

**The Yoga Therapy  
Renaissance**

A New Wellness Modality  
for the 21st Century

Global Wellness Institute  
Yoga Therapy Initiative





Dedicated to all yoga teachers, past and present, who have preserved the integrity of the yoga tradition throughout generations and who have continually inspired us to be students of yoga.

## About the Global Wellness Institute (GWI)

The Global Wellness Institute (GWI) is a 501(c)(3) nonprofit organization with a mission to empower wellness worldwide by educating the public and private sectors about preventative health and wellness. GWI's research, programs and initiatives have been instrumental in the growth of the USD \$4.5 trillion wellness economy and in uniting the health and wellness industries.

Through its five pillars—Research, Initiatives, Roundtable Discussions, [wellnessevidence.com](https://www.wellnessevidence.com) and The Wellness Moonshot: A World Free of Preventable Disease—the GWI informs and connects key stakeholders capable of impacting the overall well-being of our planet and its citizens. The GWI makes all of its valuable information and resources available at no cost, which allows anyone, anywhere, access.

## About the GWI Yoga Therapy Initiative

The GWI Yoga Therapy Initiative was launched to define the ancient, evolving and multidimensional science of Yoga Therapy as a wellness modality for the 21st century. Through research and reporting, the initiative interprets yoga as it is understood in modern society and distinguishes the application of Yoga Therapy as a sophisticated healing and wellness modality that can help restore health for the lifestyle-related conditions of our modern age.

The Initiative's mission is to spread awareness by educating the global community—regardless of age, gender, culture or socioeconomic status—about the wealth of evidence-based research, recent innovations, publications, programs and industry leaders in the global field of Yoga Therapy.

As one of the world's earliest systems of holistic health and self-care, Yoga Therapy is a low-tech, easily accessible, evidence-based system of health care that can be used and applied to a full spectrum of conditions, from chronic disease and mental health to aging and personal growth.

# About GWI Yoga Therapy Initiative Members and Contributors

## Author



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Initiative Chair**

Bija Bennett is an internationally known wellness and lifestyle pioneer—and an outstanding communicator who conveys the tenets of mind-body health in remarkably accessible and engaging ways. An author, speaker and life-long champion of mental health awareness, Bija is an advocate for an emerging wellness paradigm that addresses the whole person in interconnected ways, teaching care strategies and multidisciplinary solutions to help individuals realize optimal wellbeing. As a certified yoga therapist, she has treated thousands of patients and has developed pioneering programs for Fortune 500 companies, major medical institutions, spa and hospitality groups and personal clients.

Bija has written four internationally respected books including *Emotional Yoga: How the Body Can Heal the Mind* (Simon & Schuster) and publishes regularly in *Rolling Stone* and *AGEIST* magazines. She is an Ambassador for the Global Wellness Institute (GWI), the leading organization empowering wellness worldwide, and currently serves as the GWI Yoga Therapy Initiative Chair. In partnership with the Global Wellness Summit, Bija established the 'Bennett Family Award for Collaboration in the Science of Wellness' to recognize scientists collaborating for the advancement of human health and wellbeing.

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Stephen Marks is an internationally known yoga teacher, attorney, and entrepreneur who has been practicing yoga for over 20 years and has taught all over the world. His credentials as a teacher include his training with the Shamanic school of yoga in the rainforests of Costa Rica and his qualification in Yoga Nidra. He has worked with Google, BDO, Knight Frank and international law and accountancy firms as well as the UK government. He is a regular speaker at conferences on sleep, welltech and healthy buildings and writes often for the wellness press. Stephen has also worked with hotels including Lanserhof and the Ace hotel and has recently devised sleep programs for the Palm Retreat Hotel in Dubai.



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John Engle is a strategy consultant who has worked with healthcare businesses at all stages of development from startup to Fortune 500. His clients have included Chicago ARC Innovation Center, Easterseals, Illinois Medical District, Medical Home Network and Sterling Bay Life Sciences. John holds both a Bachelor's degree and an MBA from the University of Oxford as well as a Master's from Trinity College Dublin. John has built a following as a healthcare investment writer. His articles are regularly published on popular investment websites, including Yahoo! Finance and Seeking Alpha. John is also an advisor to RedCrow, an equity crowdfunding platform serving early stage medtech companies.

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EXECUTIVE SUMMARY:  
NEW HORIZONS IN GLOBAL WELLNESS



The world has long been facing global crises in every arena—social, financial, environmental, educational, political, racial and health—affecting everyone, everywhere, no matter what age or economic status. The issues that have surfaced were magnified by the COVID-19 pandemic, and uncertainty and ambiguity now affect virtually all forms of daily life, influencing how we work, live and play.

Stressors impact us on every level, such as heightened loneliness, isolation and feelings of alienation; restricted movement and diet; impaired prosperity and economic outlooks; and ramped up emotional issues—grief, depression, even despair.<sup>1</sup>

While the consequences will be long-lasting for all, there has been a silver lining to the crises we've been facing: bringing a greater awareness to health and wellness for all and spurring a collective global quest to focus on wellbeing and holistic approaches to health.

The velocity and scope of this multifaceted crisis has forced a reconsideration of how we have managed our health, creating an unprecedented opportunity to reimagine what it means to be well. Moreover, it precipitated a tectonic shift in mainstream demand for a different kind of wellness modality,<sup>2</sup> setting the stage for a reset in wellness—individually, institutionally, nationally and globally.<sup>3</sup>

'Overnight, people woke up to the importance of more real, accessible wellness for themselves and their families. And this crisis has been a wellness wake-up call for people who may not have been open to it before.'<sup>4</sup>

People began 'rushing to proven, beneficial wellness practices that cost little or nothing.' They learned or practiced meditation or got out in nature and started walking to relieve stress and combat loneliness. There is even data showing that people restructured their lives around wellbeing practices and started bringing more sophisticated wellness concepts into their homes. 'A host of self-care practices and wellbeing practices suddenly became the coping strategy for more people and companies worldwide.'<sup>5</sup>

At the same time, and over the past decade, we have witnessed an explosion in the growth of yoga as an effective therapeutic and wellness modality, driven by the changing needs of individuals of all ages faced with living life in a sedentary and often socially isolated world.<sup>6</sup> But yoga's upward trajectory happened for good reason: research and user experience has proven its therapeutic efficacy, and its widespread popularity and growing public mindshare have helped accelerate its growth to exponential levels that show no signs of slowing anytime soon.

Today, yoga is at the forefront of this new wellness surge and is rising in popularity and positioning in the public consciousness. As evidenced by the voluminous statistics on the exponential growth of yoga, there is a shift toward more in-depth knowledge and application of yoga's holistic offerings and specialized therapies for present-day health conditions.<sup>7</sup>

1 World Health Organization. 'COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide'. 2022.

2 McGroarty, B. 'Shaking Up The Concept of Wellness: COVID-19, Inequality & More'. Global Wellness Institute. 2020.

3 World Health Organization. 'Impact of COVID-19 on people's livelihoods, their health and our food systems'. 2020.

4 McGroarty, B. 'Q&A with Melisse Gelula, co-founder of Well+Good, a pioneering digital media company'. Global Wellness Institute. 2020.

5 McGroarty, B. 'Q&A with Melisse Gelula, co-founder of Well+Good, a pioneering digital media company'. Global Wellness Institute. 2020.

6 Bennett, B. 'Yoga Therapy Initiative 2022 Trends'. Global Wellness Institute. 2022.

7 United Nations in Western Europe. 'International Day of Yoga: yoga's growing importance to post-COVID-19 wellbeing'. United Nations. 2020.

Yoga Therapy as distinguished from yoga, is a subset of yoga based on its therapeutic and clinical application.<sup>8</sup> Although not as widely known, these therapeutic methods are now being incorporated into top health care systems' integrative medicine programs with certified yoga therapists increasingly engaged in clinical roles. Many yoga therapists are now collaborating with health care providers to develop plans that complement and support patients' care journeys, with a majority of the more than 5,000 members of the International Association of Yoga Therapists (IAYT) now working in hospital settings, outpatient clinics, physical therapy, rehabilitation and oncology.<sup>9</sup>

In recent years, the development of rigorous standards, accreditation and credentialing processes for both Yoga Therapy schools and practitioners have established Yoga Therapy as a profession that is distinct from the profession of yoga teaching. It stands apart from mainstream yoga in the depth and breadth of its training, its scope of practice, as well as its active integration with both the holistic medical community and academic researchers.

Yoga Therapy is an upcoming trend on the rise and has the potential to transform aspects of human healing and wellness management in fundamental ways. Despite its growing usage and acceptance, however, Yoga Therapy remains little understood, not only by the public at large, but also by many practitioners and teachers of more widespread yoga forms.

Over the past two years, the Global Wellness Institute Yoga Therapy Initiative has been researching and documenting Yoga Therapy's impact on individual health; medical and health care solutions; the corporate and hospitality industries; holistic wellness curricula and its influence on the global economy.

This book is an extensive overview of the industry sector by the Global Wellness Institute Yoga Therapy Initiative. It includes valuable information about the science of Yoga Therapy; explains how it is differentiated from mainstream yoga as a practice, profession and therapeutic modality; provides significant evidence-based research on its effectiveness; and defines the role of Yoga Therapy as an emerging trend in the global wellness economy.

**Our key objectives are to:**

- Introduce Yoga Therapy as a modern wellness modality and discipline built on millennia of proven teachings and traditions
- Clearly communicate what Yoga Therapy is and differentiate it as a distinct subspecialty within the wider discipline of yoga practice
- Encourage wellness and health care professionals to critically examine Yoga Therapy's practices, techniques and therapeutic benefits
- Increase mainstream awareness of the holistic value of Yoga Therapy
- Drive the adoption of Yoga Therapy in diverse industries and settings in both public and private sectors

Yoga Therapy is a growing industry and valuable resource backed by a profound body of knowledge, experience and substantiated benefits for those seeking to improve the quality of their health, healing and wellness.

As advocates of this ancient yet modern wellness modality, we invite you to learn more about the many ways Yoga Therapy can be applied in industry settings, communities and organizations to help our world heal, grow and thrive.

Together, as leaders, we can be essential partners to actively move Yoga Therapy from the cusp of the mainstream to the center.

<sup>8</sup> International Association of Yoga Therapists. 'Contemporary Definitions of Yoga Therapy'. 2022.

<sup>9</sup> International Association of Yoga Therapists. 'Strategic Plan 2021-2024'. 2021.



PART 1:

THE EXPONENTIAL GROWTH OF YOGA:  
BEYOND THE TIPPING POINT

Yoga—a five thousand year-old holistic science originating in its native India—has become the exercise for the new millennium. While its roots are millennia old, the story of yoga in the U.S. begins in the late 19th century when a wave of Asian immigration introduced a host of traditional healing and wellness practices to the Western world.

Some of these practices failed to take root, but others thrived. Of these, yoga has proven to be one of the most enduring, having grown ever more popular over the past century in the U.S. and globally.

In the U.S. the growth of yoga has been especially impressive. The 2016 Yoga in America Study (done in collaboration with Yoga Journal and Yoga Alliance) found that U.S. yoga practitioners numbered more than 36 million and growing. That amounts to 1-in-10 Americans, up from 20.4 million in 2012.<sup>10</sup> Today, the number is as high as 55 million who include some form of yoga in their fitness regimen and 33% of Americans have tried yoga at least once. While yoga is more popular in Canada, Singapore, Australia and Ireland than the U.S., those countries are far less populous.<sup>11</sup>

Even in an uncertain economy, the American yoga and Pilates studio market is growing at a pace of 9.8% annually and will be worth over \$215 billion by 2025.<sup>12</sup> Since the outbreak of COVID-19, yoga's growth has accelerated significantly with yoga class reservation numbers rising by 25% during the first year of the pandemic.<sup>13</sup> In fact, the global yoga market has been projected to enjoy a compound annual growth rate (CAGR) of 9.6% from 2021 to 2027, which would see 350 million yoga practitioners representing a global market valued over \$66 billion.<sup>14</sup>

Yoga has its home in India, but its workplace lies in America. With thousands of yoga studios dotting big cities as well as small, nondescript towns; dozens of yoga styles; and millions of practitioners, you could say that yoga is as American as apple pie.<sup>15</sup> But beyond India and America, yoga is gaining traction on a global scale.

<sup>10</sup> Yoga Journal, Yoga Alliance. '2016 Yoga in America Study'. 2016.

<sup>11</sup> Heilbron, C. 'Where is Yoga the Most Popular in the World?'. Yoga Basics. 2021

<sup>12</sup> Researchandmarkets.com. 'Global Pilates & Yoga Studios Market to 2025: \$215M+ Opportunity Analysis & Industry Forecast'. Businesswire. 2019.

<sup>13</sup> Classpass. 'ClassPass Wellness & Fitness Trends: What To Expect In 2021'. 2020.

<sup>14</sup> Allied Market Research. 'Yoga Market Size, Share & Growth'. 2020.

<sup>15</sup> The Economic Times. 'The business of Yoga: Can Indian entrepreneurs bend into the Lululemon pose?'. 2023.

<sup>16</sup> McCain, A. '25+ Interesting Yoga Industry Statistics [2023]: Yoga Trends + Revenue'. Zippia. 2023.

<sup>17</sup> Bush, O. 'Yoga Statistics in Canada'. Made in CA. 2023.



North America has the largest share of the global yoga industry.<sup>16</sup> In 2020, it was estimated that 55.1 million Americans did yoga, up by 53% from 2016. In the last 6 months, 15% of Americans have practiced yoga, and an additional 18.3 million Americans are interested in trying it.

In Canada, about one-in-five (21%) people indicate that they practice yoga. Significantly more younger Canadians aged 18-34 (35%) practice yoga compared to older generations. Additionally, 9% of Canadian adults have used yoga as a form of therapy and exercise.<sup>17</sup>

In Europe, yoga continues to gain popularity and is practiced regularly in gyms, studios and homes by 10% of the population in both the UK and Spain.<sup>18</sup> Additionally, Europe is home to some of the most popular yoga tourist destinations. Spain, Greece, Italy, Portugal and France claim the top spots for yoga tourism in Europe.<sup>19</sup>

Asia Pacific accounts for a major share of the global yoga industry, with India leading the regional market. Yoga's increased penetration in nations like India and Japan and its steadily growing popularity in China, Thailand, and Australia, have been contributing to the market growth in the Asia Pacific region. The existence of a rich yogic culture, traditional knowledge and a large number of yoga schools in these nations are driving the industry.<sup>20</sup>

When it comes to yoga tourism, however, the Asia Pacific region dominates the market with a share of 54.8%<sup>21</sup>, and the yoga industry as a whole in this region is expected to grow with a CAGR of 10.8% by 2027.<sup>22</sup> In China, yoga is primarily practiced as a physical exercise by 10 million people regularly. And while that number may seem quite large, when considering the percentage of the overall population that practice yoga, Australia holds the top spot in this region with nearly 6% compared to China's less than 1%.

<sup>18</sup> Nalbant, G., Lewis, S. et al. 'Characteristics of Yoga Providers and Their Sessions and Attendees in the UK: A Cross-Sectional Survey'. International Journal of Environmental Research and Public Health. 2022.

<sup>19</sup> 'Where is Yoga Most Popular?'. Yogaveler. 2021.

<sup>20</sup> 'Yoga Market Size, Share, Demand, Growth, Trends, Forecast 2023-2028'. Expert Market Research. 2023.

<sup>21</sup> Grand View Research. 'Yoga Tourism Market Size, Share & Trends Analysis Report By Gender (Women, Men), By Region, And Segment Forecasts, 2022-2030'. 2020.

<sup>22</sup> Elad, B. 'Yoga Industry Statistics - By Region, Benefits, Demographic, Facts and Type'. EnterpriseAppsToday. 2023.

## SOCIAL MEDIA'S IMPACT ON THE GROWTH OF YOGA

Social and digital media has helped drive interest in and practice of yoga worldwide, especially since the outbreak of COVID-19. Whereas only 40% of yoga practitioners used online classes (live and pre-recorded) before the pandemic, it became the preferred method of learning during the lockdowns.<sup>23</sup> In 2020, 67% of practitioners cited live-streamed group classes as their top preference for learning. During the pandemic, reservations for yoga classes increased by 25% thanks to a surge of people joining virtual sessions from home.<sup>24</sup> As society turns into an ever more virtual world, this trend is expected to continue.

Instagram and YouTube have been especially powerful platforms for the spread of yoga practice. In March 2020, Instagram posts about yoga grew by 68%; even now, there are about 60 million yoga-related posts actively trending on the popular social platform at any given time. YouTube, meanwhile, is home to more than 2,000 channels related to yoga, some of which have become wildly popular.<sup>25</sup>

Average daily yoga content upload volume to YouTube has risen more than 1,000% over the past five years, while video consumption has also risen precipitously.<sup>26</sup> From 2019 to 2020, global viewership of yoga videos on YouTube surged by 165%.<sup>27</sup>

<sup>23</sup> Rawlings, J., Pollen, T. 'The Rise of Online Yoga: Student and Teacher Attitudes & Preferences'. Jenni Rawlings. 2020.

<sup>24</sup> Classpass. 'ClassPass Wellness & Fitness Trends: What To Expect In 2021'. 2020.

<sup>25</sup> YouTube Culture & Trends. 'Community Spotlight: Yoga'. YouTube. 2021.

<sup>26</sup> Bennett, B. 'Yoga Therapy Initiative 2022 Trends'. Global Wellness Institute. 2022.

<sup>27</sup> Nizam, A. 'What Do People Watch Most on YouTube in 2021?'. Lemonlight. 2021.



**63.8%**  
**\$215 Billion**

Between 2010 and 2021, yoga grew in popularity by 63.8%<sup>31</sup>

By 2025, the global yoga industry is projected to be worth \$215 billion<sup>33</sup>

**300 Million**

Over 300 million people globally practice yoga<sup>28</sup>

**General Yoga Statistics**

- Over 300 million people globally practice yoga<sup>28</sup>
- In 2022, the global yoga industry was worth USD \$105.9 billion<sup>29</sup>
- 10% of the U.S. population practices yoga<sup>30</sup>
- Between 2010 and 2021, yoga grew in popularity by 63.8%<sup>31</sup>
- The average yoga practitioner in the U.S. spends \$62,640 on yoga classes, workshops and equipment over their lifetime<sup>32</sup>

**Yoga Industry Trends and Projections**

- By 2025, the global yoga industry is projected to be worth \$215 billion<sup>33</sup>
- The number of yoga and pilates studios in the U.S. has increased from 32,354 in 2017 to 48,547 in 2023<sup>34</sup>
- From 2008 to 2018, the number of Americans doing yoga increased by 10.99 million<sup>35</sup>
- The online yoga class sector is expected to grow at a CAGR of 12.3% from 2021 to 2027<sup>36</sup>



10% of the U.S. population practices yoga<sup>30</sup>

<sup>28</sup> McCain, A. '25+ Interesting Yoga Industry Statistics [2023]: Yoga Trends + Revenue'. Zippia. 2023.

<sup>29</sup> McCain, A. '25+ Interesting Yoga Industry Statistics [2023]: Yoga Trends + Revenue'. Zippia. 2023.

<sup>30</sup> Smith, L. '41 Yoga Statistics: How Many People Practice Yoga?'. The Good Body. 2023.

<sup>31</sup> Smith, L. '41 Yoga Statistics: How Many People Practice Yoga?'. The Good Body. 2023.

<sup>32</sup> McCain, A. '25+ Interesting Yoga Industry Statistics [2023]: Yoga Trends + Revenue'. Zippia. 2023.

<sup>33</sup> McCain, A. '25+ Interesting Yoga Industry Statistics [2023]: Yoga Trends + Revenue'. Zippia. 2023.

<sup>34</sup> McCain, A. '25+ Interesting Yoga Industry Statistics [2023]: Yoga Trends + Revenue'. Zippia. 2023.

<sup>35</sup> McCain, A. '25+ Interesting Yoga Industry Statistics [2023]: Yoga Trends + Revenue'. Zippia. 2023.

