

Yoga Therapy

William James

Doctor of Physical Therapy, Santa Catarina State University, Brazil

Yoga therapy is a kind of therapy that uses yoga positions, breathing workouts, reflection, and guided imagery to improve spiritual and physical health. Now a day's yoga has been heard very lot and is in practice in several countries which are giving good results in treating stress and anxiety. Yoga therapy is one of the most commonly used practices. The holistic focus of yoga therapy reassures the integration of mind, body, and spirit. Modern yoga therapy covers a broad range of therapeutic modalities, incorporating elements from both physical therapy and psychotherapy. Yoga therapy is a budding field and scientific evidence has activated to emphasize its efficacy. It is used to treat existing mental and physical health issues.

Yoga therapy is well conventional as a treatment for depression and anxiety. Yoga therapy is also developed as an effective treatment for substance mishandling issues. Mental health experts point out the way yoga positively bearings the parts of the mind and body prone to addiction. The findings not only specified that yoga therapy excellently reduced subject's anxiety.

History of yoga therapy

Yoga therapy is fixed in the ancient practice of yoga, which initiated thousands of years ago in India. The study demonstrated how the execution of a healthy lifestyle plugin could contrary heart disease. In 1983, the Biomedical Yoga Trust was started to further develop and regiment the field of yoga therapy. The International Association of Yoga Therapists (IAYT) was instituted in 1989 and has since introduced yoga conferences, issued the Journal of the International Association of Yoga Therapists.

When a person decides to start yoga therapy, the therapist will first compartment an initial assessment. This calculation is planned to recognize health problems, assess routine and physical capability, discuss details for seeking therapy, and create a development of treatment. Once the treatment plan is established in this first conference, the

frequency of meetings is agreed upon and sessions are programmed. From this point, therapy sessions will most possibly include the following components:

Breathing exercises (pranayama): The therapist will show the person in therapy through a series of breathing movements extending from exciting breaths to balancing breaths.

Physical postures (asana): The therapist will explain the person in treatment apt yoga poses that discourse problem areas.

Meditation: Relaxation and mindfulness are the motivation of meditation when it is united with yoga poses.

Guided imagery: The yoga counselor attempts to quiet the body and mind by providing a steered visualization proposed to bring inward peace.

Homework: An important section for any yoga exercise is to find a way to integrate it into daily life. Yoga therapists make available instructions on how to use what has been cultured in treatment at home.

The most well-known specialized title to describe a yoga psychotherapist is Certified Yoga Therapist, credentialed as CYT. However, because the field of yoga therapy is equitably young, no official, formalized certification progression exists. Though therapists vary in instruction and involvement, most well-trained yoga psychotherapists have a solid knowledge base in:

- Yoga viewpoint, practices, and education
- Therapeutic yoga performances
- Anatomy and physiology
- Basic understanding of health care and first aid
- Basic thoughtful of business ethics

Corresponding author: William James. Doctor of Physical Therapy, Santa Catarina State University, Brazil

E-mail: jamesW@gmail.com

Received date: July 14, 2020; **Accepted date:** July 16, 2020; **Published date:** July 23, 2020

Citation: James W, (2020) Yoga Therapy. Doi: 10.35248/2157-7595.2020.10.303

Copyright: © 2020 James W. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited
