

## WHAT IS YOGA THERAPY?

Yoga therapy helps you discover all the ways your current health and life challenges are related.

Through yoga therapy, you'll be better able to manage illness, reduce symptoms, restore balance, increase vitality, and improve your attitude. It empowers you to progress toward improved health and well-being through the application of the philosophy and practice of yoga and ayurveda.

*"Yoga therapy is a self-empowering process where the individual, with the help of the yoga therapist, implements a personalized and evolving yoga practice. This approach not only addresses the illness in a multi-dimensional manner, but also aims to alleviate suffering in a progressive, non-invasive 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, CMT, RYT

Deanna is a registered nurse who recently completed a 500-hour yoga therapy certification. She is a active member of Yoga Alliance, and the International Association of Yoga Therapist.

She is a massage therapist, a registered yoga teacher, an instructor of Mindfulness Based Stress Reduction, and has helped create several integrative health/wellness programs in the Inland Northwest.

Her focus is to integrate ancient therapies within the scope of conventional allopathic medicine.



73 Spirit Horse Lane  
Grangeville, ID 83530  
208-507-0165

[emergence-mindfulness.com](http://emergence-mindfulness.com)

[deanna@emergence-mindfulness.com](mailto:deanna@emergence-mindfulness.com)

*empowering the individual*

# YOGA THERAPY SERVICES

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



*Emergence*

## WHAT HAPPENS AT A 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.
- 🧡 Ways of movement, body dynamics, breath, speech are assessed.
- 🧡 Tongue diagnosis and pulses are taken.
- 🧡 After the initial assessment, any additional questions are addressed.



## 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
- ✔️ Exercise
- ✔️ Referral to other practitioners for massage, acupuncture, naturopathy, and/or conventional (allopathic) medical treatment.
- ✔️ Referral to yoga and/or stress management classes.



## YOGA THERAPY CONSULTATION

- 🧡 **Intake/first visit:** \$75-\$100 for a 1.5–2-hour session
- 🧡 **Follow-up visits:** \$25 for 30 minutes or \$50 for one hour. Follow-up visits are scheduled at 2-4 weeks and then as needed.

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

*empowering the individual*