<sup>36</sup> Himanshu V., Roshan, D. 'Yoga Market: Global Opportunity Analysis and Industry Forecast, 2021-2027'. 2020.

Yoga has evolved beyond the ‘tipping point.’ A global phenomenon, it is accessible in many venues, bringing a broad range of people to its practice—businessmen and women, professional athletes, students, stay at home moms and dads, children and individuals of all ages.

## ADVANTAGES FOR HEALTH, BUSINESS, TRAVEL

Yoga is now a well-established health trend. There is barely a U.S. health club that doesn’t offer a yoga class. Yet, an increased emphasis on personalization and customization in the teaching of yoga is a health trend likely to continue. As more and more people learn yoga, there will be a growing demand for classes and programs that cater to individual needs and preferences.

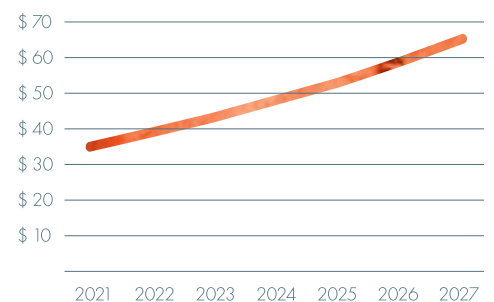
Cedars Sinai Medical Center in Los Angeles recommends patients do yoga because of its known benefits—lowering cholesterol levels and blood pressure, relief from chronic anxiety, insomnia, and depression, increased cardiovascular circulation, immune strengthening, hormone and mood balancing and the reversal of blocked arteries.

As yoga gathers increasing acceptance in Western medicine, so is it gaining power in the workplace. Employers are beginning to realize the beneficial impact this ancient practice can have on their workforce—reducing the escalating expense of health care, keeping sick days down by relieving anxiety, tension, jet lag, and even chronic back pain. For years, large corporations have invested in fitness programs and exercise rooms. Today, thousands of major companies have added yoga to their employee wellness offerings.

Where there’s a yoga blitz, there must also be a yoga business. Top brands such as Nike, J. Crew, Reebok, Athleta, Lululemon, even REI and more, have branded yoga merchandise and clothing for all shapes, sizes and genders. For decades, yoga videos have occupied top slots on best-seller lists and sales of yoga paraphernalia have tripled in the past few years, as retailers are finding a significant shift in the way people live and look at their lives. Self-improvement has become a lucrative niche, bringing yoga along with it.

Yoga has evolved beyond the ‘tipping point.’ A global phenomenon, it is accessible in many venues, bringing a broad range of people to its practice—businessmen and women, professional athletes, students, stay at home parents, children and individuals of all ages. The numbers tell the story: today, yoga is a multi-billion-dollar industry with a massive community of practitioners and instructors over 300 million strong worldwide.

**Global Yoga Market Growth**  
(in USD Billions)





## WHO PRACTICES YOGA AND WHY?

Yoga remains a more commonly practiced activity among women in all countries, with the United States, United Kingdom and Spain, reflecting a roughly 30%-10% split of women to men who occasionally participate. South Korea stands out for having the biggest discrepancy between genders, with a particularly high share of women enjoying it at 43%.

India, where yoga originated, has the largest share of people of all genders doing yoga overall.<sup>37</sup> Surprisingly, for most of its history in India, yoga was practiced almost exclusively by men as they were considered the spiritual keepers of the tradition.<sup>38</sup> Yet as of April 2023, there were over 300 million regular yoga practitioners worldwide and 72% of them were women.<sup>39</sup> And 'women between 30 and 49 years old are the group who practice yoga the most.'<sup>40</sup>

Globally, over 43% of yogis are between the age of 30 and 49 years old. 23% of the yoga population comprises 30 to 39 year-olds, and 20% is made up of 40 to 49 year-olds. Additionally, young adults between the ages of 18 and 29 make up 19% of the yoga population. Yoga is also practiced by about 37% of yoga practitioners' children under the age of 18.<sup>41</sup>

In India, however, while 35% of the population have practiced yoga within the last year, only 7% of people practice yoga daily,<sup>42</sup> according to the Pew Research Center, and those who do are largely retirees—a conundrum that has just inspired the Indian government to start promoting yoga for its contributions to the world and potential health benefits for all ages.<sup>43</sup> That may explain why experts predict the most growth in the global yoga industry over the next few years will be in the Asia-Pacific market, where the CAGR will reach 10.8%.<sup>44</sup>

China's young urban professionals have also discovered that they really can't live without yoga. Like basketball and golf, yoga has been a recent arrival to China, and is on its way to becoming a booming business as disposable incomes expand. Estimates suggest that 10 million Chinese now practice regularly, and in less than a decade, yoga studios have sprouted all over China.<sup>45</sup> Yoga is more popular amongst females with 26% of women and 4% of men in China reporting that they occasionally practice yoga.<sup>46</sup> Yoga is predominantly practiced by the age group of 25 to 40, constituting a substantial 69.4% of practitioners.<sup>47</sup>

<sup>37</sup> Fleck, A. 'Who's Practicing Yoga'. Statista. 2023.

<sup>38</sup> Remski, M. '10 Things We Didn't Know About Yoga Until This New Must-Read Dropped'. Yoga Journal. 2017.

<sup>39</sup> Jeong, S. 'Yoga Industry Statistics, Facts, Demographics & Infographic'. Yogi Times. 2023.

<sup>40</sup> Smith, L. '41 Yoga Statistics: How Many People Practice Yoga?'. The Good Body. 2023.

<sup>41</sup> Hrubenja, A. 'Yoga Statistics and Facts: 2023 Edition'. Modern Gentlemen. 2021.

<sup>42</sup> Diamant, J. 'Most Indians, Including Hindus, do not practice yoga'. Pew Research Center. 2021.

<sup>43</sup> The Economic Times. 'The business of Yoga: Can Indian entrepreneurs bend into the Lululemon pose?'. 2023.

<sup>44</sup> McCain, A. '25+ Interesting Yoga Industry Statistics [2023]: Yoga Trends + Revenue'. Zippia. 2023.

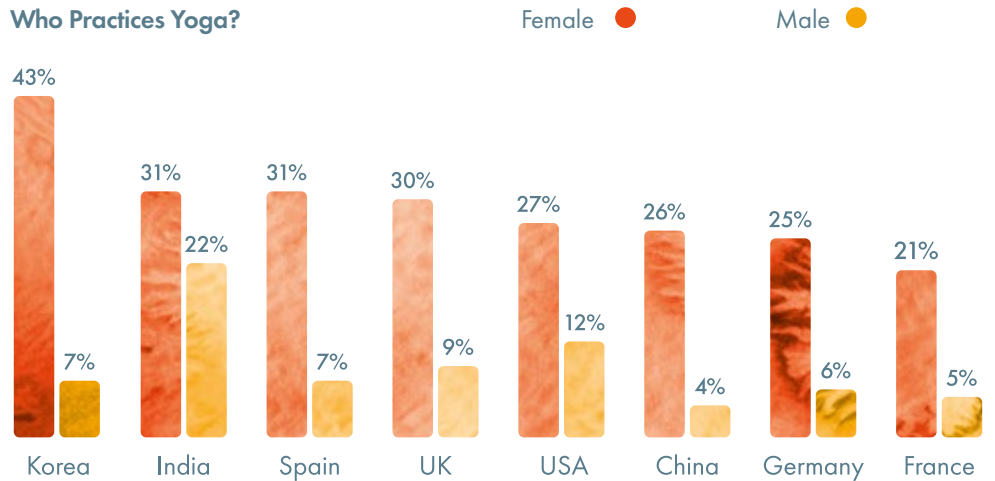
<sup>45</sup> Simpson, D. 'China: The New Yoga Superpower'. Yoga International. 2013.

<sup>46</sup> Elad, B. 'Yoga Industry Statistics - By Region, Benefits, Demographic, Facts and Type'. EnterpriseAppsToday. 2023.

<sup>47</sup> 'The Yoga market in China: Tier-1 cities host a yogic culture, bolstered by fitness digitalization'. Daxue Consulting. 2021.

While people study and practice yoga for many reasons, the desire to improve personal health and wellness has proven to be a key growth driver in recent years. In the U.S., for example, 94% of practitioners do yoga for wellness-related reasons and 61% of people started practicing yoga to improve their flexibility,<sup>48</sup> while 17.5% do it therapeutically to treat specific ailments or conditions.<sup>49</sup> According to Yoga Alliance, the evidence suggests that these health improvement expectations are justified.<sup>50</sup>

**Who Practices Yoga?**



Share of female and male respondents that at least occasionally practiced yoga or pilates, by selected country

2,300-9,900 online adults (18-64 y/o) per country who do sports or exercise at least occasionally, surveyed Apr. 2022-Mar. 2023

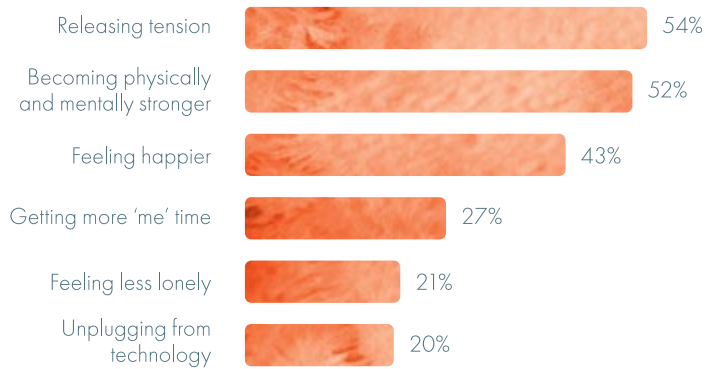
Source: Statista Consumer Insights

<sup>48</sup> Yoga Journal, Yoga Alliance. '2016 Yoga in America Study'. 2016.

<sup>49</sup> Stussman, B., Black, L., et al. 'Wellness-related use of common complementary health approaches among adults: United States'. NIH National Center for Complementary and Integrative Health. 2012.

<sup>50</sup> Yoga Alliance. '2016 Yoga in America Study Conducted by Yoga Journal and Yoga Alliance Reveals Growth and Benefits of the Practice'. 2016.

### What Motivates People to Practice Yoga?



The 2019 MINDBODY Wellness Index Report shows that there has been a shift in consumers' motivation to practice yoga, stating, 'Yoga is more than just a chance to improve physical wellness—many yoga studios introduce clients to new ways of approaching and improving holistic health. Looking at the most popular types of workshops hosted at yoga studios, 40% of people noted that they were interested in or had attended meditation workshops, 30% had taken part in nutrition programs and 28% had participated in a breathing class.'<sup>51</sup>

Yoga is already seeing accelerated adoption as a complementary health approach; according to the National Health Statistics Report of the Centers for Disease Control and Prevention (CDC), the incidence of yoga's use as holistic medicine with mainstream Western health and wellness practice rose from 9.5% in 2012 to 14.3% in 2017.<sup>52</sup>

Within the global yoga wave, a shift toward the practice of yoga for wellness has perpetuated the acceptance that yoga is an evidence-based discipline that can beneficially impact a diverse range of health responses—from energy, aging and immunity to sleep, happiness, family relationships and even sex.

What many don't realize is that yoga is actually a collection of ancient and often scientifically substantiated practices that came into being for exactly these reasons—to deal with the difficulties, demands and stresses human beings have faced in their daily lives for millennia.

### 2019 MINDBODY Wellness Index Report: Fitness in America<sup>53</sup>

Exploring yoga's universal appeal: What makes it the most popular group exercise in America?

- Yoga is the top group exercise across all age groups, with 25% of people currently practicing group yoga at least once a week. At the same time, more 26 to 45-year-olds (26%), and 46 to 65 year-olds (25%) do yoga than those ages 18 to 25 (21%).
- Yoga is the leading group and individual exercise that people want to try next—14% of people said they'd be interested in trying a yoga class.
- Americans typically spend 1.4 hours doing yoga per week. While it's the most popular group activity, people are also regularly practicing alone. Overall, 20% of people said they practice yoga on their own at least once a week.

<sup>51</sup> MINDBODY. 'Fitness in America: Behaviors, attitudes, and Trends'. 2020.

<sup>52</sup> Clare, T., Barnes, P. et al. 'Use of Yoga, Meditation, and Chiropractors Among U.S. Adults Aged 18 and Over'. National Center for Health Statistics. 2018.

<sup>53</sup> MINDBODY. 'Fitness in America: Behaviors, Attitudes, and Trends'. 2020.

PART 2:  
THE EVOLUTION OF YOGA AND YOGA THERAPY

As one of the world's earliest systems of holistic health and self-care, the therapeutic practice of yoga, or Yoga Chikitsa—Sanskrit for 'therapy, cure, medicinal application and treatment'—is clearly tied to the concept of healing.

With a history spanning five millennia, yoga and its therapeutic modality, known as Yoga Therapy, is one of the most ancient systems of health care and is now being recognized in the modern scientific community.<sup>54</sup>

Yoga Therapy, the remedial tradition of yoga, is based on a personalized approach to health and wellbeing and designed to evolve over a lifetime as conditions and circumstances change. 'It is founded on a recognition that physical and emotional states, attitudes, dietary and behavioral patterns, lifestyle and personal associations and the environment in which we live—are all intimately linked to each other and to the state of our health.'<sup>55</sup> This whole-health approach to yoga has increasingly become recognized as an effective wellness and healing modality to help individuals facing health and lifestyle challenges manage their symptoms, restore balance, increase vitality and improve their lives.

Amid the wellness reset and the need for more comprehensive health and wellness programs, Yoga Therapy as a practice and therapeutic modality is uniquely positioned to meet the needs of our modern population and become an endlessly fruitful ground for experience, learning and growth. Yet, with continued investigation, experimentation and discovery, it is important that the deeper, and truly practical relevance of yoga and Yoga Therapy not be lost—and that we don't overlook the essential principles underlying this profound tradition.<sup>56</sup>

<sup>54</sup> National Center for Complementary and Integrative Health. 'Yoga for Health'. National Institutes of Health. 2020.

<sup>55</sup> Kraftsow, G. 'Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga'. Penguin Books. 1999.

<sup>56</sup> Kraftsow, G. 'Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga'. Penguin Books. 1999.





## THE ORIGINS OF YOGA

While yoga has entered into the public consciousness as a trusted modality of purposeful exercise and well-being, it was originally a science of transformation and self-healing, a perception that is supported by a growing body of empirical evidence.<sup>57</sup>

The roots of yoga stretch back thousands of years, long before the first known religions and spiritual belief systems were born.

A magnificent heritage developed on the Indian peninsula, as yoga is actually a massive and historic collection of experience and knowledge compiled by the ancient Indic people over many centuries. It is undoubtedly one of the greatest gifts that India has bestowed upon the world.

According to ancient literature, yoga began as a revelation—when the Vedic seers and sages tapped into the depths of their own internal awareness and the profound wisdom and knowledge of yogic teachings were revealed by a higher power.<sup>58</sup> From this revelatory source emerged many other disciplines, including the systems of Vedic philosophy. The history of yoga is indelibly tied to Vedic revelatory texts, especially the Upanishads, which form the latter part of the Vedic tradition and are the oldest scriptures of Hinduism—discussing topics of meditation, philosophy, consciousness and ontological knowledge.<sup>59</sup>

Yoga has evolved over the course of generations, the result of successive masters and teachers who created order in the vast world of yoga scripture for the betterment of human health and wellbeing. For hundreds of years, the ancient sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America.<sup>60</sup>

Thanks to the efforts of these and other knowledgeable teachers, yoga traveled from the caves and forests of ancient India to the studios and gyms of the urban West.

<sup>57</sup> US National Library of Medicine, National Institutes of Health. 'National Survey of Yoga Practitioners: Mental and Physical Health Benefits'. 2013.

<sup>58</sup> Feuerstein, G. 'What You May Not Realize About Yoga'. Yoga International. 2022.

<sup>59</sup> Dalela, A. 'The Journey of Perfection: A Scientific Commentary on Yoga Sūtras: Six Systems of Vedic Philosophy'. Shabda Press. 2021.

<sup>60</sup> Hammond, H. 'The Timeline and History of Yoga in America'. Yoga Journal. 2007.



## WHAT IS YOGA?

Yoga's popularity has brought familiarity to certain aspects of its practice, such as the asanas—the physical postures that most consider the foundation of contemporary yoga. Many believe yoga is merely a series of poses and separate positions to be mastered. It is not.

In truth, yoga is not just physical training, positions or movements; it is not even primarily about exercise. It is an ancient, practical system for accessing, healing and integrating the body and mind.<sup>61</sup> Yoga practices involve our feelings, our thoughts and our emotional flexibility. Yoga is not so much a state of physical flexibility as it is a state of mind, and it encompasses a wide range of practices beyond postures.

The word yoga comes from the Sanskrit word *yuj*, which means to 'join, link, or connect.'<sup>62</sup>

Yoga is the art of linking all parts—body, mind, behavior and emotions—to reach a new level of integration within ourselves. Each time we attempt to link with any aspect of ourselves or our world, we are doing yoga.<sup>63</sup>

The principles of yoga teach that all parts of the body and mind are interconnected.<sup>64</sup> When we influence one part, we influence all the others.

The ancient yogis developed the art and science of yoga to affect overall change in the system through the various techniques of movement, breathing, sound, chanting and meditation, personal ritual and the study of texts.

Through these practices, we learn to transform negative qualities of the mind into higher states of clarity, which promotes overall physical and emotional well-being.

Like all other genuinely scientific disciplines, yoga is not a static thing; it is not a dogma or religion but rather a living science that continues to evolve and be applied to a range of issues unique to contemporary life. It is from this evolutionary and iterative process of improvement that the contemporary subdiscipline of Yoga Therapy was derived.

<sup>61</sup> Bennett, B. 'Emotional Yoga: How the Body Can Heal the Mind'. Atria. 2002.

<sup>62</sup> Basavaraddi, I. 'Yoga: Its Origin, History and Development'. Ministry of External Affairs, Government of India. 2015.

<sup>63</sup> Bennett, B. 'Emotional Yoga: How the Body Can Heal the Mind'. Atria. 2002.

<sup>64</sup> Woodyard, C. 'Exploring the therapeutic effects of yoga and its ability to increase quality of life'. International Journal of Yoga. 2011.

‘Yoga Therapy is the professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management and yoga practices for individuals or small groups.’ – IAYT<sup>67</sup>

## WHAT IS YOGA THERAPY?

Traditionally, the purpose of yoga was self-realization and transformation. Yoga Therapy shares this overall purpose while focusing on the clinical and therapeutic application of yoga in a modern health care and wellness management context.<sup>65</sup>

While derived from the same tradition of Patanjali and the Ayurvedic system of health care, Yoga Therapy, the remedial tradition and subset of yoga, has emerged as a distinct subspecialty within the wider discipline of yogic practice.<sup>66</sup>

While yoga has become a global trend, Yoga Therapy has not been mass-marketed or popularized and remains little understood, not only by the public at large but by many practitioners and teachers of more widespread yoga disciplines and forms. Yet, Yoga Therapy encompasses concepts and practices that have been used for centuries and have the potential to transform aspects of human healing and health care management in fundamental ways.

The International Association of Yoga Therapists (IAYT) defines Yoga Therapy as: ‘the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of yoga.’

In Yoga Therapy, the fundamental teachings and tools of yoga practice are used to manage health through rehabilitative care at every level. The difference between yoga and Yoga Therapy lies in application and context, as well as scope and practice. Yoga Therapy applies effective techniques from yoga specifically designed to treat a range of complexities and differences between individuals and their conditions through a personalized approach. The practices traditionally include, but are not limited to asana, pranayama, meditation, mantra, chanting, mudra, ritual and a disciplined lifestyle—all designed to increase a client/student’s self-awareness and move them toward their desired goals.

Through customization of yoga practice, Yoga Therapy creates a comprehensive health program for the purpose of reducing symptom burden and improving quality of life even during challenging circumstances.

