

Yoga Therapy

You can heal once you change the mind that has made you sick

Albert Einstein

What is Yoga?

Yoga is a practical system of self- knowledge. Originally Hatha Yoga serves as preparation for the practice of meditation. Hatha Yoga is mostly known for its physical postures synchronized with smooth movement and deep breathing. This practice grants us with flexibility and strength in the physical as well as in the mental realm.

What is Yoga Therapy?

It is very well know that the body has many resources and is fully enriched with auto- regulation and auto- equilibrium. In the classes of Yoga Therapy we are not looking to reinforce what we already think about ourselves and about our illness, rather we are looking for a new way to explore it and treat it. We fully trust the body's intelligence in finding its own balance and strength.

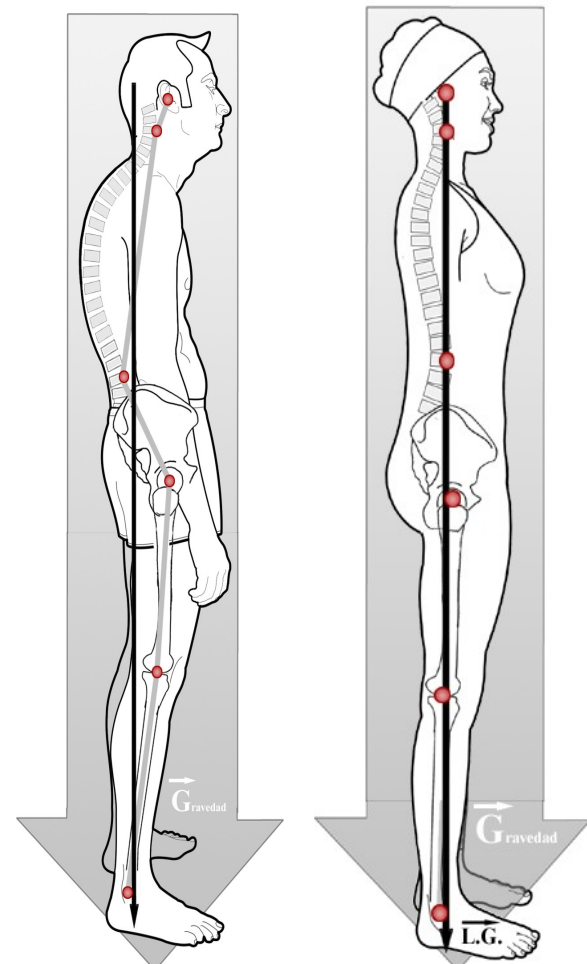
We establish this dynamic with our body not through giving the power to the therapist and being passive in the process of healing, as we usually are, but rather, we take an active and even a leading role in our journey towards health. By realizing that our health ultimately depends on us, on our everyday habits such as posture, diet, dealing with mental stress etc., we take full responsibility in the process of healing. We understand that we cannot go on with the same tendencies and habits and expect the pain to go away by some magical way. In order for real change to occur, we need to see the body as a united and interrelated organism, where our thoughts, speech and actions play an integral role in our well-being.

Here are some common points in the process of healing:

- Educating ourselves about our illness or disability, by which we refer to origin and cause, and not necessarily to symptoms.
- Setting realistic goals
- Forgiving ourselves if we have caused , provoked or not prevented our illness.
- Deciding to take care of ourselves on many different levels, and not just the physical dimension.
- Making lifestyle changes
- Asking for support from family, friends and colleagues.
- Cultivating some significant virtues such as faith, positive attitude and, most importantly, to feel real joy with each and every little tiny improvement that we make.
- Developing awareness as we realize that every process of healing requires reflection, effort, constancy and inner change as well as for future prevention.
- Enjoying the changes that occur in us through the process of healing

Is it for me?

Basically Yoga therapy is suitable for anyone who wishes to take Yoga classes and can't attend regular public classes due to some



physical limitation (except pregnant women). We tailor the classes for people who are determined to make a real change in their daily posture and who strongly wish to develop body and breathing awareness. No previous experience of Yoga is needed to attend the classes and, contrary to popular myth, you do not have to be fit or flexible to benefit from Yoga. In fact, if you aren't, these classes would highly benefit you.

We address many different types of pathologies and injuries. Yoga Therapy benefits people suffering from a wide variety of pathologies: Anxiety ~ Asthma ~ mild depression ~ high blood pressure ~ Insomnia ~ Migraine ~ back pain ~ sports injuries ~ Scoliosis ~ weight issues

How does Yoga Therapy work?

Every person's mechanics is organized differently. We all have abnormalities and asymmetries in the alignment of our bones or in muscular tension, even without being conscious of it; for instance, Valgus deformity, one shoulder higher than the other, flatfeet, one or two scoliosis curves, a chronic tendency to incline the body forward (which creates excessive muscular tension throughout the back of the body), etc.

In the first session, a physiotherapist and a osteopath will make a profound *Biodynamics Study* where we carefully analyze and investigate your body posture, your tendencies and habits of holding your body in space with relation to gravity, your bone alignment and muscular tension throughout all body parts.

In the second session, we will have a private one-on-one Yoga Therapy session where we will explore your range of movement, your general state of mind and level of energy in your body.

If we find that we can alleviate your disability or illness and if we see that you are truly sincere in changing some postural habits and attitudes that may have caused this disability to arise, you may continue with Yoga Therapy classes.

By that point we would personalize a Yoga program which meets your needs and abilities in order to create optimum results.

Our goal is to provide you the right tools to safely practice Yoga on your own at home. In fact, you are required to practice regularly at home and consolidate what you have learned and to come back to class with questions. This is what we call: "Reflective Homework", which you would be given at the end of every class.

How does a Yoga Therapy class look like?

We usually start the class with bringing our awareness to our breathing: we center ourselves by sitting quietly for a moment, letting our body know we are here now taking care of it. We extend and elongate our muscles in physical postures, we strengthen our muscles mostly by isometric exercises, then we do breathing practices and relaxation techniques such as visualization and meditation.

What is our aim?

We hope to challenge our students in gaining more consciousness about personal habits and learned tendencies in postures, including depth of their own breathing circles. We strongly believe that observation alone can do miracles in changing unwanted, old habits. After all, anything that we have learned to do, we can learn to undo.

We would like our students to gain an understanding of proper alignment in the postures, so they can later practice on their own and, of course, so that they can also use this personal guidance to improve their daily sitting or standing posture. But mostly, we want students to feel self-empowered, joyful and truly blessed, just by moving and breathing consciously in space, being comfortable within their own bodies.

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