

IS

YOGA

THERAPY

RIGHT

for

ME?



WANT TO
RELIEVE
SYMPTOMS?



HAS YOUR
PROVIDER
REFERRED YOU
TO A YOGA
THERAPIST?

IS YOUR
CHIEF
CONCERN
A NEW OR
LONG-TERM
DIAGNOSIS?

DOES THE IDEA
OF ONE MORE
THING FEEL
IMPRACTICAL?

DOES AYURVEDA
SEEM
OUT OF TOUCH?

SEARCHING
FOR
SUPPORT?



DID YOU KNOW
YOGA THERAPY
CAN BE USED
FOR A VARIETY
OF CONCERNS?



HAVE YOU TRIED
EVERYTHING?

DO YOU WANT
THE SECRETS
TO LONGEVITY?

IS IT EASY TO
FIND THERAPY
ON YOUR
SCHEDULE?

DID YOU KNOW
YOGA THERAPY
IS NOT
A CURE?

DIFFERENT
OPTIONS INSTEAD
OF NEW
MEDICINES?



If you answer *YES*,
if you're curious,
YOGA THERAPY
may be right for
YOU.



What is yoga therapy?

Well, it's a modern application of the physical, mental and emotional practice of yoga in its many forms plus Ayurveda, philosophy, somatics, adaptations and props.

It's *NOT* your mother's yoga,
but it's definitely
all about *YOU!*

Yoga therapy is...

**Your values + preferences,
clinical research + practice,
specialty practices + care
in partnership with a yoga
therapist who will assist you
in applying yoga practices
like routine, breathing,
affirmations + self-study,
to get to the root of your
major concern, to work with
your healthcare team, to
empower you.**

Yoga research

Yoga has gained in popularity as a therapeutic intervention and has been a professional practice for over 20 years, the research is still fresh and varied. Research studies have been conducted on nearly all major stressors and diseases.

Yoga trials consist of a number of participants, the study type, start and end dates, a control and

**experimental group,
evaluations along with
regular yoga interventions.**

**Success of a research study:
recruitment & capability,
program and study methods,
resources and ability
to manage a program,
accuracy in the delivery and
participant involvement.**

**Research includes people
who are healthy as well as
people living with medical
conditions.**

Resources

eversoma.com

yogatherapy.health

iayt.org

nccih.nih.gov/yoga

[newsinhealth.nih.gov/2023/12/
yoga-health-new-e-book](https://newsinhealth.nih.gov/2023/12/yoga-health-new-e-book)

Work with a therapist...

Has your *LHCP*

asked you to

improve *SLEEP*

EXERCISE regularly

use *SELF-DEVELOPMENT* tools

supercharge your *ROUTINE*

REGULATE your energy

review or revise your *DIET*

One to one private sessions

Assessments with goals

Personalized care plans

Support every step of the way

Yoga therapy is...

*PRACTICAL
DYNAMIC
REAL*

A yoga therapist's scope of practice is based on clinical trials and research + the practical application of yoga and Ayurveda techniques which highlight a multifaceted approach to healing and longevity- truly designed for you.



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