While the benefits of Yoga Therapy practices are increasingly supported by a growing body of evidence-based research, this has in turn contributed to the understanding and acceptance of the value of Yoga Therapy as a therapeutic discipline.<sup>68</sup> A living tradition, Yoga Therapy continues to evolve and adapt to cultural context and contemporary health sciences.

<sup>65</sup> Stephens, I. ‘Medical Yoga Therapy’. Children (Basel). 2017.

<sup>66</sup> International Association of Yoga Therapists. ‘Contemporary Definitions of Yoga Therapy’. 2022.

<sup>67</sup> International Association of Yoga Therapists. ‘About Us’. 2023.

<sup>68</sup> International Association of Yoga Therapists. ‘Educational Standards for the Training of Yoga Therapists Definition of Yoga Therapy’. 2012.

## DEFINITIONS OF YOGA THERAPY

### INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS<sup>69</sup>

Yoga Therapy is a self-empowering process, where the care-seeker, with the help of the Yoga therapist, implements a personalized and evolving Yoga practice, that not only addresses the illness in a multi-dimensional manner, but also aims to alleviate his/her suffering in a progressive, non-invasive and complementary manner. Depending upon the nature of the illness, Yoga Therapy can not only be preventive or curative, but also serve a means to manage the illness, or facilitate healing in the person at all levels.

—TKV Desikachar & Kausthub Desikachar<sup>70</sup>

Yoga Therapy, derived from the Yoga tradition of Patanjali and the Ayurvedic system of health care, refers to the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude.

—Gary Kraftsow,  
American Viniyoga Institute<sup>71</sup>

Yoga Therapy is of modern coinage and represents a first effort to integrate traditional yogic concepts and techniques with Western medical and psychological knowledge. Whereas traditional Yoga is primarily concerned with personal transcendence on the part of a 'normal' or healthy individual, Yoga Therapy aims at the holistic treatment of various kinds of psychological or somatic dysfunctions ranging from back problems to emotional distress. Both approaches, however, share an understanding of the human being as an integrated body-mind system, which can function optimally only when there is a state of dynamic balance.

—Georg Feuerstein, Ph.D.<sup>72</sup>

Yoga Therapy adapts the practice of Yoga to the needs of people with specific or persistent health problems not usually addressed in a group class.

—Larry Payne, Ph.D.  
Samata Yoga Center (U.S.)<sup>73</sup>

Yoga Therapy is the application of Yoga to individuals to empower them to progress toward greater health and freedom from disease.

—Ganesh Mohan,  
Svastha Yoga and Ayurveda<sup>74</sup>

<sup>69</sup> International Association of Yoga Therapists. 'Contemporary Definitions of Yoga Therapy'. 2023.

<sup>70</sup> Krishnamacharya Healing Yoga Foundation. 'HOME - Krishnamacharya Healing and Yoga Foundation'. 2018.

<sup>71</sup> American Viniyoga Institute. 'The American Viniyoga Institute - Ancient Teachings for Modern Times'. 2023.

<sup>72</sup> Traditional Yoga Studies. 'HOME - Traditional Yoga Studies'. 2022.

<sup>73</sup> Samata International Yoga & Health Center. 'Samata'. 2022.

<sup>74</sup> Svastha Yoga & Ayurveda. 'Svastha Yoga and Ayurveda | Official Website of a. G. Mohan & Indra Mohan'. 2022.



PART 3:  
DISTINCTIONS BETWEEN YOGA AND YOGA THERAPY

## THE DISTINCTION BETWEEN A YOGA CLASS AND A YOGA THERAPY SESSION<sup>75</sup>

Although yoga as a practice is therapeutic, there are significant differences between yoga and Yoga Therapy. These two professions differ in the way they are both taught and experienced—including their settings; location; purpose; size of classes; content of classes; outcome; efforts and follow-up. Distinctions also lie between a yoga teacher and a yoga therapist and between a yoga class and a Yoga Therapy session. Clarity about these differences is helpful for the teacher/therapist, as well as for the student/client.<sup>75</sup>

### **The Yoga Student**

There are many reasons why students go to a yoga class or seek out private yoga instruction. To make a sound decision, students would do well to look deeply at their intentions for seeking out yoga education, yoga instruction or Yoga Therapy. Yoga provides the tools for a process of self-investigation and self-development that ultimately guides practitioners toward self-realization. However, the general public still sees yoga as a system of exercise.

Students most often go to a yoga class to exercise in a venue with a like-minded community. Those who come to understand that yoga is more than exercise may look for instruction to explore its other aspects, such as pranayama or meditation. Regardless of the intention, they will gain some benefit by learning and practicing yoga.

### **The Yoga Therapy Client**

When clients seek out a yoga therapist or a therapeutic group, they are usually coming not to learn yoga, but to get help with or relief from some symptom or health condition that is troubling them. In most cases, the instruction focuses on their condition and how the yoga techniques can help them feel better or improve their function, rather than on the techniques or methods of yoga practice.

### **The Yoga Class**

Yoga teachers may offer a variety of yoga classes, including classes for individuals or groups of people with specific conditions. Common examples include yoga for pregnant women, yoga for heart patients, and yoga for cancer survivors. In these classes, good yoga teachers must learn the contraindications for working with people that have these conditions and respect those contraindications while teaching the students appropriate yoga. The intention in these types of classes is to teach these students how to practice yoga while respecting their health conditions.

<sup>75</sup> Kraftsow, G. 'The Distinction Between a Yoga Class and a Yoga Therapy Session'. International Journal of Yoga Therapy. 2014.

# The therapist's role is to empower clients to take a more active role in their self-care.

## **The Yoga Therapy Session**

The intention changes in Yoga Therapy sessions for individuals or groups with specific conditions. After an appropriate intake and assessment, therapists will often focus on the specific symptoms that trouble their clients and identify methods to help them manage those symptoms. Examples include helping clients with pain management, fatigue or sleeplessness. In addition, the therapist's role is to empower clients to take a more active role in their self-care.

The therapist's job is less about teaching yogic techniques and more about helping clients to overcome their challenges and gain independence.

Hence, the job of the therapist represents a different focus, a different type of education and a different skill set.

Commonly, students report great and even therapeutic benefits from their yoga classes, no matter which type of class they are attending. This occurs because of the inherent therapeutic potential of yoga, but it should not obscure the distinction between a yoga class and a Yoga Therapy session.

Although the distinctions may seem subtle, it is important for the yoga student and the Yoga Therapy client to be clear about their intentions when seeking out yoga professionals. It is also extremely important for yoga professionals—whether teachers or therapists—to be clear about the intention and orientation of their work, honest about their level of training and understanding and realistic about their skill sets.

Although both yoga teaching and Yoga Therapy are valid and valuable professions, they are different. It is important that we as a yoga [and wellness] community become clear about these distinctions.







## HOW YOGA THERAPY IS DELIVERED IN THE COMMUNITY<sup>76 77</sup>

Variables	Yoga Class	Yoga Therapy Session
<b>Location</b>	Taught in studios, gyms, and/or other community settings	Delivered in yoga studios, therapist’s office, private homes or clinical settings
<b>Purpose</b>	Instruction in yoga techniques; general practice, often fitness-oriented	Personalized approach to address specific conditions or interests using a variety of yoga techniques with the goal of improving health and wellbeing; practices tailored to client goals
<b>Instruction</b>	Delivered in group classes, often large; limited individual adaptations	Individual assessment and formal intake; delivered individually or in small groups; therapeutic relationship, possible in a group
<b>Content of Classes</b>	Typically determined by the instructor and taught to students with varying levels of experience; may be quite vigorous	Highly personalized to the needs of the individual Yoga Therapy student’s goals and abilities; often less strenuous than yoga classes in the community
<b>Outcome/Effects</b>	Learning how to perform the techniques and tools of yoga; for socializing in a group practice	Empowering students or patients to progress toward greater health and freedom from disease; through personal practice, can alleviate targeted conditions and improve lifestyle habits

<sup>76</sup> Ross, A., Touchton-Leonard, K. et al. ‘A National Survey of Yoga Instructors and their Delivery of Yoga Therapy’. International Journal of Yoga Therapy. 2016.

<sup>77</sup> Ajna Yoga. ‘What Is Yoga Therapy?’ 2023.

# Yoga or Yoga Therapy

What's the difference?



Yoga



Yoga  
Therapy

VS

## Group

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- Classes take place in groups.
- Practice offers general health benefits.
- Yoga techniques are taught but with limited individual modifications.

## Optimize

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- Often students attend yoga classes to optimize their overall health and wellbeing.

## Yoga Teacher

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- At minimum yoga teachers certified by the Yoga Alliance do 200 hours of training in yoga philosophy, anatomy and physiology.

## Class

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## Individual

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- Sessions are individual.
- Expect a formal assessment and intake process.
- Yoga techniques are tailored to address specific health needs.

## Bring Relief

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- Clients often seek out Yoga Therapy to address a specific condition or health issue.

## Health

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## Yoga Therapist

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- At minimum yoga therapists certified by the International Association of Yoga Therapists do 800 hours of training in yoga philosophy, anatomy, physiology, biomedicine and pathophysiology.

## Teacher

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PART 4:  
THE YOGA THERAPY WHOLE-HEALTH MODEL

## FIVE DIMENSIONS OF THE HUMAN SYSTEM

Yoga Therapy combines a clinically oriented, assessment-based yet personalized approach centered on an individual's goals and health conditions.<sup>79</sup> Using an integrative and preventive holistic approach, Yoga Therapy is built on a scientific foundation of ancient practices, informed by contemporary medical science and is adapted to deal with the challenges and stresses of 21st century human life.

In the currently shifting landscape of medical care, more patients are seeking whole-health approaches that go beyond the treatment of isolated symptoms.<sup>80</sup> Founded on a multi-dimensional model of health and healing, Yoga Therapy is well positioned to thrive within this larger trend toward whole-person health and is the key to understanding the mission of wellness for the modern human being.

One of the earliest and most effective integrative systems of holistic health today is the model of Panchamaya, meaning 'five layers.' Based on ancient texts found in the Taittiriya Upanishad, Panchamaya recognizes that our body, mind and emotions are more than just a set of biochemical processes. Together, these teachings define the human system as a collection of five integrated layers that unfold from within one another, connected like the petals of a rose.

Panchamaya identifies the five dimensions, or layers, of the human system starting with the outer physical or structural layer (Annamaya) and moves progressively to the inner layers—the vital energy or physiological dimension (Pranamaya), the intellect and mind (Manomaya), the personality and character (Vijnanamaya) and finally the spiritual dimension of consciousness (Anandamaya). A proven, tactical plan for optimizing health, Panchamaya is an ancient yet modern approach to achieving and maintaining optimal wellness throughout our lifetime.

Within the context of these five dimensions, tools of integration and transformation were created to refine and develop each aspect of the individual. Today, these personalized therapeutic modalities are considered an integral part of the holistic practice of Yoga Therapy; and, as practices, they can be adapted to serve the needs of all individuals, giving them the tools to continuously improve the quality of their lives.<sup>81</sup>

'As human beings, we are a complex of interrelated systems (including the various components of our anatomy, physiology and psychology) existing within a larger complex of interrelated systems, including our interpersonal relationships and our environment. There is a reciprocal relation between these various structural components and the metabolic functioning of the body as a whole. The body possesses an intrinsic, organic wholeness, and the key to health lies in the balanced interaction of all these systems.'

-Gary Kraftsow<sup>82</sup>

<sup>79</sup> National Center for Complementary and Integrative Health. *Yoga for Health*. National Institutes of Health. 2020.

<sup>80</sup> Revere Health. 'You Can't Have One without the Other: How Body Systems are Connected'. 2016.

<sup>81</sup> Bennett, B. 'The Optimal Wellness Model: Creating a Human Centric Strategy'. BijaB. 2021.

<sup>82</sup> Kraftsow, G. 'Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga'. Penguin Books. 1999.

# PANCHAMAYA: THE YOGA THERAPY WHOLE-HEALTH MODEL



Following is a summary of the five dimensions of the human system from the Panchamaya model including: a definition of each layer; optimal health goals; examples of a common modern distress; and the related Yoga Therapy practices used to apply, treat or heal the conditions related to that dimension.

The Five Dimensions	<b>Annamaya</b> Body	<b>Pranamaya</b> Energy	<b>Manomaya</b> Mind	<b>Vijnanamaya</b> Behavior	<b>Anandamaya</b> Spirituality
	Refers to the skeletal system, spine, muscles, tendons, joints	Refers to physiological and biological systems; immune, cardiovascular, respiratory, digestive, endocrine systems	Refers to the mind, intellect, senses, memory, perception, intuition	Refers to behaviors and attitudes, virtue, ethics, character, personality, relationship	Refers to the higher self, confidence, full potentiality, trust, confidence and self-discovery
Optimal Health Goals	Stability Strength Flexibility Lightness Balance Integration	Metabolic balance Immunity Luminosity Vital energy Restoration Physiological health	Learning ability Memory Clarity Discrimination Concentration Creativity Mental Health Emotional Balance	Intelligent behaviors Character Healthy attitudes Meaningful relationships Integrity Honesty Intuition Virtue Ethics Personality	Fulfillment Inspiration Wisdom Happiness Personal Transformation Deep inner-life Connection Wholeness
Common Modern Distress	Postural issues Joint and back pain Musculo-skeletal conditions Nutritional imbalance Limited movement and range of motion Less circulation	Stress Anxiety Insomnia Fatigue Metabolic imbalance Digestive issues Low immunity Respiratory conditions Hypertension Diabetes	Mental health issues Anxiety Depression Memory loss Lack of focus Dis-engagement ADD/ADHD	Psycho-social conditions Addiction Relationships problems Lack of emotional engagement Behavioral issues Personality disorders	Lack of purpose Disconnection to higher self and spiritual life Aging End of life
Yoga Therapy Strategies	Asana Bodily Exercise	Pranayama Conscious breathing	Sound / Chanting	Dhyana / Meditation Self-inquiry	Ritual / Prayer



Body  
**Annamaya**

Nourishing the physical



# THE FIVE DIMENSIONS

## Annamaya - Body

### Optimal Health Goals

- Stability
- Strength
- Flexibility
- Lightness
- Balance
- Integration

### Common Modern Distress

- Postural issues
- Joint and back pain
- Musculo-skeletal conditions
- Nutritional imbalance
- Limited movement and range of motion
- Less circulation

### Yoga Therapy Strategies

- Asana
- Bodily Exercise

Annamaya represents our physical body and structure. The word 'anna' means food. 'Annamaya' refers to this substantive, physical body that consists of the Mahabhutas, or elements of earth, water, fire, air and ether that make up our bodily form. This dimension includes the principles of structural fitness, stability, bodily strength, flexibility and stamina as the foundation for achieving a greater sense of wellbeing and physical health.

According to ancient teachings, the concept of physical fitness and health has a different set of criteria than the way we think of it today. Rather than measuring body fat, standards of performance, body weight or even mastering the form of yoga postures, qualities such as a feeling of lightness in the body, the ability to withstand change and structural stability are the tenets of physical fitness and health from the yogic perspective.

### Optimal Goals:

Achieving physical health is fundamental to the overall health of our body and mind. Regular movement creates balanced growth through one's life, along with structural fitness, stability, bodily strength, flexibility and stamina and provides the foundation upon which high performance rests.

### Yoga Therapy Strategies:

#### • Asana/Bodily Exercise

The ancients developed the science of asana practice to promote balanced growth of the body and its continued maintenance. Never used as an isolated fitness system, asanas are traditionally adapted to the changing needs of the individual and are included as an integral part of a holistic practice.

Asanas, known as the bodily exercises of yoga, are most commonly used to address structural issues such as: chronic low back pain, neck and shoulder tension, knee problems, shoulder problems, disc injuries, tennis elbow, etc. Bodily exercises, including adaptive movement therapies, lifestyle changes and compensatory behaviors are also used to help overcome structural challenges by identifying different ways of adapting the posture and to assist when an exercise becomes difficult or impossible.

The ability to perfect the physical form of the postures, however, is never the goal of asana practice in Yoga Therapy.



Energy  
**Pranamaya**  
Feeling vitality

## Pranamaya - Energy

### Optimal Health Goals

- Metabolic balance
- Immunity
- Luminosity
- Vital energy
- Restoration
- Physiological health

### Common Modern Distress

- Stress
- Anxiety
- Insomnia
- Fatigue
- Metabolic imbalance
- Digestive issues
- Low immunity
- Respiratory conditions
- Hypertension
- Diabetes

### Yoga Therapy Strategies

- Pranayama
- Conscious breathing

Pranamaya refers to the metabolic functions of the body and represents the vital energy layer that animates the physical structure of all living beings.<sup>83</sup> Prana means 'life' and maya means 'layer,' which signifies the basic life force or biological energy traveling throughout the entire nervous system, and is responsible for all physiological functions.

The ancients identified five aspects of Prana: prana, apana, vyana, udana and samana, each one associated with a different bodily location and physical process and function.

While modern medical science determines the health of our metabolic functions through measuring our blood serum cholesterol, bone density, blood sugar levels, etc., the ancients looked at our physiology through the vital energy body, or Prana. Prana organizes, animates and activates our physical bodies and determines the quality of our health and vitality on a daily basis.

### Optimal Goals:

The characteristics of a healthy metabolism include: vital energy throughout the day; the ability to fall asleep; quality of sleep; good digestion; luminous skin and strengthened immunity. Energy renewal strengthens vitality, builds immunity, relieves stress and supports physiological self-restoration.

### Yoga Therapy Strategies:

#### • Pranayama/Conscious Breathing

Pranayama, the yogic science of conscious breathing, is defined as the art of regulating, modifying and extending the natural flow of the breath and enhancing one's vital energy or life force. The ancient masters developed the practice of conscious breathing to balance the emotions, clarify the mind and improve the general quality of life.

Scientific research into the respiratory process confirms that the quality of breathing has dramatic physical effects, as well as psychological ones. Through slow, rhythmic respiration using the movement of the diaphragm we can increase our parasympathetic response; decrease metabolic rate and blood-sugar levels; lower the heart rate; reduce muscle tension, fatigue and pain; and increase strength, mental and physical alertness, confidence and emotional stability.

Considered the primary tool for self-development in yoga, pranayama helps an individual contact deeper and subtler emotional and physiological states by making conscious what is ordinarily an unconscious pattern of breathing.

<sup>83</sup> Bennett, B. 'The Breathing Breakthrough'. Global Wellness Institute. 2020.



Mind  
**Manomaya**  
Sustaining attention

## Manomaya - Mind

### Optimal Health Goals

- Learning ability
- Memory
- Clarity
- Discrimination
- Concentration
- Creativity
- Mental Health
- Emotional Balance

### Common Modern Distress

- Mental health issues
- Anxiety
- Depression
- Memory loss
- Lack of focus
- Disengagement
- ADD/ADHD

### Yoga Therapy Strategies

- Sound / Chanting

Manomaya refers to the inherent power of the mind and the tremendous influence it has over the entire human system. Mano, meaning 'mind,' represents the dimension of our intellect, including our senses, intuition, memory and cognitive capacity.

According to the ancients, the basis for educating the entirety of a person was through training the mind to learn, acquire knowledge, remember and imagine—and that by developing the mind, we are able to perceive, understand and choose. The intellect plays a pivotal role in developing and refining memory, curiosity and creativity at every level.<sup>84</sup>

The tenets of yogic teachings also identify the goal of yoga as transforming negative qualities of the mind into higher states of clarity—whether it refers to anxiety, low self-esteem, depression or other psycho-emotional issues significant to mental health.

### Optimal Goals:

The ability to create and maintain clarity of perception, strong memory and concentration, and mental and emotional balance is through intellectual mind-training and education, the key to mental integrity and health.

### Yoga Therapy Strategies:


#### • Sound/Chanting

In ancient times, before the printing press, 'most knowledge, particularly sacred knowledge, was organized into compositions that could be preserved and transmitted through chants. Students would learn by listening and repeating scriptural and other texts, and by memorizing chants containing the knowledge to be transmitted.'<sup>85</sup>

Chanting, as an oral transmission, was used as the primary tool for training and developing the mind. The ability to listen, retain and repeat; accumulate and preserve; and to receive instruction was developed through the science of chanting. Chanting was then, and is now, a valuable mind-training tool that can be done as an individual practice within the context of movement, breathing and meditation in Yoga Therapy.

