

# Welcome to Yoga Therapy Essentials: Healthy Self-Regulation

(no Yoga experience necessary)

## **Spring, Series One: You Have “the Tools” to Feel Better**

Hybrid/Flexible Program: Begins: April 15<sup>th</sup>, 2024 - Ends: June 7<sup>th</sup>, 2024.

- Each week sessions are held (online) Mondays @ 8:00 PM EST AND Friday's @ noon EST.
- Attend EITHER session for the week (content is duplicated) depending on your calendar, if you cannot attend in a particular week, sessions are recorded for your convenience. Community rate of \$85.00 for entire program (details below).



Offered by Suzanne Paone

To Register:

Email: [Suzanne@innovationadvising.com](mailto:Suzanne@innovationadvising.com)

Or Call: (724) 219-9458 (EST)

### **What is this all About?**

Yoga therapy is different than yoga classes or private yoga lessons. Yoga Therapy is governed by a global professional organization, called the international Association of yoga therapist (IAYT). This organization supports assimilating, eastern knowledge and practices that are thousands of years old into verified western science in areas, such as, but not limited to: physical therapy, neuroscience: metabolic medicine to name a few. Yoga therapists have over three years of instructional training in addition to any type of other training or background that qualifies them to be accepted to a school of yoga therapy (this may be yoga training, training as a therapist, health, professional, or other professional).

Dr. Suzanne Paone is a 500 RYT (registered yoga instructor) scientist, business leader, professor at local universities, credentialed, health information management, professional, and a level three qualified IAYT yoga therapist in the process of completing her final requirements following the Optimal State Yoga Therapy three-year program called the final practicum. She offers this course because this discipline of yoga therapy is evidence based and blends complementary techniques that are documented as effective in addressing physical, psychological, emotional, and spiritual challenges related to the effects of systemic, stressors and chronic inflammation.

This program is offered to bring this practice to those who are ready to learn a program of self-transformation. The program assumes nothing in terms of expected preparation; only the humble intention to move in a direction of self-healing. Each session consists of a small manageable nugget of learning in this field (supported by evidence in this field) as well as practical practices offering you tools and techniques to learn in your daily life.

More about Dr. Paone

[www.linkedin.com/in/drsuzannepaone](http://www.linkedin.com/in/drsuzannepaone)

For Upcoming Series Information and Resources

[Dr. Paone Web Site for Information](#)

More about her school of Yoga Therapy

<https://amywheeler.com/865-certified-yoga-therapist-program>

Yoga Therapy Scope of Practice

<https://www.iayt.org/general/custom.asp?page=IntroScope>

## When Does This Happen?

8-week series

Prior to series start, registered participants will review their yoga therapy assessment one on one with Dr. Paone online or in-person at her Pittsburgh Office Location.

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## Who Benefits

All are welcome 😊

1. No experience with yoga, meditation, and/or complimentary medicine practices necessary: likewise, no expectations in terms of fitness levels
2. Registered participants, 14 years or older, minors accompanied by a legal guardian.
3. Learning and practices are geared toward people who may be suffering from:  
***Lack of attention and clear thinking, restrictions in movement, tightness in the body, gastric distresses, inconsistent sleep, low energy or anxious energy, difficulty transitioning from physical therapy into activities of daily living, post cancer treatment adjustment, challenges with relationships, difficulty staying "on task."***

## If I am Interested?

- Participants must register with Dr Paone: email: [suzanne@innovationadvising.com](mailto:suzanne@innovationadvising.com)
- Participants must agree to fill out a preprogram individual Yoga Therapy assessment which is reviewed privately, one on one with Dr. Paone and a post program summary session, privately, one on one with Dr. Paone
- Yoga Therapy assessment includes information about how you feel, how you eat and sleep, where you have discomfort and your goals for committing time to this program
- Participants agree to pay a one time (nonrefundable fee of \$85.00 for all eight weeks including access to recordings and pre and post assessments (10 sessions total)
- Program is limited to 8 participants.
- Participant's assessment forms are stored on a Microsoft Teams, HIPAA and GDPR compliant platform; forms are not shared with other session participants

## How Do I Access Sessions/ What does Hybrid Mean?

- Virtual Sessions are Conducted on Zoom
- Sessions Recorded for Participants' review if you miss a session or want a review.
- Level of participation is up to you: Engage on Zoom with camera "on" or "off": receive information and perform and/or observe practices; interaction with other participants is encouraged but not required.
- **Hybrid Defined**: If you would like one or both of your one-on-one sessions to be in person, Pittsburgh east location is available to meet with Dr. Paone; otherwise, all sessions may be online.

## What is involved in a Session (75 minutes) when I am online?

1. 30 minutes of new topic learning (recorded)
2. 15-minute break, prepare for practice
3. 30-minute practice (observe and/or participate) (recorded)

## Remind me of The Goal (s)?

- Everyone has their own personal goals, and we discuss these, privately.
- Overall: Less suffering in the world by empowering people to learn and practice new habits (involving self-regulation).