



Dynamic Yoga
Therapeutics™
WITH BEA DOYLE

DISCLAIMER

Yoga Therapy recommendations can include body therapy, corrective exercises, breathing practices, meditation, lifestyle counseling and eastern thought principles. Yoga Therapists are not diagnostic practitioners but can address symptoms of pain, stress or discomfort, or a diagnosis from a healthcare professional.

The yoga therapy components of my teaching and private work are based on my status as a C-IAYT with the International Association of Yoga Therapists, and not derived from my status as an E-RYT 500 with Yoga Alliance Registry.

Allopathic, Osteopathic and Integrative medicine doctors have recommended yoga and yoga therapy for addressing physical and mental health conditions.* Clinical trials and studies are being performed for conditions related to pain, stress and physiological issues

*Sources:

The Annals of Internal Medicine

“Offering a 12-week yoga program to adults with chronic or recurrent low back pain led to greater improvements in back function than did usual care.”

<http://annals.org/aim/article/1033130/yoga-chronic-low-back-pain-randomized-trial>

The National Institute of Health

Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3447533/>

National Center for Complementary and Integrative Health

“Recent studies in people with chronic low-back pain suggest that a carefully adapted set of yoga poses may help reduce pain and improve function (the ability to walk and move). Studies also suggest that practicing yoga (as well as other forms of regular exercise) might have other health benefits such as reducing heart rate and blood pressure, and may also help relieve anxiety and depression.”

<https://nccih.nih.gov/health/yoga/introduction.htm>