTEGRATIVE YOGA THERAPY FEES

- ☐ **Intake/first visit**
Session length: 1-2 hours
Rate: \$50/hour
- ☐ **Follow-up visit(s) in 2 weeks and then at various intervals**
Session length: ½-1 hour
Rate: \$50/hour



“Our daily lives, the way we eat, drink, walk, all have to do with the world situation.” –Thich Nhat Hanh

empowering the individual