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Yoga Therapy Sequences

The heart of Yoga Therapy is adapting classical Yoga practices to suit an individual's wellness goals.



In regular Yoga classes, the student tries to

perfect Yoga practices whereas in Yoga Therapy, the teacher facilitates the modification of Yoga practices for individual needs. In classical Yoga, you go after the pose whereas in Yoga Therapy the pose comes to you via the Yoga Therapist. Function over form in addition to wellness over perfection defines the Therapeutic Yoga approach.

Yoga Therapy (Yoga Citkita) includes individualizing *āsana* (postural), *prāṇāyāma* (breathing), and meditation (*pratyāhāra* to *dhāraṇā* to *dhyāna*) practices through the many tools of Yoga including chanting, Ayurveda, and yogic philosophy. It also includes looking at how you relate to the world ethically (*yamas*) and to yourself through self care (*niyamas*).

Svādhyāya (self-reflection) is needed to determine which tools are appropriate for healing the 5 dimensions of the human body-breath-mind experience uncovering the Light of our Spirits (*puruṣas*): *annamaya* (physical), *prāṇamaya* (physiological), *manomaya* (cognitive), *vijñānamaya* (psychological), and *ānandamaya* (spiritual) levels – the *Pancamaya* Model of healing from the *Taittirīya Upaniṣad* *Brahmānandavalli*. The teacher's role is to help you discover what this is for you through a therapeutic, healing relationship built over a long period of time.

For Public Classes and Private Yoga Therapy please contact Maggie

The downloadable class sequences below are categorized as follows:

I. Movements of the Spine

Samasthiti - Neutral Spine

Pascimatana - Forward Bends

Parsva - Lateral Bend

Parivritti - Rotated Twists

Purvataka - Back Bends

Viparita - Inversions

II. Healing the Body-Mind of Chronic Aches & Pains

Healing Feet and Legs

Healing Hips

Healing the Lower Back

Healing the Upper Back, Neck & Shoulders

III. Healing the Mind-Emotions














Healing the Mind & Emotions - Practices and Principles

Scoliosis - Practices and Principles

IV. Healing Movement Disorders

Healing Movement Disorders - Practices and Principles

Downloads:

-  Samasthiti - Neutral Spine.pdf
-  Pascimatana - Forward Bends - Stretching the Back Body, the _West_.pdf
-  Parsva - Lateral Bends & Asymmetric Poses.pdf
-  Parivritti - Rotated Twists.pdf
-  Purvatana - Back Bends.pdf
-  Viparita - Inversions.pdf
-  Healing Legs & Feet - Practices & Principles.pdf
-  Healing Hips - Practices & Principles.pdf
-  Healing the Lower Back - Principles & Practices.pdf
-  Healing Upper Back, Neck & Shoulders.pdf
-  Healing the Mind & Emotions - Practices & Principles.pdf
-  Scoliosis - Principles & Practices.pdf
-  Yoga Therapy for Movement Disorders - Principles & Practices.pdf

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