<sup>84</sup> Kraftsow, G. 'Yoga for Transformation: Ancient Teachings and Practices for Healing the Body, Mind, and Heart'. Compass. 2002.

<sup>85</sup> Kraftsow, G. 'Yoga for Transformation: Ancient Teachings and Practices for Healing the Body, Mind, and Heart'. Compass. 2002.



Behavior  
**Vijnanamaya**  
Shaping attitudes  
and character

## Vijnanamaya - Behavior

### Optimal Health Goals

- Intelligent behaviors
- Character
- Healthy attitudes
- Meaningful relationships
- Integrity
- Honesty
- Intuition
- Virtue
- Ethics
- Personality

### Common Modern Distress

- Psycho-social conditions
- Addiction
- Relationships problems
- Lack of emotional engagement
- Behavioral issues
- Personality disorders

### Yoga Therapy Strategies

- Dhyana / Meditation / Self-inquiry

Vijnanamaya refers to an individual's personality, behaviors and attitudes, including one's sense of virtue and ethics. This dimension determines the unique way in which we relate to our experiences, how we absorb information and how we understand things in our own particular way. 'What we call 'personality' is, in fact, largely a collection of conditioned patterns.'<sup>86</sup>

The key to personal growth and development lies in the possibility of breaking the conditioning cycle of our defense mechanisms, habits and patterns. Working to change behavioral patterns has great potential for deep transformation through the Yoga Therapy practices of asana, pranayama, chanting, meditation, and ritual and prayer.

Understanding what motivates us—knowing what our mind is doing, feeling what our body is feeling every single day—leads to responsible behaviors. By developing behavioral awareness, we can strengthen our character. Exercising conscious behaviors and defining them in specific ways, brings commitment, focus and momentum towards personal transformation and growth.

### Optimal Goals:

Discriminative insight arises as we are established in our true nature. This represents the highest goal of yoga, which, according to the ancients we can understand through clarity of perception.<sup>87</sup> From this we can develop intelligent behaviors, character, healthy attitudes, honesty, integrity and meaningful relationships.

### Yoga Therapy Strategies:

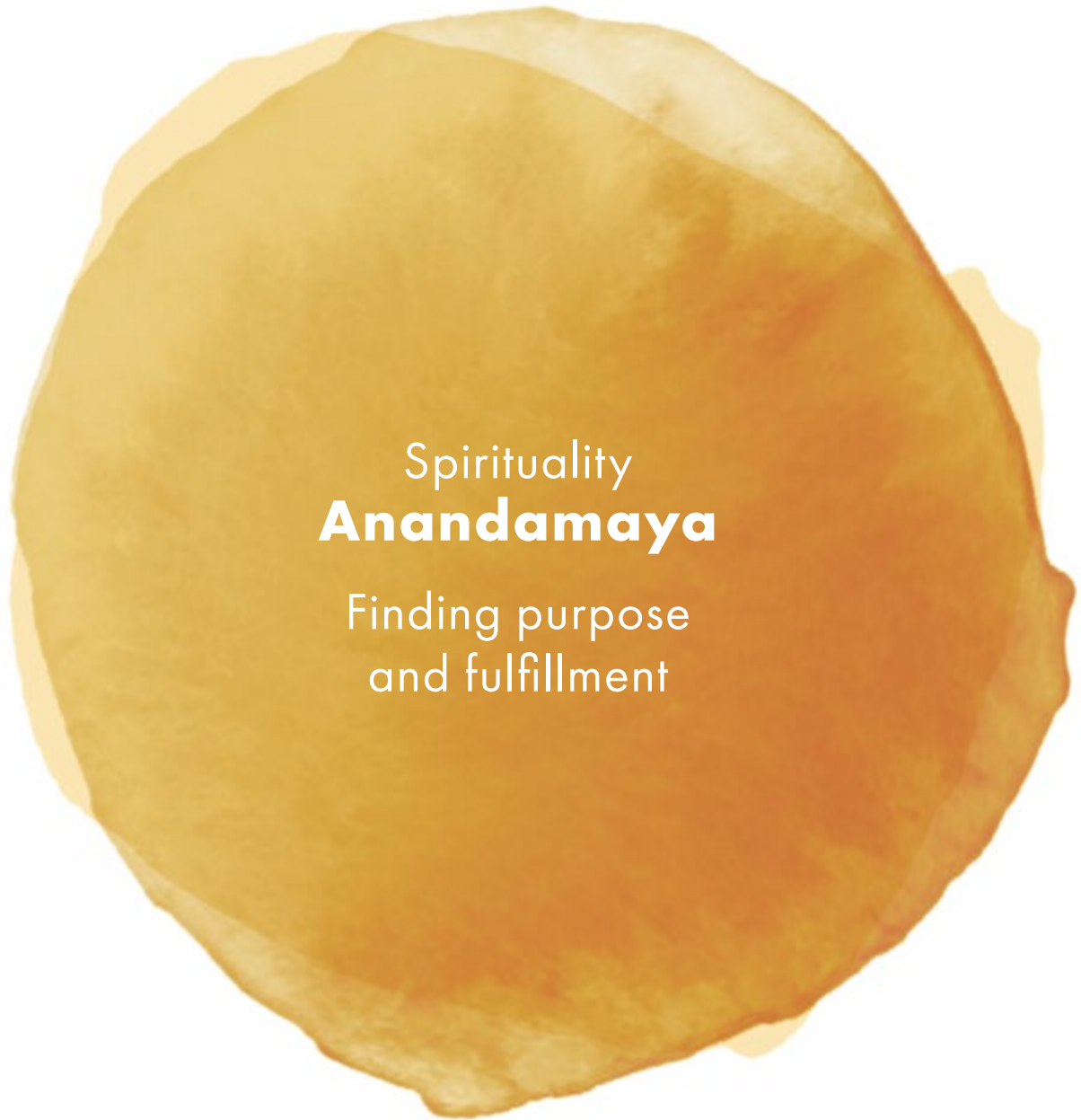
#### • Meditation/Self-Inquiry

Meditation is the process of intentionally directing the mind in a certain way for a period of time. Patanjali, the father of yoga, defines meditation or dhyana, as 'continuing the state of attention [which] causes an uninterrupted creative flow in relation to the idea or object.'<sup>88</sup> The idea or object of meditation can be anything—an emotion, a thought, a visual object or even the breath, all becoming a support for our attention. Meditation and self-Inquiry allows for a different way of perceiving the world and often leads to personal transformation. On this basis, the ancient yogis developed the science of meditation to recognize, transform and refine our attitudes, behaviors and personalities.

<sup>86</sup> Kraftsow, G. 'Yoga for Transformation: Ancient Teachings and Practices for Healing the Body, Mind, and Heart'. Compass. 2002.

<sup>87</sup> Kraftsow, G. 'Yoga for Transformation: Ancient Teachings and Practices for Healing the Body, Mind, and Heart'. Compass. 2002.

<sup>88</sup> Bennett, B. 'Emotional Yoga: How the Body Can Heal the Mind'. Simon & Schuster. 2002.



Spirituality  
**Anandamaya**

Finding purpose  
and fulfillment



## Anandamaya - Spirituality

### Optimal Health Goals

- Conscious awareness
- Joy
- Fulfillment
- Inspiration
- Wisdom
- Happiness
- Personal Transformation
- Deep inner-life
- Connection
- Wholeness

### Common Modern Distress

- Lack of purpose
- Disconnection to higher self and spiritual life
- Aging
- End of life

### Yoga Therapy Strategies

- Ritual / Prayer

Ananda, meaning 'joy' or 'bliss,' is the highest state of the individual self. Anandamaya is the deepest dimension; the relational or heart level, and represents the ultimate aim of life, including our relationship with something higher or beyond ourselves. This connection to our source brings the experience of eternal joy. Anandamaya also incorporates the concepts of our higher self and full potentiality, gained through the process of self-discovery.

### Optimal Goals:

Achieving spiritual purpose and fulfillment on the deepest level of the heart often comes from linking with one's spiritual center or source. Transformation through sustained self-exploration and effort can create new avenues for joy, happiness and enhanced quality of life. When we bring our conscious attention to the source of our purpose and joy, we begin to actualize our inherent potential for wholeness.

### Yoga Therapy Strategies:

#### • Ritual/Prayer

Daily ritual—whether it be one of prayer, connection or spiritual communion—takes the abstract idea of focusing on an idea, answer, insight, inspiration or strategy and brings it into a more formal action or practice. Through the simplest acts of personal ritual, we can do many things: we can help ourselves deal with difficulty or pain, purify and atone for our mistakes, reflect on our choices, connect to our source and link to the feeling of joyfulness.

Ritual and prayer are the tools for self-transformation that have been cultivated by the ancient masters, 'and these gifts have been preserved throughout time in the various religious and spiritual traditions of the world.'<sup>89</sup>

<sup>89</sup> Kraftsow, G. 'Yoga for Transformation: Ancient Teachings and Practices for Healing the Body, Mind, and Heart'. Compass. 2002.

PART 5:  
ANCIENT SCIENCE, MODERN RESULTS

## EVIDENCE-BASED RESEARCH VALIDATES EFFICACY OF YOGA THERAPY

Yoga Therapy methods have increasingly been put to the test in academic research. Studies have demonstrated the effectiveness of Yoga Therapy in practice, validating what many practitioners of healing yoga have understood for generations.

The mainstream application of yoga and yogic practices to the treatment of health and medical conditions has been expanded in both scope and scale in recent years. Dr. Timothy McCall, author of ‘Yoga as Medicine: The Yogic Prescription for Health and Healing’, has spent the last decade tracking medical studies of yoga. His periodically updated online article ‘117 Health Conditions Helped by Yoga’ documents the number of conditions in which yoga has a scientifically proven benefit.<sup>90</sup>

- |   |   |   |   |
|---|---|---|---|
| 1 Alcoholism and Other Drug Abuse                         | 37 Gestational Diabetes                     | 66 Obsessive Compulsive Disorder (OCD)                | 94 Psoriasis                              |
| 2 Alzheimer’s Disease                                     | 38 Guillain-Barré Syndrome                  | 67 Organ Transplant                                   | 95 Pulmonary Hypertension                 |
| 3 Amyotrophic Lateral Sclerosis                           | 39 Heart Disease                            | 68 Osteoarthritis (Degenerative Arthritis)            | 96 Restless Leg Syndrome                  |
| 4 Anxiety   | 40 Hemophilia                               | 69 Osteoporosis                                       | 97 Rheumatoid Arthritis (RA)              |
| 5 Asthma  | 41 Hemorrhoids                              | 70 Ovarian Cancer                                     | 98 Rhinitis (Inflammation of the Nose)    |
| 6 Atrial Fibrillation                                     | 42 High Blood Pressure                      | 71 Pain, Chronic                                      | 99 Schizophrenia                          |
| 7 Attention Deficit Hyperactivity Disorder (ADHD)         | 43 HIV/AIDS                                 | 72 Panic Disorder                                     | 100 Scoliosis (Curvature of the Spine)    |
| 8 Autism Spectrum Disorder                                | 44 Hypothyroidism                           | 73 Parkinson’s Disease                                | 101 Sexual Dysfunction                    |
| 9 Back Pain, Chronic                                      | 45 Infertility                              | 74 Pelvic Organ Prolapse                              | 102 Sexual Trauma                         |
| 10 Balance Problems                                       | 46 Inflammatory Bowel Disease (IBD)         | 75 Pelvic Pain  | 103 Sinusitis                             |
| 11 Breast Cancer  | 47 Inguinal Hernia                          | 76 Performance Anxiety                                | 104 Skeletal Muscle Pain Syndrome         |
| 12 Burnout  | 48 Insomnia                                 | 77 Peripheral Neuropathy                              | 105 Smoking Cessation                     |
| 13 Burns  | 49 Irritable Bowel Syndrome                 | 78 Periodontitis                                      | 106 Somatoform Disorders                  |
| 14 Cancer (General)                                       | 50 Kidney Disease, Chronic                  | 79 Pleural Effusion (Fluid in the Lining of the Lung) | 107 Spinal Cord Injury                    |
| 15 Carpal Tunnel Syndrome                                 | 51 Lung Cancer                              | 80 Polycystic Ovarian Syndrome                        | 108 Stress                                |
| 16 Cerebral Palsy   | 52 Lymphedema                               | 81 Post Coronary Artery Bypass Surgery                | 109 Stroke                                |
| 17 Chronic Fatigue Syndrome                               | 53 Lymphoma                                 | 82 Post-Heart Attack                                  | 110 Stuttering                            |
| 18 Chronic Obstructive Pulmonary Disease (e.g. Emphysema) | 54 Menopausal (and Perimenopausal) Symptoms | 83 Post Implantable Cardioverter Defibrillator        | 111 Thoracic Hyperkyphosis                |
| 19 Cognitive Impairment                                   | 55 Menstrual Disorders (Dysmenorrhea)       | 84 Post-Joint Replacement                             | 112 Tinnitus                              |
| 20 Computer Vision Syndrome                               | 56 Mental Developmental Impairment          | 85 Post-Operative Recovery                            | 113 Total Knee Arthroplasty (Replacement) |
| 21 Congestive Heart Failure                               | 57 Metabolic Syndrome                       | 86 Post-Polio Syndrome                                | 114 Traumatic Brain Injury                |
| 22 Cystic Fibrosis  | 58 Migraine and Tension Headaches           | 87 Post-Traumatic Stress Disorder (PTSD)              | 115 Tremor, Essential                     |
| 23 Depression   | 59 Multiple Sclerosis (MS)                  | 88 Pregnancy (Normal and Complicated)                 | 116 Tuberculosis                          |
| 24 Diabetes   | 60 Muscular Dystrophy                       | 89 Premenstrual Syndrome (PMS)                        | 117 Urinary Incontinence                  |
| 25 Diabetic Lung  | 61 Myofascial Pain Dysfunction Syndrome     | 90 Prenatal/Postpartum Depression                     |   |
| 26 Drug Withdrawal  | 62 Neck Pain, Chronic                       | 91 Pre-Operative Rehabilitation                       |   |
| 27 Duchenne Muscular Dystrophy                            | 63 Neurocardiogenic Syncope (Fainting)      | 92 Pressure Ulcers                                    |   |
| 28 Dysfunctional Uterine Bleeding                         | 64 Neuroses (e.g. Phobias)                  | 93 Prostate Cancer                                    |   |
| 29 Eating Disorders                                       | 65 Obesity/Overweight                       |   |   |
| 30 Endometriosis  |   |   |   |
| 31 Epilepsy   |   |   |   |
| 32 Fatigue  |   |   |   |
| 33 Fibromyalgia   |   |   |   |
| 34 Fractures  |   |   |   |
| 35 Frozen Shoulder (Periarthritis)                        |   |   |   |
| 36 Gait (Walking) Problems                                |   |   |   |

<sup>90</sup> McCall, T. ‘117 Health Conditions Helped by Yoga’. Yoga As Medicine. 2019.



Yoga Therapy is not a substitute for medical treatment but rather serves as a complement to conventional Western biomedicine.<sup>92</sup> In general, the role of the yoga therapist is to support and help an individual manage their own personal self-care alongside their doctors and treatments<sup>93</sup> and to respect their relationship with the primary caregiver or physician.

It is important to note, that although Yoga Therapy is primarily focused on treating specific health issues such as back pain, sleep difficulties, depression, anxiety or digestive distress—the goal of Yoga Therapy is not to cure disease. Its purpose is to enable and inspire individuals facing health challenges at any level, manage their condition, reduce symptoms, and alleviate suffering in a progressive, non-invasive manner—helping them restore balance, increase vitality and improve attitude.<sup>91</sup>

Yoga Therapy can holistically treat these health conditions when considering how it affects the whole person through the five-dimensions. As seen in the examples below, Yoga Therapy has been proven through evidence-based research to help relieve symptoms for numerous mental, emotional, physical and behavioral issues.

The goal of Yoga Therapy is not to cure disease—its purpose is to enable and inspire the individual to influence their own situation and manage their symptoms.

<sup>91</sup> International Association of Yoga Therapists. 'Educational Standards for the Training of Yoga Therapists: Definition of Yoga Therapy'. 2012.

<sup>92</sup> National Center for Complementary and Integrative Health. 'Yoga for Health'. National Institutes of Health. 2020.

<sup>93</sup> GWI Yoga Therapy Initiative. 'GWI Yoga Therapy Initiative Interview with Gary Kraftsow, 2022'. Global Wellness Institute. 2022.

## STUDIES FOR SKELETAL SYSTEM AND STRUCTURE

Yoga Therapy practices and interventions have been proven effective as a treatment for numerous physical and structural conditions and many studies indicate that they are often more effective than prevailing non-yoga medical best practices.

### Research Spotlight:

In 2016, scientists from the University of California, San Diego and Brown University made a systematic review of the existing literature related to yoga's impact on chronic low back pain.<sup>94</sup> In a comprehensive analysis of controlled trials stretching back more than a decade, researchers reported:

'Yoga can reduce pain and disability, can be practiced safely, and is well received by participants.'

In a study of osteoarthritis (OA) of the knee published in the *International Journal of Yoga*<sup>95</sup>, a team of medical researchers tested the efficacy of yoga interventions on 250 patients. The study concluded that the integrated approach of Yoga Therapy shows better results than physiotherapy exercises for reducing pain, morning stiffness, state and trait anxiety, blood pressure and pulse rate in patients with OA knees.<sup>96</sup>

Many patients with chronic illnesses like osteoarthritis (OA), fibromyalgia (FM) and rheumatoid arthritis (RA) experience high levels of pain and psychological distress which are incompletely relieved by current pharmacologic or physical interventions. Pain in these chronic illnesses arises from a complex interplay between psychological, structural and biologic aspects of each disorder. Mind-body therapies of yoga are particularly applicable for promoting overall quality of life for patients with these chronic rheumatic conditions as shown in a one-year study in New Delhi, India published by the *International Journal of Current Advanced Research* in 2015 on rheumatoid arthritis patients.<sup>97</sup>

[For Additional Research See Appendices]

<sup>94</sup> Chang, D., Holt, J. et al. 'Yoga as a treatment for chronic low back pain: A systematic review of the literature'. *Journal of Orthopedic Rheumatology*. 2016.

<sup>95</sup> Ebnezar, J., Nagarathna, R. et al. 'Effect of integrated Yoga Therapy on pain, morning stiffness and anxiety in osteoarthritis of the knee joint: A randomized control study'. *International Journal of Yoga*. 2012.

<sup>96</sup> Ibid.

<sup>97</sup> Chawla, R., Nair, R., et al. 'Effect of one year of Yoga Therapy on range of motion and disability in rheumatoid arthritis patients'. *International Journal of Current Advanced Research*.



## STUDIES FOR PHYSIOLOGY

'Yoga Therapy modalities significantly improved the parasympathetic activity and decreased the sympathetic activity in heart failure patients.'

The integrative therapies of Yoga Therapy influence the autonomic nervous system and support sympathetic/parasympathetic regulation—a fact demonstrated repeatedly in scientific literature.

### **Research Spotlight:**

A study published in the *Journal of Clinical and Diagnostic Research* tested the effects of a 36-session program on patients diagnosed with heart failure.<sup>98</sup> Patients who participated in the Yoga Therapy sessions over the 12-week trial showed a 'significant decrease in heart rate, blood pressure and RPP' compared to the control group, leading them to conclude that 'Yoga Therapy modalities significantly improved the parasympathetic activity and decreased the sympathetic activity in heart failure patients.'

The efficacy of Yoga Therapy has also been studied for its effects on other physiological conditions, including digestive distress, respiratory challenges (especially important in the post-COVID world), sleep and fatigue issues, sexual dysfunction and immune challenges.

