



What Is Yoga Therapy?

Yoga Therapy is a modality that empowers and supports you to manage your own health. It's designed to assist you, the whole individual, as opposed to focussing solely on the injury, condition or illness that you might be presenting with. Throughout our sessions together, we will work in a professional and therapeutic way to find the most effective method of treatment for you. This treatment might incorporate a number of principles or practices from the yogic traditions that may range from pranayama (breath work), asana (posture), meditation, visualisation, diet suggestions, lifestyle counselling (within a yogic context) and self-development guidance. These are applied in a very therapeutic way with the aim of bringing balance to your body and mind. The yoga therapy program itself is designed to meet you where you're at, so if it's a long practice you're after we can establish that, or if it's a few 5 minute practices scattered throughout your day (or week), then we can do that too. The yoga therapy program is about YOU so we'll work together to find a combination of practices that will support you in the most effective way.

How many sessions will I need?

If you're a new client we would suggest signing up for a 3 Session Package. We've found this to be most effective for clients. The package includes 3 sessions; the initial session is 90 minutes and the second and third are 60 minutes long. There are also single sessions available for a follow up.

What can I expect from each session?

Session 1; Initial treatment – In this session we will discuss the reason for Yoga Therapy, discuss your medical history as well as current lifestyle and diet etc.



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The second part of this session involves a physical assessment. We will look at the symptoms that are being presented for the yoga therapy session and observe any of the areas of the body that may be contributing to these symptoms. We will observe the range of motion in the presenting areas in order to decipher a suitable treatment plan.

Some techniques may be given to work with on the day and we'll carefully put these practices together to meet you where you are at and so that they can be easily integrated into your life.

Session 2; Yoga Therapy Program – Our second session is generally 7 - 10 days after the first appointment. In this second session we will establish together an achievable yoga treatment plan just for you! This session is experimental as we work together to find modifications and variations that are well suited to your unique body. We can create recordings (photograph, film or audio) of any of the practices that we explore, being physical postures, breathing techniques or meditations. This is a great way of re-creating the practice from home so that you can practice in confidence. A formal Yoga Therapy program will also be sent to you outlining what the practice is, how to practice each technique safely and why we are including it within your yoga therapy program.

Session 3; Review Session – This third session is generally 4 weeks after the second one. This gives you time to really try the program out to see what is effective for your body. In this session we will review the yoga therapy program to see if there are any changes we might need to make or perhaps create a second program depending on how you are at the time.

Note: A report will be sent through to clients after each session to outline what we have covered in our time together. Within the report will be a clear description of the practices within your unique Yoga Therapy Program.



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Who would benefit from Yoga Therapy? What if I haven't practiced yoga before?

Yoga Therapy is suitable for anyone who has an interest in a holistic approach to their own healing and who is committed to integrate their unique yoga therapy program into their lives (in whatever capacity that might be). We will meet you where you're at and you can choose how much you can realistically dedicate to your practice. No yoga experience needed!

Yoga is all about union between body, mind and spirit. If you feel out of balance, physically, mentally or energetically, yoga therapy may be a useful modality for you to bring you back into balance.

What are some reasons why people choose to see a Yoga Therapist?

Clients can come to a yoga therapist for many reasons and there may be a combination of issues that they are facing in which they may like to address within our sessions together. Here are just some examples of the reasons and/or conditions that clients have been presenting with when they book in for sessions.

Stress management, sleep issues, depression and anxiety, migraines

Back pain, arthritis, scoliosis, osteoporosis, sciatica, carpal Tunnel Syndrome

Trauma - PTSD, complex trauma and other trauma related conditions/symptoms

Cancer, chronic fatigue syndrome, adrenal fatigue syndrome

Schizophrenia, borderline personality disorder, attention-deficit hyperactivity disorder



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What training requirements does a Yoga Therapist have to go through?

Erika is a registered Yoga Therapist with Yoga Australia and is a certified Yoga Therapist with the International Association of Yoga Therapy (IAYT-C). This means that Erika's study has met/exceeded the Yoga Therapy educational standards in both Australia/New Zealand as well as the United States and has completed over 150 hours of clinical practice. For more details on these standards, please follow the links below.

Yoga Australia

<https://www.yogaaustralia.org.au/wp-content/uploads/2019/03/Yoga-Therapy-Education-Standards-Mar19-1.pdf>

International Association of Yoga Therapy

<https://www.iayt.org/page/CertifHome>

About Erika Newberry

Certified Yoga Therapist (IAYT-C)

Certified Trauma Center Trauma Sensitive Yoga Facilitator (TCTSY-F)

Laughter Yoga Facilitator

Erika has been practicing yoga since 1998 and has been teaching since 2011. She initially became interested in yoga after visiting India when she was a teenager and then later decided to complete her advanced diploma in yoga teacher training. Erika has always been interested in how yoga can promote wellness and manage health issues. She then went on to complete her post graduate certificate in yoga therapy and a certification in Trauma Center Trauma Sensitive Yoga.