For example, one study found that a 40-day Yoga Therapy program resulted in significant changes in participants' alpha wave and galvanic skin response (GSR) level, concluding that the 'practice of yoga helps to improve the immunity of individuals.'<sup>99</sup> Further studies published in the *International Journal of Yoga* found that a 14-week program of sessions resulted in measurable improvements in sleep quality among obese males.<sup>100</sup>

[For Additional Research See Appendices]

<sup>98</sup> Bandi, K., Pal, P. et al. 'Effect of Yoga Therapy on Heart Rate, Blood Pressure and Cardiac Autonomic Function in Heart Failure'. *Journal of Clinical Diagnostic Research*. 2014.

<sup>99</sup> Kumar, K., Joshi, B. 'Study on the effect of Pranakarshan pranayama and Yoga nidra on alpha EEG & GSR'. *Indian Journal of Traditional Knowledge*. 2009.

<sup>100</sup> Rshikesan, P., Subramanya, P. et al. 'Sleep Quality and Body Composition Variations in Obese Male Adults after 14 Weeks of Yoga Intervention: A Randomized Controlled Trial'. *International Journal of Yoga*. 2017.





## STUDIES FOR MENTAL HEALTH

Over the past six years, mental health has been the subject of significant clinical research. The studies on Yoga Therapy interventions depict their effectiveness on varied parameters of mental health, showing their impact on depressive disorder symptoms, anxiety, stress, schizophrenia, attention deficit, hyper-activity disorders and more.

The World Health Organization (WHO) defines health as complete well-being in terms of physical, mental and social, and not merely the absence of disease. Research shows that to attain this, individuals using Yoga Therapy mind-body strategies can better adapt and self-manage the mental, physical and psycho-emotional challenges of life.<sup>101</sup>

### Research Spotlight:

A group of researchers led by Harris A. Eyre of UCLA's Semel Institute for Neuroscience and Human Behavior tested the comparative effectiveness of Yoga Therapy and a 'gold standard' intervention, memory enhancement training (MET).<sup>102</sup> The results showed Yoga Therapy to be highly effective, and even or more effective for increasing memory and attention as MET. The yoga group demonstrated a statistically significant improvement in depression and visuospatial memory, including improved verbal memory performance and language processing correlated with increased brain function.

Consistent yoga practice is known to fight depression and give meaningful relief from anxiety over time. Although further controlled studies are needed, recent research has provided qualitative findings on how Yoga Therapy is a significant and relatively cost-effective intervention for anxiety reduction, recovery from and treatment of addiction, stress and chronic pain—all notably related to the mental health of individuals and patients.<sup>103</sup>

Results from a study on the effectiveness of Yoga Therapy as a complementary treatment for major psychiatric disorders demonstrated that Yoga Therapy is an effective adjunct treatment for several psychiatric disorders (ie, depression, anxiety, PTSD, and schizophrenia). Yoga-based practices may provide relief for symptoms left untreated through common treatments such as psychopharmacology and psychotherapy.<sup>104</sup>

[For Additional Research See Appendices]

<sup>101</sup> Venkatesh, HN., et al. 'Molecular Signature of the Immune Response to Yoga Therapy in Stress-related Chronic Disease Conditions: An Insight'. *International Journal of Yoga*. 2020.

<sup>102</sup> Eyre, H., Acevedo, B. et al. 'Changes in Neural Connectivity and Memory Following a Yoga Intervention for Older Adults: A Pilot Study'. *Journal of Alzheimer's Disease*. 2016.

<sup>103</sup> Woodyard, C. 'Exploring the therapeutic effects of yoga and its ability to increase quality of life'. *International Journal of Yoga*. 2011.

<sup>104</sup> Cabral, P., Meyer, H. B., et al. 'Effectiveness of Yoga Therapy as a Complementary Treatment for Major Psychiatric Disorders: a Meta-Analysis.' *The Primary Care Companion for CNS Disorders*. 2011.

## STUDIES FOR BEHAVIOR AND LIFESTYLE

From the standpoint of yoga theory, linking our conscious minds to our unconscious behavioral habits, motivators and driving forces is the key to using yoga practice as a positive behavior intervention. The practice of yoga gives people the opportunity to develop skills such as mindfulness, resilience, improved relationships and intimacy, and anger control, helping them develop positive habits that influence addictive behaviors and inspire confidence in their ability to change.

### Research Spotlight:

Research published in the journal *Restorative Neurology and Neuroscience* found that Yoga Therapy interventions improve behavioral and lifestyle challenges, regarding weight loss and obesity conditions, including body mass index (BMI), body weight, body fat and waist circumference.<sup>105</sup> Yoga Therapy practices produced behavioral shifts in healthy eating resulting in dramatic psychological changes. Researchers concluded that ‘Yoga Therapy offers diverse behavioral, physical, and psychosocial effects making it an effective tool for weight loss and other behavioral changes. In addition, role modeling and social support provided by the yoga community helped to encourage the ongoing results.’<sup>106</sup>

A small pilot study published in the *Journal of Alternative and Complementary Medicine*, funded in part by a grant from the National Institute on Drug Abuse, demonstrated that yoga may be able to change brain chemistry and positively affect addiction disorders. The study compared a session of reading to a session of yoga and concluded that the yoga session resulted in increased levels of the neurotransmitter GABA in the brain, while the readers experienced no change. Low levels of GABA are associated with anxiety and depression, conditions often considered to underlie addiction.<sup>107</sup>

Another study done on a larger sample studied the effect of yoga modalities delivered through a structured workshop spread over 6 days.<sup>108</sup> At the end of the workshop, a majority of participants (95%) reported that yoga helped them quit tobacco as they had less cravings; and 65% of participants reported complete abstinence from tobacco during this period.<sup>109</sup>

[For Additional Research See Appendices]

<sup>105</sup> Tolahunase, M., Sagar, R. et al. ‘Yoga- and meditation-based lifestyle intervention increases neuroplasticity and reduces severity of major depressive disorder: A randomized controlled trial’. *Restorative Neurology and Neuroscience*. 2018.

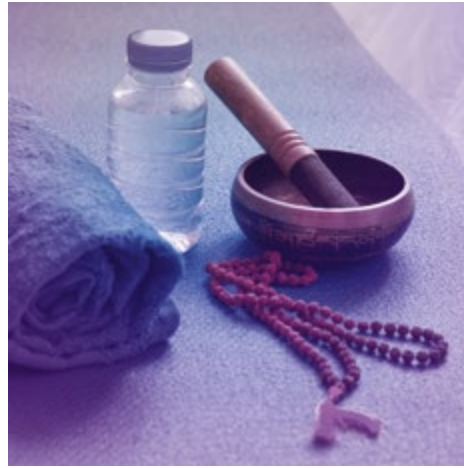
<sup>106</sup> Ross, A., Brooks, A. et al. ‘A Different Weight Loss Experience: A Qualitative Study Exploring the Behavioral, Physical, and Psychosocial Changes Associated with Yoga That Promote Weight Loss’. *Evidence-Based Complementary and Alternative Medicine*. 2016.

<sup>107</sup> Cunningham, A., Stukin, S. ‘Yoga for Addiction Recovery’. *Yoga Journal*. 2012.

<sup>108</sup> Kuppili, P.P., Parmar, A. et al. ‘Role of Yoga in Management of Substance-use Disorders: A Narrative Review’. *Journal of Neurosciences in Rural Practice*. 2018.

<sup>109</sup> Eyre, H.A., Acevedo, B. et al. ‘Changes in Neural Connectivity and Memory Following a Yoga Intervention for Older Adults: A Pilot Study’. *Journal of Alzheimer’s Disease*. 2016.





## STUDIES FOR SPIRITUALITY, PURPOSE AND FULFILLMENT

It is important to remind ourselves of our highest values; to dedicate ourselves to achieving our goals; and to strengthen our connection to a source of inspiration that awakens us to spiritual awareness. These connections and commitments may be cultivated by adapting the ancient yet evidence-based practices of asana, pranayama, chanting, meditation, prayer, the use of symbols, bodily gestures and personal ritual—yogic modalities originally designed as self-care strategies to help us deal with the challenges and stresses we face throughout our lives.

Finding meaning, fulfillment and linking to our 'source' is especially challenging around specific issues regarding the natural aspects of life and death. Yoga Therapy inherently addresses the many physical, mental, emotional, and spiritual aspects within end-of-life management and requires extensive preparation both professionally and personally. 'Yoga Therapy is based on gentleness and compassion. It aims to empower the patient to accept and face an illness or death by holistic experience which has physical, mental, emotional and spiritual dimensions.'<sup>110</sup>

### Research Spotlight:

A study published in the International Journal of Palliative Nursing investigated the 'palliative potential of home-based Yoga Therapy sessions provided to women with advanced cancer.' The authors noted striking results: 'Participants described physical, mental, and emotional benefits as well as the alleviation of illness impacts. The enhancement of mind-body and body-spirit connections were also noted. The personalized nature of the yoga sessions resulted in positive physical and psychosocial effects compared to those demonstrated in other studies with cancer patients.'<sup>111</sup>

Another analysis from a 'recreation therapy yoga meditation' intervention called the Sanatana Yoga Prison Project (SYPP) at a California prison was used to determine whether the participants experienced outcomes of spiritual well-being by participating in three interventions: pranayama (breathing exercises), chakra meditation and yoga.<sup>112</sup>

Here, the inmates exhibited and discussed the ways in which they experienced behavioral change and shifts in view of self, other and the divine as a result of participating in the Yoga Prison Project. The focus was on four salient themes: 'experiencing epiphany, increased connection, psychological and behavioral development and coping skills.' Statistics indicated that there was an outcome of spiritual well-being and those who volunteered to be interviewed all suggest that the program was responsible for their deep spiritual experience.<sup>113</sup>

[For Additional Research See Appendices]

<sup>110</sup> Deshpande, A. 'Yoga for Palliative Care'. Integrative Medicine Research. 2018.

<sup>111</sup> Carr, T., Quinlan, E. et al. 'Yoga as palliation in women with advanced cancer: a pilot study'. International Journal of Palliative Nursing. 2016.

<sup>112</sup> Pham, K.H. 'Outcomes of a Recreation Therapy Yoga Meditation Intervention on Prison Inmates' Spiritual Well-Being'. San Jose State University ProQuest Dissertations Publishing. 2013.

<sup>113</sup> Pham, K.H. 'Outcomes of a Recreation Therapy Yoga Meditation Intervention on Prison Inmates' Spiritual Well-Being'. San Jose State University ProQuest Dissertations Publishing. 2013.

The integrative approach of Yoga Therapy, working at the level of the body, breath and mind is very effective as an adjunct to any treatment plan. In fact, results from hundreds of studies show the efficacy of yogic practices for any condition: enhancing muscular strength and body flexibility, promoting and improving respiratory and cardiovascular function, expediting recovery from and treatment of addiction, reducing stress, anxiety, depression, chronic pain, improving sleep patterns, intimacy, and enriching well-being and overall quality of life.

PART 6:  
THE PROFESSION OF YOGA THERAPY

## YOGA THERAPY TRAINING AND CERTIFICATION

In recent years, the development of rigorous standards, accreditation and credentialing processes for both Yoga Therapy schools and practitioners has established Yoga Therapy as a profession that is recognized as distinct from the profession of yoga teaching.<sup>114</sup> Yoga Therapy stands apart from mainstream yoga in the depth and breadth of its training, its scope of practice and its active integration with both the holistic medical community as well as higher education and academic research. Aspiring yoga therapists are required to complete an advanced training and certification program by an accredited school.<sup>115</sup>

Yoga Therapy stands apart from mainstream yoga in the depth and breadth of its training, its scope of practice and its active integration with both the holistic medical community as well as higher education and academic research.

Requirements for any Yoga Therapy training program include an initial certification as a yoga teacher at a minimum of the 200-hour training level (as defined by Yoga Alliance, the professional registry for yoga teachers).<sup>116</sup> Once an individual has their yoga teacher certification, they can attend a Yoga Therapy professional program, accredited by the International Association of Yoga Therapists (IAYT), the definitive global organization which stipulates the standardized requirements and competencies necessary for Yoga Therapy certification.<sup>117</sup> Founded in 1989, IAYT has consistently championed yoga as a healing art and science. Membership is open to yoga practitioners, yoga teachers, yoga therapists, health care providers who use yoga in their practice and yoga researchers.



<sup>114</sup> Kraftsow, G. 'Yoga Therapy: The Profession'. International Journal of Yoga Therapy. 2014.

<sup>115</sup> International Association of Yoga Therapists. 'IAYT Certification'.

<sup>116</sup> Yoga Alliance. 'Yoga Therapy Policy'. 2021.

<sup>117</sup> International Association of Yoga Therapists. 'Accredited Yoga Therapy Training Programs'. 2022.

IAYT has a rigorous protocol for the accreditation of schools and programs, implemented worldwide in 2013. In 2022, 68 programs at schools internationally are fully accredited by IAYT.

The only official internationally recognized credential for yoga therapists is the C-IAYT (Certified Yoga Therapist) credential awarded by IAYT. To be eligible, an individual must be a member of IAYT as well as a graduate from an accredited IAYT program. To maintain this credential, yoga therapists must complete Yoga Therapy-specific continuing education requirements and update their training in the fields of ethics and scope of practice. Yoga Therapy professional training also includes extensive supervised practicum work, during which students are guided by experienced mentors who hold the C-IAYT credential.<sup>118</sup>

In addition to the certification of yoga therapists, IAYT has a rigorous protocol for the accreditation of schools and programs, implemented worldwide in 2013. In 2022, 68 programs at schools internationally are fully accredited by IAYT.<sup>119</sup> Many IAYT-accredited programs are located at universities and colleges around the U.S., another indication of the growing rigor and professionalism of Yoga Therapy.

The increasing professionalism of yoga therapists combined with the growing recognition of Yoga Therapy as a distinct field both within the yoga and health care system, has allowed yoga therapists to expand their services into a variety of industries and communities.

Modern Yoga Therapy training programs are focused on preparing therapists to serve as collaborators on interdisciplinary teams, working with diverse populations and industries.

#### Yoga Therapy programs for accreditation at colleges and universities

In addition to the certification of yoga therapists, IAYT has a rigorous protocol for the accreditation of schools and programs that it implemented worldwide in 2013. In 2022, 68 programs worldwide were fully accredited by IAYT. Many IAYT-accredited programs, however, are located at universities and colleges in the U.S., another indication of the growing rigor and professionalism of Yoga Therapy. Notable examples include:

- University of Southern California (USC), Mind-Body Studies Minor<sup>120</sup>
- Utah State University, Yoga Studies Minor<sup>121</sup>
- Loyola Marymount University, Master of Arts in Yoga Studies<sup>122</sup>, Yoga Therapy Program<sup>123</sup>, Graduate Yoga Therapy Studies and a Post Graduate Yoga Therapy Certificate<sup>124</sup>
- Maryland University of Integrative Health, Master of Science in Yoga Therapy<sup>125</sup>
- Naropa University, Bachelor of Arts in Yoga Studies<sup>126</sup> and a Master of Arts in Yoga Studies (Low-Residency)<sup>127</sup>

<sup>118</sup> International Association of Yoga Therapists. 'Certification Background and Future'. 2022.

<sup>119</sup> International Association of Yoga Therapists. 'Accredited Yoga Therapy Training Programs'. 2022.

<sup>120</sup> University of Southern California. 'Physical Education & Mind Body Health (PEMBH)'. 2023.

<sup>121</sup> Utah State University. 'Yoga Studies Minor'. 2023.

<sup>122</sup> Loyola Marymount University. 'Master of Arts in Yoga Studies'. 2023.

<sup>123</sup> Loyola Marymount University. 'Yoga Therapy Program'. 2023.

<sup>124</sup> Loyola Marymount University. 'Yoga Therapy Post-Graduate Certificate'. 2023.

<sup>125</sup> Maryland University of Integrative Health. 'Master of Science in Yoga Therapy'. 2023.

<sup>126</sup> Naropa University. 'Bachelor of Arts in Yoga Studies'. 2023.

<sup>127</sup> Naropa University. 'Master of Arts (MA) in Yoga Studies (Low-Residency)'. 2023.





The art of Yoga Therapy aims to address human suffering in general, and its purpose is to support a patient or client on their unique journey and promote their healing and health.

## WORKING WITH A CLIENT

Most therapeutic systems follow a formulaic approach to the conditions they treat or address. This is especially true of Western health care, which is built on a framework of systematization, standardization and empiricism. One can see this formulaic approach in almost every formal therapy context, especially when the focus is on a particular diagnosis or condition.

The Yoga Therapy process diverges from this approach in that it is designed to treat the particular condition a person is experiencing as a secondary rather than a primary issue.

The human being is always the primary focus of how a yoga therapist works with a client.

While a therapist may be asked to address a certain condition or complex of symptoms, the ultimate focus of the therapist should always center on the individual as a whole. Western therapeutic practice tends to start from the specific and work toward the whole, while a yoga therapist starts from the whole person and works toward the specific condition or interest. The ancient scholars of yoga developed a framework of methodologies to help individuals optimize their potential through all stages of life—including strategies for strengthening and managing their physical, mental and psycho-emotional concerns. A yoga therapist designs an individualized program based on their assessment of the client to help them heal what can be healed and to manage and compensate for what cannot be healed.

A therapist's goal is to train the individual client how to respond to their own changing life circumstances and to give them the resources and tools they can use throughout their lives.

While yoga therapists are trained to work with clients and patients experiencing a wide range of health conditions—from diabetes and heart disease to asthma and COPD—Yoga Therapy is not essentially about the disease process.<sup>128</sup> Rather, the art of Yoga Therapy aims to address human suffering in general, and its purpose is to support a patient or client on their unique journey and promote their healing and health.<sup>129</sup> In doing so, the yoga therapist can inspire their clients to practice, help them to cultivate discipline and encourage them to connect to deeper sources of inspiration and joy. This approach is fundamental to the orientation of the yoga therapist and the praxis of Yoga Therapy.

The human being is always the primary focus of Yoga Therapy.

Western therapeutic practice tends to start from the specific and work toward the whole, while Yoga Therapy starts from the whole and works toward the specific.

Yoga Therapy does not atomize or reduce medical conditions or symptoms; rather, it looks at the totality of the human experience, and promotes a holistic understanding that includes and transcends the Western approach to treating disease.

<sup>128</sup> McCall, T. '117 Health Conditions Helped by Yoga'. Yoga As Medicine. 2019.

<sup>129</sup> GWI Yoga Therapy Initiative. 'GWI Yoga Therapy Initiative Interview with Gary Kraftsow, 2022'. Global Wellness Institute. 2022.



## THE ASSESSMENT PROCESS

The assessment process is the tool to help the therapist design the most relevant and useful therapeutic practice for their patient or client.

As one of the most important factors that differentiates the profession and practice of teaching yoga from the profession and practice of Yoga Therapy, the individual assessment can be done within the context of one-on-one sessions as well as in therapeutic groups.

Yoga therapists are trained to use a formal assessment process as a tool to understand what their client is experiencing on a variety of levels and to help them positively change their mental, emotional and physical health, including their relationship with themselves and others. The assessment consists of a series of questions that address the particular and general issues of concern.

The Yoga Therapy assessment process is systematized for ease of use, but is far less clinical than it might initially seem. It begins with an informal conversation about the client or patient's reasons for seeking Yoga Therapy and continues with questions about their interests and concerns; including any specific conditions or diagnosis the client or patient wishes to speak about.

The yoga therapist's role is to recognize the concerns the client is experiencing and validate any corroborating data from a licensed health care provider.

This allows the yoga therapist to develop an initial focus and nuanced understanding of the client.

One of the most important skills of an effective yoga therapist is the ability to listen with an open mind. This strategy of alternating questioning and listening to an individual's response and engaging in a collaborative process, helps the yoga therapist develop a deeper understanding of the client's personal and clinical needs.

Following are several assessment methods that yoga therapists can use with their clients:

- **Visual Observation** (darsana) - The yoga therapist visually assesses the client's physical structure, posture and appearance.
- **Questioning** (prashnam) - The yoga therapist asks questions of the patient, engaging in active listening to elicit a deeper understanding of the client's condition.
- **Touch, Including Pulse** (sparsana) - The yoga therapist examines the client physically via touch (with the client's permission) observing physiological responses, measuring pulse, etc. to deepen the understanding of how the client's condition manifests physically and in response to external stimuli.

Yoga Therapy assessments distinguish between signs and symptoms. Signs are what the clinician observes—behaviors, physiological and/or anatomic characteristics, including irregular pulse, pupil dilation, slurred speech and abnormalities in gait or posture. Visual observation and methods such as pulse diagnosis allow a degree of objective external observation and measurement.



Symptoms, on the other hand, are what the client experiences and reports—abnormal function, sensation or feelings. These are factors that cannot always be measured objectively, as they reflect the personal experience of the client. Such symptoms may include fatigue, pain, sensations of tingling and dizziness.

Following is an overview of what a Yoga Therapy assessment includes:

### 1. A discussion and assessment of the client's physical structure and any pain or other symptoms they are experiencing on a structural level

The yoga therapist works with client to define what is actually going on, with questions such as:

- Do you feel any pain?
- Do you have issues with range of motion?
- What kind of activities aggravate the condition?
- What seems to help?

These preliminary questions help define the scope of the condition and inform the yoga therapist's practice recommendations.

### 2. A discussion and assessment of the client's physiological condition

This includes questions about quality of sleep, energy levels throughout the day, experiences of and reasons for energy drops at a certain time of day, etc. Questions also delve into issues related to hormones, body cycles and physiological rhythms.

### 3. A discussion and assessment of the client's mental and emotional state

Yoga therapists ask questions to build an understanding of what is going on within the client's mind and consciousness at an emotional level. They ask clients about their anxiety levels as well as the perceived causes of any reported anxiety and worry. Yoga therapists also pose questions related to emotional stability, delving into the causes of the client's strong emotions, from sources of irritation and anger to sources of sentimentality and emotional commitment.

### 4. A discussion of the client's values, goals and sources of joy

The yoga therapist uses the assessment process to build an understanding of what the client truly values and what they genuinely like to do as well as what their interests are, asking, 'what are your goals?'

Yoga therapists are trained to think clearly about what their clients' concerns are, then find appropriate tools that these individuals can use to reduce suffering or stress. Because every person is unique, the recommended program needs to be crafted for their individual needs. Effective Yoga Therapy for one person might involve changing neuromuscular patterns; for another, altering breathing ratios, reassessing lifestyle habits, or self-reflection practices may be more appropriate.

Oftentimes, the therapist must begin with smaller steps and give simpler interventions in order to structure an effective practice and build trust over time.<sup>130</sup> Eventually, the therapist can deepen the scope and efficacy of their work with individual clients.

<sup>130</sup> GWI Yoga Therapy Initiative. 'GWI Yoga Therapy Initiative Interview with Gary Kraftsow, 2022'. Global Wellness Institute. 2022.

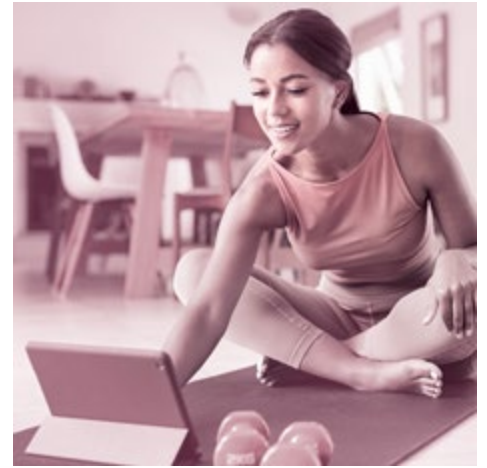
## YOGA THERAPY IN A CLASS SITUATION

Yoga Therapists are trained to work with groups therapeutically, but this may differ significantly from the way a general group yoga class is taught. Though some of the tools are similar, sequences are usually adapted and calibrated differently and with particular goals, according to the needs of the individual group.

Therapeutic groups may consist of people with similar issues or different ages and conditions. A condition-specific Yoga Therapy class could be designed as an 8 or 10-week series of classes once or twice a week. Instruction can be tailored for any age group—for seniors to prevent falling; children to manage ADHD; people who suffer from fibromyalgia or arthritis; cancer survivors; or post heart-attack patients. One benefit of a group therapy session is the camaraderie of people who have similar issues and who can potentially share what they are going through. This can lead to a more powerful healing experience.

In an open group therapy class, a trained teacher should avoid challenging students that could result in injury, and instead, direct the class toward long-term therapeutic benefits. For example, a morning class could build energy and strengthen the low back; an afternoon class could focus on techniques for calming down and releasing tension in the neck and shoulders, etc. A condition or demographic-specific group class can be created to frame almost any health issue.

One benefit of a group therapy session is the camaraderie of people who have similar issues and who can potentially share what they are going through. This can lead to a more powerful healing experience.



## INTEGRATING AND LEVERAGING TECHNOLOGY IN YOGA THERAPY

Over the past few years, yoga therapists have begun to leverage technology for managing and delivering services. Videoconferencing, as a popular example, offers access to people who would not otherwise have the opportunity to meet in person with a yoga therapist because of geographic location or other factors. This parallels the larger health care trend toward telehealth related services and information via telecommunication technologies used by primary care physicians, occupational and physical therapists, psychologists, counselors and other health care providers. It continues a trend that was formed prior to, but accelerated during, the pandemic.<sup>131</sup>

Most people who were taking online yoga in the past, practiced from recorded classes (e.g. via YouTube or a membership website), but during the pandemic, live streamed group classes became the most popular approach (67%); with recorded yoga following (61%). People are expected to continue using recorded and live streamed group classes but the numbers are showing that a majority are already going back to the in-person venues.<sup>132</sup>

Latest forms of online technology for client-specific resources include: video recordings of sessions; guided personalized videos of the client's home practice; telehealth sessions for mental health issues; digital assessments; HIPAA-compliant software, and more.<sup>133</sup> While most people have a preferred and optimal learning style (visual, auditory, kinesthetic), online programs expand the use of alternative technologies for clients who would prefer more innovative options versus reading or looking at written materials.<sup>134</sup>

In addition to various video conferencing programs, yoga therapists look to management apps and software that streamline scheduling and communication, giving clients the option to book appointments at their convenience. Assessment/intake forms completed by a client online can also be reviewed in advance by the yoga therapist.

Technology, of course, does not replace in-person experiences between the yoga therapist and client, especially for those who prefer real-time meetings. To enhance learning and facilitate engagement, on-line appointments, recordings or written material can supplement and enhance the more clinically oriented, assessment-based approach to whole-health that is the hallmark of Yoga Therapy.<sup>135</sup>

<sup>131</sup> Cason, J. 'Telehealth: A Rapidly Developing Service Delivery Model For Occupational Therapy'. International Journal of Telerehabilitation. 2014

<sup>132</sup> Andre, L. '47 Compelling Yoga Statistics: 2023 Data on Industry Growth & Effects on Health'. Finances Online. 2023.

<sup>133</sup> Swanson, A. 'Yoga Therapy Online: Incorporating Technology into Practice'. International Association of Yoga Therapists. 2018.

<sup>134</sup> Schulz-Heik, R.J., Meyer, H., et al. 'Results from a Clinical Yoga Program for Veterans: Yoga via telehealth provides comparable satisfaction and health improvements to in-person yoga'. BMC Complementary and Alternative Medicine. 2017.

<sup>135</sup> Jagannathan, A., Bhide, S.R., et al. 'Tele-Yoga Therapy for Common Mental Health Disorders: Need for Assessment Tool and Guidelines'. International Journal of Yoga. 2021.

PART 7:  
YOGA THERAPY IN ACTION



## CASE STUDIES

Following are two case studies that illustrate how the various methodologies of Yoga Therapy function in a real-world context with a variety of different individuals.

### **Sample case studies reveal:**

- How the yoga therapist gathers relevant information from the client via formal assessment and interview questions
- How the yoga therapist determines the appropriate initial practice regime based on the particular needs of the individual client
- What the client should practice based on their lifestyle issues, including their structural, physiological, mental and emotional challenges
- How the yoga therapist incorporates and adapts to feedback over time
- How the therapist trains the client to take over the process by engaging them in a committed self-care program





## CASE STUDY 1

### BILL IS A 55-YEAR OLD SOFTWARE ENGINEER WITH LOWER BACK/SACRUM PAIN

#### Session 1 - Background

Bill, a 55-year old software engineer, has been married for 18 years and is the father of two teenagers. Bill is passionate about his golf game and enjoys playing for camaraderie and stress relief.

Bill was referred to Yoga Therapy by his orthopedic surgeon because despite his low back pain and severe sciatic pain, he is not a candidate for surgery. Over the last six months, Bill's increased pain levels have prohibited him from playing golf. He has completed a series of physical therapy sessions with little improvement. His stress level has drastically increased not only due to pain but also related to changes in his workplace as a result of the COVID-19 pandemic. He has trouble falling asleep and frequently wakes during the night with difficulty returning to sleep.

#### Session 1 - Assessment Intake

- During the first Yoga Therapy session, Bill described his pain as 'a sharp, almost knife-like pinch' in his back that occurs in the same area and doesn't travel down his leg. He typically sits at his desk for 6-12 hours per day due to the nature of his work and often forgets to take breaks or stand. When he does get up from his chair, he experiences severe pain.
  - He stopped playing golf because of the pain when getting out of the golf cart and when swinging a golf club. Bill expressed skepticism that Yoga Therapy would be helpful given the lack of improvement with physical therapy sessions but said he is willing to try almost anything at this point.
  - Bill has been playing golf with the same group for several years, and the back pain has kept him from being on the course with his friends. Playing golf is also important to him because it gets him out of the house.
  - He has been working remotely since the beginning of the pandemic, which has created strain in his relationship with his wife—and now he no longer has golf to provide an outlet. He finds that he is often short with his wife and they are starting to argue more frequently.
- Although Bill works long hours, he indicated he is willing to commit 20-30 minutes each day to exercising if it will reduce his pain and allow him to play golf again.
  - Movement Assessment: Bill was able to lie on his back and gently bring his knees to his chest without pain (Apanasana). He was also able to lie on his back with the soles of his feet together, knees out to the sides, and incrementally bring his knees closer to each other (Supta Baddha Konasana). He was able to transition from lying on his back to lying on his stomach (prone) and lifted his chest in this position without pain (Bhujangasana variation). Bill's range of motion was restricted primarily due to his lack of flexibility and tight muscles, making Cakravakasana (goose pose) difficult to do.
  - Indications: The movement assessment suggested that Bill's back pain is due to a sacroiliac joint issue and not sciatica. The overall interview suggested that relationship and lifestyle concerns need to be addressed.








**Session 1 - Initial Plan**

Given Bill's long work hours and tendency to sit at his desk all day, the therapist developed a short practice for him that he would do in the late-afternoon, which incorporated elements gathered from Bill's lifestyle and therapeutic issues.

- It was proposed that Bill go to the golf course with his friends on the weekends, but he should walk the course with them for now without playing. This arrangement offers him the opportunity to be away from home and socialize with his friends until he can play golf again.

- Bill agreed to fit the short practice into his workday and try the strategy of going to the golf course to socialize without playing.
- A follow-up session was scheduled for 10 days from the first session, giving Bill enough time to explore the practice and see progress.

**Bill - Late Afternoon Practice**

	<p><b>Tadasana</b></p> <p>Stand with feet hip distance apart.  <b>Inhale:</b> Sweep the arms up coming onto the balls of feet.  <b>Exhale:</b> Lower the heels slightly down half-way, arms out to the sides.  <b>Inhale:</b> Lift back up, arms up.  <b>Exhale:</b> Bring your heels and arms down.  <b>Repeat:</b> 6x</p>
	<p><b>Cakravakasana (Sitting on chair)</b></p> <p>Sit on a chair with hands on knees.  <b>Inhale:</b> Lift chest forward and up, lengthen and extend spine.  <b>Exhale:</b> Round low-back slightly, drop chin.  <b>Inhale:</b> Lift chest, pull back on knees and extend the spine up.  <b>Exhale:</b> Tighten belly, round low back slightly.  <b>Repeat:</b> 6-8x</p>
	<p><b>Bhujangasana</b></p> <p>Start lying on the stomach.  <b>Inhale:</b> Lift the chest up, pulling the hands slightly back, look forward.  <b>Exhale:</b> Move down, placing the right cheek on the floor. Continue, alternating sides.  <b>Repeat:</b> 4-6x</p>
	<p><b>Dvipada Pitham</b></p> <p>Start on the back, knees bent, feet parallel, close to sit bones.  <b>Inhale:</b> Lift the hips up.  <b>Exhale:</b> Unwind the spine, hips down.  <b>Repeat:</b> 6-8x</p>
	<p><b>Apanasana</b></p> <p>Start on the back, feet off the floor, hands on the knees, arms straight.  <b>Inhale:</b> In position.  <b>Exhale:</b> Tighten the belly and bring the knees towards your chest.  <b>Inhale:</b> Move arms hips distance away from your chest, keep hands on knees.  <b>Repeat:</b> 6-8x</p>
	<p><b>Supta Baddha Konasana</b></p> <p>Start on the back, knees bent, feet on the floor, arms extended along the body.  <b>Inhale:</b> Slowly bring the knees apart.  <b>Exhale:</b> Begin to bring the knees in toward each other, keep feet on the floor.                  Take about 30 seconds to move the knees in. Breathe normally.  <b>Repeat:</b> 4-6x</p>
	<p>Rest on back for 2-3 minutes with knees bent.</p>

**Follow-up Sessions and Outcomes**

**Session 2 - Follow-up Summary**

- Bill returned for a follow-up session 10 days later, reporting relief from the late-afternoon practice, increased confidence in the efficacy of the work and his ability to do it.
- Due to the positive results of the first session, Bill was open to exploring additional practices, specifically for his recurrent sleep issues. He explained back pain and

discomfort frequently wake him up in the night and was curious if there was something he could try for this in addition to his late-afternoon practice.

**Session 2 - Optimized Plan**

Bill was given the following sequence to do before bed to help him fall asleep at night:

- Bill continues to use his late-afternoon practice anytime in addition to this new practice.







Additionally, Bill shared his recent golf experience in which he didn't actually play but still enjoyed socializing with his friends.

- The therapist recommended that he continue to avoid playing golf until his next follow-up session.

**Session 3 - Summary**

- Bill returned for a third visit, reporting that his new evening practice has helped him

**Bill - Before Bed Practice**

	<p><b>Apanasana</b></p>	<p>Start on the back, feet off the floor, hands on knees, arms straight.  <b>Inhale:</b> In position.  <b>Exhale:</b> Tighten the belly and bring knees towards the chest.  <b>Inhale:</b> Move the arms away, hips distance from the chest, keeping the hands on knees.  <b>Repeat:</b> 6-8x</p>
	<p><b>Asymmetric Apanasana</b></p>	<p>Start lying on the floor with both knees bent, feet on the floor.  Bring one knee to the chest and put both hands on knee.  <b>Inhale:</b> Move knee away from the chest, keep hands on knee.  <b>Exhale:</b> Bring knee towards chest.  <b>Repeat:</b> 4-6x; repeat on both sides.</p>
	<p><b>Supta Baddha Konasana</b></p>	<p>Start on the back, knees bent, feet on the floor, arms extended along the body.  <b>Inhale:</b> Slowly bring the knees apart.  <b>Exhale:</b> Begin to bring the knees in toward each other; keep feet on the floor.  Take about 30 seconds to move the knees in, breathe normally.  <b>Repeat:</b> 4-6x</p>
	<p><b>Apanasana (Asymmetric with straight leg)</b></p>	<p>Start lying on the floor with one knee bent, other leg extended on the floor.  Bring one knee to the chest and put both hands on knee.  <b>Inhale:</b> Move knee away from the chest, keep hands on knee.  <b>Exhale:</b> Bring knee towards chest.  <b>Repeat:</b> 4-6x; repeat on both sides.</p>
	<p><b>Dvipada Pitham</b></p>	<p>Start on the back, knees bent, feet parallel, close to sit bones.  <b>Inhale:</b> Lift the hips up.  <b>Exhale:</b> Unwind the spine, hips down.  <b>Repeat:</b> 6-8x</p>
	<p><b>Rest with feet up on the bed</b></p>	<p>Progressively extending the length of the exhalation while resting.  <b>Inhale:</b> 6 counts.  <b>Exhale:</b> progressively extend the length of the exhale every second breath by one second.  (Inhale 6, exhale 6, 2x)  (Inhale 6, exhale 7, 2x)  (Inhale 6, exhale 8, 2x)</p>

sleep without waking up throughout the night. However, he is still waking up earlier than he wants to, which was identified as early morning awakening (EMA).

- Since Bill is very sedentary, the therapist decided to explore with Bill what he could do in the morning to increase his energy early in the day; and options to help him sleep better at night. It was determined that the best








strategy was to increase Bill's level of exercise during the extra time he had in the morning before work.

**Session 3 - Final Plan**

For EMA, it was recommended that Bill should complete the following sequence when he wakes up before work:

- During the assessment, it became apparent that Bill's range of motion improved due to his late-afternoon practice, allowing him to more easily stretch his low back during the postures. Due to his progress, Bill was advised that he can now begin playing golf but he should still take a golf cart to avoid carrying his clubs.

**Bill - Early Morning Practice**

	<p><b>Cakravakasana</b></p>	<p>Start kneeling on all fours, hands under shoulders, knees under hips.  <b>Inhale:</b> Lift chest away from the navel, flatten the upper back.  <b>Exhale:</b> Tighten the belly, round the low back, chest to thighs, forehead down.  <b>Inhale:</b> Lift the chest forward and up, stretch the belly.  <b>Repeat:</b> 6-8x</p>
	<p><b>Bhujangasana</b></p>	<p>Lie on stomach, forearms down, hands by shoulders, forehead on the floor.  <b>Inhale:</b> Lift the chest and arch the upper back.  <b>Exhale:</b> Lower the chest, forehead down.  <b>Repeat:</b> 4-6x, progressively open knees/legs a few inches every two repetitions.</p>
	<p><b>Cakravakasana</b></p>	<p>Start kneeling on all fours, hands under shoulders, knees under hips.  <b>Inhale:</b> Lift chest away from the navel, flatten the upper back.  <b>Exhale:</b> Tighten the belly, round the low back, chest to thighs, forehead down.  <b>Inhale:</b> Lift the chest forward and up, stretch the belly.  <b>Repeat:</b> 6-8x</p>
	<p><b>Virabhadrasana</b></p>	<p>Begin standing with feet hip distance apart, one foot forward.  <b>Inhale:</b> Bend the front knee: lift chest forward and up away from navel (keep the upper body slightly in front of the hips).  <b>Exhale:</b> Lower the arms and straighten the leg; gradually contract the abdomen, pressing the back heel down.  <b>Repeat:</b> 2x; then stay in the pose for 2 breaths.</p>
	<p><b>Cakravakasana</b></p>	<p>Start kneeling on all fours, hands under shoulders, knees under hips.  <b>Inhale:</b> Lift chest away from the navel, flatten the upper back.  <b>Exhale:</b> Tighten the belly, round the low back, chest to thighs, forehead down.  <b>Inhale:</b> Lift the chest forward and up, stretch the belly.  <b>Repeat:</b> 6-8x</p>
	<p><b>Dvipada Pitham</b></p>	<p>Start on the back, knees bent, feet parallel, close to sit bones.  <b>Inhale:</b> Lift the hips up.  <b>Exhale:</b> Unwind the spine, hips down.  <b>Repeat:</b> 6-8x</p>
	<p><b>Apanasana</b></p>	<p>Start on the back, feet off the floor, hands on the knees, arms straight.  <b>Inhale:</b> In position.  <b>Exhale:</b> Tighten the belly and bring the knees towards your chest.  <b>Inhale:</b> Move arms hips distance away from your chest, keep hands on knees.  <b>Repeat:</b> 6-8x</p>

## CASE STUDY 2

### 62-YEAR-OLD WOMEN EXPERIENCING SYMPTOMS OF DEPRESSION

#### Session 1 - Introduction

- Claire is a 62-year-old paralegal who has been divorced for several years. She has two children who are grown and no longer living with her.
- Claire was referred to Yoga Therapy through a corporate wellness program offered at her law office. Due to the COVID-19 lockdown and Claire's growing feelings of sadness and loneliness, she has decided to give Yoga Therapy a try.

#### Session 1 - Assessment

- During the initial assessment, the therapist began by exploring Claire's family dynamics. It became evident that, as a consequence of the ongoing COVID-19 pandemic and her hectic schedule, she has been spending less time with her two children.
- Claire has also gone through a divorce a few years ago and now lives alone, rarely leaving the house. Adding to her emotional burden, she has recently experienced the loss of her father and is witnessing her mother's health deteriorate, both of which have contributed to her feelings of sadness.
- Claire is very successful in her career and she has been able to manage financially. Her community has played a vital role in her social life, especially following her divorce. However, since the pandemic, Claire is no longer going into the office regularly, isolating her from her friends and community there. Consequently, her symptoms of depression and loneliness have increased.
- As the therapist inquired about Claire's lifestyle, it became apparent she rarely leaves the house, often spending prolonged hours seated at her desk. In the evening, Claire watches too much late-night television and drinks wine frequently. Given her transition to remote work, she often doesn't get out of bed until 10 a.m. Additionally, due to living in a northern U.S. city, her sun exposure and time spent outside is limited, especially during the winter. She recently reported having 'no energy to do anything.'
- When asked about her hobbies, Claire mentioned she enjoys watching cooking shows. In the past, she looked forward to preparing nightly meals for her family and found it very exciting to try new recipes. However, since her divorce and her kids moving out, Claire has given up cooking and has become less conscientious about her own nutrition, which has seemingly contributed to her low energy.



### Session 1 - Initial Lifestyle Plan

From the assessment, the therapist concludes that Claire is experiencing symptoms of depression, loneliness and low energy. Since Claire lives alone, works from home and is open to allotting a few hours a day to Yoga Therapy, the therapist decides to give her longer practices to fill her day.

- The recommended course of action involves making subtle changes to Claire's daily schedule to foster self-care and increase her energy. Claire is encouraged to wake up at 9 a.m., an hour earlier than usual, and start her day with a glass of hot water and lemon. After that, she should go for a walk outside, weather permitting.
- Additionally, Claire agreed to avoid watching late night TV and to limit her wine consumption. She traded her TV shows a few nights a week for reading the recipes and cookbooks she used to use to potentially help her regain her interest in cooking and connect to a previous passion.

### Follow-up Sessions and Outcomes

#### Session 2 - Summary

- Two weeks later, Claire returned for a follow-up session. She reported having a bit more energy after her morning walks, but asked if there were additional activities she could explore beyond her walks. Claire enjoyed looking through her old cookbooks because it brought back memories of cooking for her family.

#### Session 2 - Optimized Lifestyle Plan

- After hearing Claire reminiscing on her memories of cooking, the therapist proposed that she host two monthly gatherings at her home—one for friends, and the other for her family. This strategy was designed to help Claire engage and reconnect with her friends and improve her feelings of loneliness.
- She was asked to continue waking up at 9 a.m. every morning, starting her day with a walk. In preparation for hosting friends and family, the therapist suggested that she dedicate her time in the evening to planning the menu instead of watching TV. All activities recommended were to give Claire a routine around her gatherings and to motivate, energize and engage her.

### Session 3 - Summary






- During Claire's third visit, she shared her enjoyment of hosting her friends and family for dinner twice that month. She expressed that the process not only excited her but also improved her mood. The act of connecting over food brings back an old habit she had set aside after her divorce and provides a pretext for reexamining her own nutrients and health.
- Claire also reported that she now easily wakes up at 9 a.m. and has a noticeable surge of morning energy. However, in the afternoon, Claire begins to lose energy, making it especially difficult when she is hosting her friends and family for dinner.

**Session 3 - Final Lifestyle/  
Yoga Therapy Plan**

- Morning Routine: It was suggested that Claire wake up at 8 am, an hour earlier to continue to improve her energy levels and reduce her habit of late-night television. She continued her morning walks and trips to the market in preparation for cooking.

- Since Claire reported losing energy in the afternoon, it was suggested she complete the following sequence in the afternoon and before she begins cooking for her guests to boost her energy.
- This afternoon practice includes a specific pranayama sequence designed to both increase energy and confidence, as well as create a state of focused but relaxed alertness.

**Claire - Afternoon/Before Cooking Practice**

	<p><b>Cakravakasana</b></p>	<p>Start kneeling on all fours, hands under shoulders, knees under hips.  <b>Inhale:</b> Lift chest away from the navel, flatten the upper back.  <b>Exhale:</b> Tighten the belly, round the low back, chest to thighs, forehead down.  <b>Inhale:</b> Lift the chest forward and up, stretch the belly.  <b>Repeat:</b> 6-8x</p>
	<p><b>Virabhadrasana (Standing adaptation)</b></p>	<p>Begin standing with feet hip distance apart, one foot forward.  <b>Inhale:</b> Bend the front knee; lift chest forward and up away from navel (keep upper body slightly in front of the hips).  <b>Exhale:</b> Lower the arms and straighten the leg; gradually contract the abdomen, pressing the back heel down.  <b>Repeat:</b> 2x; then stay in the pose for 2 breaths, progressively increasing the retention after inhale by 1-2 counts.</p>
	<p><b>Cakravakasana (Sitting on chair)</b></p>	<p>Sit on a chair with hands on knees.  <b>Inhale:</b> Lift chest forward and up, lengthen and extend the spine.  <b>Exhale:</b> Round low-back slightly, drop chin.  <b>Inhale:</b> Lift chest, pull back on knees and extend the spine up.  <b>Exhale:</b> Tighten belly, round low back slightly.  <b>Repeat:</b> 6-8x</p>
	<p><b>Affirmation</b></p>	<p>Start standing with arms to the side.  <b>Inhale:</b> Open and expand the arms.  <b>Exhale:</b> Bring both hands to the heart, internally repeating the affirmation (verbally or silently): 'I deserve love...I deserve connection...'  <b>Repeat:</b> 4-6x</p>
	<p><b>Viloma Ujjayi and Viloma Krama (Inhalation in stages)</b></p>	<p><b>Intention:</b> To stimulate the mind, lift the energy and increase self-confidence through alternate nostril inhale and retention after inhale.  <b>Inhale:</b> Inhale through the left nostril (close the right nostril by applying pressure to the thumb on cartilage). Inhale one-third for 3 counts; hold for 3 counts, inhale one-third for 3 counts; inhale one-third; hold for 3 counts.  <b>Exhale completely:</b> Bring hand down, exhale 8 counts using Ujjayi Pranayama (throat control).  <b>Inhale:</b> Close left nostril: Inhale through right nostril; one-third for 3 counts; hold for 3 counts; inhale one-third for 3 counts; inhale one-third; hold for 3 counts.  <b>Repeat:</b> 4x</p>





PART 8:  
COLLABORATIVE PARTNERSHIPS IN YOGA THERAPY  
ACROSS INDUSTRIES

With the integration of Yoga Therapy and its principles in everyday life, creative collaborations are now taking place within nonprofit organizations, educational institutions and in corporate settings worldwide. Organizations, businesses and groups are beginning to build collaborative partnerships to help introduce the practice of yoga to millions globally and drive positive social change initiatives.

Yoga Therapy's methodologies can supercharge wellness programs and health care models across the board to drive the path forward. An infallible proof point is the fact that leading health and wellness-oriented organizations of all stripes—from Duke Integrative Medicine<sup>136</sup> to Lululemon<sup>137</sup> to the UN Foundation,<sup>138</sup> Aetna Insurance<sup>139</sup> to the Veterans Administration—have already embraced Yoga Therapy.<sup>140</sup>



<sup>136</sup> Duke Health. 'Duke Integrative Medicine Center Yoga Therapy'. 2023.

<sup>137</sup> Lululemon. 'Peace on Purpose'. 2023.

<sup>138</sup> United Nations Foundation. 'Peace on Purpose'. 2023.

<sup>139</sup> Kusnick, C. et al. 'Building bridges for Yoga Therapy research: the Aetna, Inc. mind-body pilot study on chronic and high stress.' International journal of Yoga Therapy'. 2012.

<sup>140</sup> Veterans Affairs. 'Whole Health'. 2023.

## YOGA THERAPY IN WORKPLACE WELLNESS

Work-related stress represents one of the most relevant, and prevalent, public health issues. Today, over half of all workplaces in the U.S. offer 'some type of health promotion or wellness program,' according to the American Journal of Health Promotion.<sup>141</sup> The CDC reports how 'worksites health promotion nationwide continues to grow in America.'<sup>142</sup>

In 2012, the American Viniyoga Institute, under the leadership of founder Gary Kraftsow, developed the 'Aetna Mind-Body Stress Reduction in the Workplace Trial', a stress reduction program for Aetna insurance company where yoga therapists taught adapted yoga programs in corporate settings.<sup>143</sup> The focus for the study was the impact on perceived stress levels and other variables, including neck and shoulder tension, compensatory work for the low back from excessive sitting; improved sleep quality, fatigue and energy management.

The program proved remarkably successful in practice, with the results subsequently published in the Journal of Occupational Health Psychology.<sup>144</sup> Among the key findings was that 'compared with the control group, the mind-body interventions showed significantly greater improvements on perceived stress, sleep quality and the heart rhythm coherence ratio of heart rate variability.'<sup>145</sup>

The opportunities for corporate wellness programs utilizing Yoga Therapy are especially acute in high-pressure and fast-paced work settings, from health care to investment banking.

Robyn Tiger, MD, C-IAYT, a medical doctor who has been integrating Yoga Therapy into her work helping medical doctors, health care professionals and people in corporate settings, explains that 'physician stress, anxiety, depression and burnout are on the rise' and that Yoga Therapy offers essential solutions for stress reduction in such workplaces.<sup>146</sup> The need for these interventions continues to be validated by empirical studies and industry examples.

<sup>141</sup> Linnan, L., Cluff, L. et al. 'Results of the Workplace Health in America Survey'. American Journal of Health Promotion'. 2019.

<sup>142</sup> Centers for Disease Control and Prevention. 'Half of Workplaces Offer Health/Wellness Programs'. 2019.

<sup>143</sup> Lilly, R. 'Viniyoga and mindfulness programs result in reduced perceived stress levels'. American Viniyoga Institute. 2012.

<sup>144</sup> Wolever, R.Q., Bobinet, K.J., et al. 'Effective and viable mind-body stress reduction in the workplace: a randomized controlled trial'. Journal of Occupational Health Psychology. 2012.

<sup>145</sup> Wolever, R.Q., Bobinet, K.J., et al. 'Effective and viable mind-body stress reduction in the workplace: a randomized controlled trial'. Journal of Occupational Health Psychology. 2012.

<sup>146</sup> Barna, J. 'Stress, PTSD, Chronic Pain, and a Potential Solution with Dr. Robyn Tiger'. Doc Working. 2021.



# YOGA THERAPY IN TRAVEL, HOSPITALITY AND SPA

Throughout the world today, spa and hospitality consumers expect greater sophistication in wellness content and services and in the brands they choose. With more than 90% of Americans finding travel stressful, there is also a need for hotels and spas to reexamine their wellness offerings.<sup>147</sup> While exquisite accommodations, state-of-the-art spas and breathtaking settings are all significant to luxury travelers, consumers are looking for deeper therapeutic experiences to combat the effects of jetlag, fatigue, anxiety and discomfort.

There has been 'exceptional growth in luxury hotel spas and wellness resorts during the past decade, mainly due to customer demand. From the rise of aging baby boomers to high-net-worth clients whose stress levels and the need for self-fulfillment have increased, and a time-poor population in greater need of relaxation for enhanced health, the demand for restorative and healing spa services will continue to grow.'<sup>148</sup>

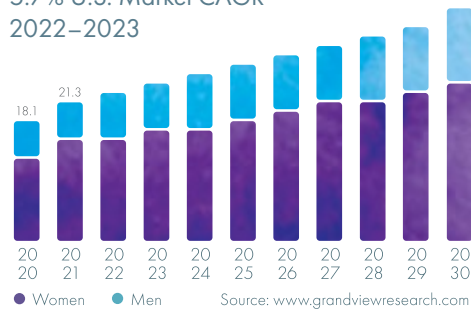
Yoga tourism is also continuing to expand as the 'the global yoga tourism market size was valued at USD 154.11 billion in 2021 and is anticipated to exhibit a compound annual growth rate (CAGR) of 5.8% from 2022 to 2030. The rise in popularity of outdoor yoga sessions offered over long weekend breaks, festival time holidays and seasonal options are the major factors driving the market.'<sup>149</sup> Yet many, if not most, resorts and spas offer yoga as a general group exercise class rather than providing private or small Yoga Therapy-based programs with a holistic, therapeutic approach.

The future of wellness report by McKinsey & Company states that 'personalization'—as a potential strategy—presents significant opportunities across all wellness markets especially as consumer spending rebounds.<sup>150</sup>

Travel, hospitality and spa brands may consider shifting their programmatic offerings to include more personalized and customized services, including Yoga Therapy, to address the specific needs of their clients.

### U.S. Yoga Tourism Market Size by gender 2020–2023 (USD Billion)

5.7% U.S. Market CAGR 2022–2023



<sup>147</sup> Muther, C. 'More than 90 percent of Americans find travel stressful. Here's how to make it better'. Boston Globe. 2023.

<sup>148</sup> Joseph, P. 'The Growth of the Spa and Wellness Industry'. Health and Fitness Travel. 2023.

<sup>149</sup> Grand View Research. 'Yoga Tourism Market Size, Share & Trends Analysis Report By Gender (Women, Men), By Region, And Segment Forecasts, 2022-2030'. 2020.

<sup>150</sup> Callaghan, Sean., Lösch, Martin. 'Feeling good: The future of the \$1.5 trillion wellness market'. McKinsey & Company. 2021.



The status of Yoga Therapy as a legitimate discipline and complement to medical treatments has been made possible through the pioneering efforts of administrators, advocates and teachers across the globe.

## YOGA THERAPY IN MEDICAL SETTINGS

On a global scale, Yoga Therapy is being formally introduced into medical settings, including hospitals, outpatient clinics, rehabilitation centers and mental health programs, serving people across different ages and with a variety of conditions and diagnoses. 'Yoga Therapy aligns with a biopsychosocial-spiritual approach to wellness and is increasingly included in university and continuing education curricula for health care providers.'<sup>151</sup>

The therapeutic methods of Yoga Therapy are now being incorporated into top health care systems' integrative medicine programs with certified yoga therapists increasingly engaged in clinical roles. Many yoga therapists are collaborating with health care providers to develop plans that complement and support patients' care journeys, with a majority of the more than 5,000 members of the International Association of Yoga Therapists (IAYT) now working in hospital settings, outpatient clinics, physical therapy, rehabilitation and oncology.<sup>152</sup>

The status of Yoga Therapy as a legitimate discipline and complement to medical treatments has been made possible through the pioneering efforts of administrators, advocates and teachers across the globe, who have spent years educating physicians, providers and groups in the health care arena about the effective modalities and practices of Yoga Therapy.

Among the many prestigious medical settings in the U.S. that currently offer Yoga Therapy to patients are Duke Health's Duke Integrative Medicine Center,<sup>153</sup> the Columbia University Irving Medical Center,<sup>154</sup> the Mayo Clinic Health System,<sup>155</sup> Cedars Sinai Medical Center,<sup>156</sup> Johns Hopkins Howard County Medical Center<sup>157</sup> and more.

The Duke Integrative Medicine Center includes Yoga Therapy as a modality on-site where clients can book appointments to create personalized plans that fit their skill level, health goals, and interests.<sup>158</sup> Yoga Therapy is offered as a complement to traditional treatments for 'a wide range of conditions, including cancer, osteoarthritis, insomnia, and fibromyalgia' with the goal of helping clients overcome their pain and manage stress.

Yoga Therapy is not a substitute for medical treatment but rather serves as a complement to conventional Western biomedicine.<sup>159</sup> In general, the role of the yoga therapist is to support and help an individual manage their own personal self-care alongside their doctors and treatments<sup>160</sup> and to respect their relationship with the primary caregiver or physician.

<sup>151</sup> YogaTherapy.Health. 'For Health care Providers'. International Association of Yoga Therapists'. 2022.

<sup>152</sup> Enfield, S. 'Why More Western Doctors Are Now Prescribing Yoga Therapy'. Yoga Journal. 2016.

<sup>153</sup> Duke Health. 'Duke Integrative Medicine Center'. 2023.

<sup>154</sup> Columbia University. 'Columbia University Irving Medical Center'. 2023.

<sup>155</sup> Mayo Clinic Health System. 'Integrative Medicine & Health in Red Wing, Minnesota'. 2023.

<sup>156</sup> Cedars Sinai. 'Wellness, Resilience and Survivorship'. 2023.

<sup>157</sup> Johns Hopkins Medicine. 'Claudia Mayer/Tina Broccolino Cancer Resource Center'. 2023.

<sup>158</sup> Duke Health. 'Acupuncture, Massage Therapy and Yoga Therapy'. 2022.

<sup>159</sup> National Center for Complementary and Integrative Health. 'Yoga for Health'. National Institutes of Health. 2020.

<sup>160</sup> GWI Yoga Therapy Initiative. 'GWI Yoga Therapy Initiative Interview with Gary Kraftsow, 2022'. Global Wellness Institute. 2022.



## Prestigious Medical Settings Currently Offering Yoga Therapy as a Distinct Therapeutic Modality

### U.S.

- Duke Health,<sup>161</sup> North Carolina
- Children's Hospital Colorado,<sup>162</sup> Colorado
- Columbia University,<sup>163</sup> New York
- Mayo Clinic Health System,<sup>164</sup> Southern Minnesota, Western Wisconsin and Northern Iowa
- Venice Family Clinic,<sup>165</sup> Greater Los Angeles Area, California
- Mount Sinai,<sup>166</sup> New York Metropolitan Area
- UCLA Health,<sup>167</sup> Southern California
- Cedars-Sinai Medical Center,<sup>168</sup> Greater Los Angeles Area, California

- Tower Cancer Research Foundation's Magnolia House,<sup>169</sup> Southern California
- Johns Hopkins Howard County General Hospital (Johns Hopkins Medicine),<sup>170</sup> Baltimore, Maryland
- Corewell Health,<sup>171</sup> Michigan
- The Christ Hospital Health Network,<sup>172</sup> Greater Cincinnati, Ohio

### Australia

- Tongala Health (Kyabram District Health Service),<sup>179</sup> Tongala, Victoria, Australia

### Sweden

- MediYoga of Sweden Institute,<sup>180</sup> Sweden

### India

- Sakra World Hospital,<sup>173</sup> Varthur, Bangalore
- Kaivalyadhama,<sup>174</sup> Lonavala, in Western India
- Bhaktivedanta Hospital & Research Institute,<sup>175</sup> Thane, Maharashtra, India
- PSG Hospitals, Coimbatore,<sup>176</sup> Tamil Nadu, India
- Satyanand Hospital,<sup>177</sup> Kondhwa Pune, Maharashtra, India
- St. Thomas Hospital Chethipuzha,<sup>178</sup> Chethipuzha Kadavu, Changanassery, Kerala, India

<sup>161</sup> Duke Health. 'Duke Integrative Medicine Center'. 2023.

<sup>162</sup> Children's Hospital Colorado. 'Yoga Therapy | Children's Hospital Colorado' 2023.

<sup>163</sup> Columbia University. 'Other Supporting Cancer Services'. Columbia University Herbert Irving Comprehensive Cancer Center. 2023.

<sup>164</sup> Mayo Clinic Health System. 'Integrative Medicine & Health in Red Wing, Minnesota'. 2023.

<sup>165</sup> Venice Family Clinic. 'Comprehensive Health Care'. 2023.

<sup>166</sup> Mount Sinai. 'Massage and Yoga Therapy'. 2023.

<sup>167</sup> UCLA Health. 'Yoga Therapy'. 2023.

<sup>168</sup> Cedars Sinai. 'Wellness, Resilience and Survivorship'. 2023.

<sup>169</sup> Tower Cancer Research Foundations Magnolia House. 'Magnolia House'.

<sup>170</sup> Johns Hopkins Medicine. 'Claudia Mayer/Tina Broccolino Cancer Resource Center'. 2023.

<sup>171</sup> Corewell Health. 'Yoga Therapy'. 2023.

<sup>172</sup> The Christ Hospital Health Network. 'Yoga Therapy for Cancer Patients'. 2023.

<sup>173</sup> Sakra World Hospital. 'Sakra Department of Yoga Therapy'. 2023.

<sup>174</sup> Kaivalyadhama Yoga Institute & Research Center. 'The Oldest Scientific Yoga Research Institute in the World - Kaivalyadhama - KaivalyaDhama.' 2023.

<sup>175</sup> Bhaktivedanta Hospital & Research Institute. 'Yoga'.

<sup>176</sup> PSG Hospitals. 'Naturopathy & Yoga'. 2023.

<sup>177</sup> Satyanand Hospital. 'Yoga Therapy'.

<sup>178</sup> St. Thomas Hospital Chethipuzha. 'Dept. of Naturopathy & Yoga'. 2023.

<sup>179</sup> Kyabram District Health Service. 'Tongala Health'. 2022.

<sup>180</sup> MediYoga of Sweden Institute. 'Research on MediYoga'. 2022.

# School-age youth benefit from experiencing Yoga Therapy and learning its tools and techniques.

## YOGA THERAPY IN EDUCATION

Around the world, nonprofits, educational institutions, businesses, and individuals are actively implementing yoga initiatives in public education in a variety of formats. A 2016 study of school yoga based programs in the U.S. stated, 'Thirty-six programs were identified that offer yoga in more than 940 schools across the U.S., and more than 5,400 instructors have been trained by these programs to offer yoga in educational settings.'<sup>181</sup>

Researchers are contributing to a body of data that confirms the benefits of including yoga and Yoga Therapy in education. The documented positive impacts of yoga in schools include the following:<sup>182</sup>

- Improved academic performance
- Increased stress resilience
- Improved classroom climate
- More significant teacher well-being
- Reduced anxiety
- More effective emotional regulation
- Greater physical well-being for students

According to Daniela Cvitković of the University of Zagreb's Faculty of Education and Rehabilitation Sciences, school-age youth benefit from experiencing Yoga Therapy and learning its tools and techniques: 'We are witnessing an increase in stress and emotional disorders in children; children are becoming more sedentary and are preoccupied with the multitude of stimuli that come constantly via cell phone, computer, and television...Yoga has proved to be effective in treating a variety of conditions and diseases. Practicing yoga can help reduce stress, anxiety symptoms, and depression.'<sup>183</sup>



<sup>181</sup> Butzer, B., Ebert, M. et al. 'School-based Yoga Programs in the United States: A Survey'. *Advances in Mind-Body Medicine*. 2015.

<sup>182</sup> Butzer, B., Flynn, L. 'Seven Ways that Yoga Is Good for Schools'. *Greater Good Magazine*. 2018.

<sup>183</sup> Cvitkovic, D. 'The Role of Yoga in Education'. *ResearchGate*. 2021.





## GLOBAL INITIATIVES

With the integration of Yoga Therapy and its principles in everyday life, creative global collaborations are taking place in nonprofit organizations, educational institutions and in corporate settings worldwide.

Sharing yoga practices and building collaborative innovations are both introducing the practice to millions and driving positive social change initiatives.

### **Peace on Purpose: A Partnership Between the United Nations Foundation and Lululemon**

In 2019, the United Nations Foundation and Lululemon announced a partnership to increase access to mindfulness and self-care tools and resources for UN workers through the evidence-based program 'Peace on Purpose'. Lululemon committed \$1 million over three years for the support of UN workers on the frontlines of global challenges. 'To date, this program has supported more than 500 UN workers in seven countries. Lululemon is committing a further \$1 million to scale over the next three years, which will provide access to over 35,000 UN.'<sup>184</sup>

### **Give Back Yoga Foundation**

Founded in 2007, Give Back Yoga Foundation<sup>185</sup> was initially created as a 'seva' or service project during co-founder Rob Schware's yoga teacher training with co-founder Beryl Bender Birch. Schware's vision was to facilitate the ability of yoga teachers and yoga therapists to offer their services to 'vulnerable communities.' The organization has grown and expanded their work to support education through Give Back Yoga University, serving underserved communities with specialized populations, such as 'individuals affected by addiction, incarceration, war, eating disorders and cancer.'

Over the past twelve years, programs have brought hundreds of thousands of classes to beneficiaries in forty-six U.S. states and nineteen countries around the world and has distributed more than 35,000 yoga mats to 1,000+ organizations that bring yoga to individuals and communities facing illness and hardship.<sup>186</sup>

<sup>184</sup> United Nations Foundation. 'Peace on Purpose'. 2023.

<sup>185</sup> Give Back Yoga Foundation. 'About Us'. 2023.

<sup>186</sup> Give Back Yoga Foundation. 'About Us'. 2023.



### World Health Organization (WHO) and the Government of India launch Yoga App

In 2021, the World Health Organization (WHO) Traditional, Complementary, and Integrative Medicine unit collaborated with the Ministry of Ayush to launch WHO mYoga, an accessible and free yoga app 'to help people stay active and healthy.'<sup>187</sup> Open to the general public, the app offers video and audio yoga sessions in varying lengths that encourage 'quality' yoga practice from home. Prime Minister Narendra Modi expressed that this app is a 'great example of the fusion of modern technology and ancient science'<sup>188</sup> that will further his mission to popularize yoga and wellness throughout India.

### iRest Institute and the U.S. Military and Veterans Affairs

The iRest Institute has developed yoga and relaxation-based programs to create accessible practices for people unfamiliar with yoga. These programs have been implemented in yoga studios, community centers, clinics, schools, hospices, correctional facilities and the Veterans Administration and U.S. military hospitals.<sup>189</sup>

One of iRest's most ambitious research programs has been in collaboration with the U.S. military, treating soldiers and veterans with post-traumatic stress disorder. Richard Miller PhD, iRest founder, states that 75 veterans associations, from clinics to VA Hospitals, are utilizing iRest techniques. According to the VA, 'These services are not diagnosis or disease based but support the personal health plan of each Veteran.'<sup>190</sup>

Based on current studies with iRest in the military, the Defense Centers of Excellence has approved iRest as a Complementary and Alternative Medicine warranting continuing research for its use in the treatment of PTSD.

iRest is also developing innovative programs in partnership with the global cybersecurity community. People working in this industry are dealing with threats in real time and experiencing stress and facing burnout. Offering iRest as a therapeutic intervention allows for professionals to experience an easy-to-use but effective solution for stress reduction and more serious mental health needs.

<sup>187</sup> World Health Organization. 'WHO mYoga Application'. 2022.

<sup>188</sup> India TV Tech Desk. 'mYoga app launched on International Yoga Day: How to download and use on Android'. IndiaTV. 2021.

<sup>189</sup> iRest. 'iRest Institute'. 2022.

<sup>190</sup> US Department of Veterans Affairs. 'Whole Health Basics'. 2022.

CONCLUSION:  
THE NEXT WELLNESS FRONTIER

Yoga Therapy is a wellness modality that is uniquely positioned to meet the needs of a modern population.

## WHY YOGA THERAPY SHOULD BE PART OF THE MODERN HEALTH CARE PLAYBOOK

The importance of wellness has grown exponentially since the onset of the pandemic, which gave people of all ages, backgrounds and mindsets time to focus on their health. The MINDBODY 2023 Wellness Index, a survey of 17,000 Americans from this leading industry technology platform, found 3 out of 4 respondent's believe their wellness—or lack thereof—is more important than ever.<sup>191</sup> Simultaneously, an Accenture survey of 11,000 people in 16 countries found that even in the face of financial uncertainty, respondents considered their spending on health and wellbeing an essential akin to groceries and cleaning products.<sup>192</sup>

As a collection of ancient and modern practices that can impact many aspects of our health and wellbeing, Yoga Therapy is a wellness modality that is uniquely positioned to meet the needs of a modern population.

The ancient principles that anchor Yoga Therapy offer a firm foundation for integrated wellness management and self-care that is ideal for the proactive, focused and integrated paradigms that are becoming more prevalent in the 21st century.

Ultimately, people are striving to optimize their health and wellness. And the secret to success, McKinsey Health Institute found in a recent survey of 19,000 people across 19 countries, is to escape the current health care matrix and challenge 'the orthodoxies currently guiding individuals and institutions.'<sup>193</sup> The survey's most poignant conclusion is a veritable proof point for embracing yoga and Yoga Therapy: mental, social and spiritual health are as important as physical health and are deeply interconnected.

That alone speaks volumes regarding why we must make Yoga Therapy part of the modern medical and health care playbook. The state of the health and wellbeing industries worldwide also substantiates this need. Global surveys show that wellness has become the top priority for many—and despite economic uncertainty, people are upping their spending on improving their health using strategies and healing modalities such as Yoga Therapy.<sup>194</sup>

There are signs of this everywhere, from the medical world, where integrated programs incorporate yoga and Yoga Therapy, to high-profile media that tout its benefits in mesmerizing feature stories to the investment space, where startups and tech platforms are focusing on yoga and Yoga Therapy as part of the content and tools they offer.

Wellness has a bigger, more serious place at the table—whether it's HLTH,<sup>195</sup> one of the world's leading conferences that focuses on health innovation and transformation, adding a wellness track to its permanent offerings in 2022 to internationally renowned media outlets like the Washington Post launching Well+Being,<sup>196</sup> a whole editorial section on evidence-based wellness, Scientific American<sup>197</sup> covering the topic in depth, or the Global Wellness Institute developing a Wellness Evidence portal<sup>198</sup> featuring the latest research on this sector.

<sup>191</sup> Badzioch, M. '5 Wellness Trends to Watch in 2023'. MINDBODY Business.

<sup>192</sup> Accenture. 'Consumers See Health and Well-being as 'Essential' Spend Category, Accenture Survey Finds'. 2022.

<sup>193</sup> Hartenstein, L., Latkovic, T. 'The secret to great health? Escaping the health care matrix'. McKinsey Health Institute. 2022.

<sup>194</sup> Callaghan, Sean., Lösch, Martin. 'Feeling good: The future of the \$1.5 trillion wellness market'. McKinsey & Company. 2021.

<sup>195</sup> HLTH. 'About Us'. 2023.

<sup>196</sup> Parker-Pope, T. 'Welcome to Well+Being'. The Washington Post. 2022.

<sup>197</sup> Price, N. 'Evidence-Based Wellness Emerges as an Industry'. Scientific American. 2022.

<sup>198</sup> Global Wellness Institute. 'Global Wellness Institute Wellness Evidence'. 2023.

This calls for a dramatic shift in prioritization—at both the individual and the organizational levels—towards proactive health and wellbeing efforts. And Yoga Therapy is a perfect vehicle to introduce and achieve this mandate.

But what's even more extraordinary is just how profoundly consumers have changed, especially with respect to what they perceive to be 'true wellness.' Cast your mind back to 2019, the highwater mark of the hyper-consumerist, product-flooded wellness market, with zany wellness trends like performance drinks and active beauty proliferating minute-by-minute.<sup>199</sup> Most lacked evidence-based research substantiating their efficacy.

Today, due in part to the time and thought many gave to its importance during the pandemic, people think, feel and act on wellness strategies as they never have before. Not only are they now more reflective, they seek science-backed and peer-reviewed evidence. Coupled with the fact that many are now more concerned about each other and the planet, they want solutions that are meaningful and work.

This calls for a dramatic shift in prioritization—at both the individual and the organizational levels—towards proactive health and wellbeing efforts. And Yoga Therapy is a perfect vehicle to introduce and achieve this mandate.

Most people are seeking whole-health approaches that go beyond the treatment of isolated symptoms.<sup>200</sup> Yoga Therapy's integrative and preventive holistic approach, built on a scientific foundation of ancient practices and informed by contemporary medical science, is adapted to deal with the difficulties, demands and stresses of modern life.

The GWI Yoga Therapy Initiative's research demonstrates there is a rapidly growing market for the therapeutic and clinical applications of yoga and its use for managing a broad range of health challenges.<sup>201</sup>

While Yoga Therapy has its roots in ancient principles that are philosophical as well as based in scientific findings, it is emerging as a key wellness option for the now and the future. Given the tremendous benefits it offers so many, we must maximize and expedite its journey.

<sup>199</sup> CBInsights. 'Wellness Trends to Watch in 2019'. 2019.

<sup>200</sup> Revere Health. 'You Can't Have One without the Other: How Body Systems are Connected'. 2016.

<sup>201</sup> Global Wellness Institute. 'Yoga Therapy Initiative'.





We invite you to join the global movement to bring Yoga Therapy to the forefront of the next wellness frontier by providing access to therapists and developing programs and strategies for your industries and communities—to help our world heal, grow and thrive.

## HOW TO GET INVOLVED

The GWI Yoga Therapy Initiative<sup>202</sup> is working to accelerate the process of bringing Yoga Therapy into the global health care, hospitality, educational, corporate and wellness communities, but this is just the beginning—and we cannot do it alone. We encourage all players in the health and wellness industry to embrace this powerful wellness modality and engage with key decision-makers and find ways to incorporate Yoga Therapy in their industries.

In particular, wellness and health care professionals should critically examine and consider implementing Yoga Therapy practices and techniques to accelerate its validation and, in turn, its integration into mainstream health care and wellness practices.

This is far from just a commercial effort. Creating a healthier world and improving wellbeing for all is a job we must embrace. The public and private sectors in their entirety—from schools and community organizations to institutions and corporations—must help Yoga Therapy and other tools that offer similar benefits to humanity, become mainstream and accessible for the greater good.

Yoga Therapy needs to be acknowledged, explored and integrated into the context of the global health care and wellness economy's evolving efforts to address critical public health priorities.

It has a huge role to play in shaping the future of wellness worldwide. While Yoga Therapy has gained increasing acceptance as a valuable resource, its adoption is still in its infancy. Widespread acceptance, and Yoga Therapy's ability to help all audiences—people of all ages, backgrounds, ableness, ability levels and mindsets—will depend on the continued and new efforts of teachers, practitioners, industry leaders and advocates.<sup>203</sup>

We invite you to join the global movement to bring Yoga Therapy to the forefront of the next wellness frontier by providing access to therapists and developing programs and strategies for your industries and communities—to help our world heal, grow and thrive.

<sup>202</sup> Global Wellness Institute. 'Yoga Therapy Initiative - Global Wellness Institute'. 2022.

<sup>203</sup> Bennett, B. 'Yoga Therapy Initiative 2021 Trends'. Global Wellness Institute. 2021.



## GET INVOLVED! JOIN THE DISCUSSION!

### Learn more about how Yoga Therapy can benefit your industry or organization:

For dialogues, partnerships and speaking opportunities contact Bija Bennett at: [Bija@bijab.com](mailto:Bija@bijab.com)

For more information on this eBook and its distribution visit: [www.bijab.com](http://www.bijab.com)

For media inquiries contact: [Info@Bijab.com](mailto:Info@Bijab.com)

### How Can You Bring the Benefits of Yoga Therapy Home?

Embrace Yoga Therapy and make a difference in the health and wellbeing of all:

- Try Yoga Therapy yourself, especially if you have specific symptoms to address and value collaborative, personalized health care therapies
- Help your company make better commitments to employee health and wellbeing by integrating Yoga Therapy into your workplace-wellness setting—either as a program to those who work in your business or as part of a group effort for team seminars and retreats
- If you are in the spa or health care industries, introduce Yoga Therapy into your offerings for individuals and groups
- If you are active in your community or a specific organization, identify groups of individuals with a common or personalized need, condition or interest that a Yoga Therapist can support—and facilitate an introduction
- Find accredited Yoga Therapy programs: [https://www.iayt.org/page/accredited\\_pgms](https://www.iayt.org/page/accredited_pgms)
- Find an Accredited Yoga Therapist: <https://yogatherapy.health/find-a-therapist/>



# APPENDICES

## APPENDIX 1: KEY TERMS

- **Anandamaya** - (trans. Ananda 'bliss' + Maya trans. 'layer; to be made of'): The spiritual dimension of the self, which manifests as transcendence beyond the bounds of physical life and experience toward a higher plane of understanding or existence.
- **Annamaya** - (trans. Anna 'food' or 'physical matter' + Maya 'layer; to be made of'): The physical dimension of the self, comprising the physical body (organs, bones, muscles, skin, etc.).
- **Asana** - (trans. 'pose' or 'position'): Yogic bodily movements and postures. Originally referring to sitting meditation poses, the term has come to include a range of reclining, standing, seated, inverted, twisting and balancing poses.
- **Ayurveda** - (trans. 'knowledge of life'): A millennia-old 'natural system of medicine' originating in India more than 3,000 years ago. Ayurveda is foundational to the concept of yoga as a healing modality.
- **Bandha** - (trans. 'lock' or 'closed'): The yogic technique of shutting off the flow of energy to specific parts of the body to lock the vital energy into the body (often referred to as 'body lock').
- **Chanting** - Rhythmic repetition of a prayer, word, song, or other sound; a sacred practice in Indian yoga tradition.
- **Manomaya** - (trans. Manas 'mind, thought process' + Maya 'layer; to be made of'): The mental body or mental dimension of the self that is the locus of sensory experience. It is also the dimension of information, absorption and thought processing.
- **Mahabhutas** - (trans. 'great elements'): The five 'great' elements identified in sacred Hindu texts: space, air, fire, water and earth.
- **Meditation** - A contemplative practice, engaged in across various religious and spiritual traditions as a means of quieting, focusing and transforming the mind. Meditation cultivates self-awareness, and provides the optimum conditions for practicing the skill of mindfulness.<sup>204</sup>
- **Mudra** - (trans. 'seal', 'mark', 'gesture'): A symbolic ritual gesture or pose, usually performed with the hands and fingers, used to intensify the effects of yogic or meditation practices and enhance energy flow.
- **Panchamaya** - (trans. Pancha 'five' + Maya 'layer; to be made of'): The five-dimensional model of the human system developed by ancient yogic masters.
- **Pranamaya** - (trans. Prana 'vital life force' + Maya 'layer; to be made of'): The energy body or energy dimension of the self, referring to the body's energetic life force.
- **Pranayama** - (trans. Prana 'vital life force' + ayama 'to extend'): The ancient yogic science of conscious breathing. Defined as the art of regulating, modifying and extending the natural flow of the breath and enhancing one's vital energy or life force.
- **Rishis** - (trans. 'seers'): The 'authors' of the Vedas. Also known as 'Vedic Seers,' Hindu and yogic traditions hold that the Rishis did not create the Vedas; rather, the eternal Vedas were revealed to the Rishis as the result of their deep, sustained meditative practices.
- **Ritual** - A religious or solemn ceremony consisting of a series of actions performed according to a prescribed order.' Rituals can take many forms, including gestures, words, chants, or actions, that are performed according to a prescribed sequence.<sup>205</sup>
- **Samkhya** - (trans. 'Enumeration' or 'Number'): One of the classic schools of Indian philosophy positing a dualist perception of the world composed of matter and consciousness. Yoga incorporates this concept in practices related to expanding practitioners' consciousness.
- **Sanskrit** - (trans. 'adorned, cultivated, purified'): An Ancient Indo-Aryan language that is the source of most formal terminology used in yoga. The Vedas, the central religious works of Hinduism, were originally composed in Sanskrit.
- **Upanishads** - (trans. 'sitting at the feet of' or 'sitting down near'): Ancient Sanskrit texts of Vedic philosophy that form the basis of later Hindu philosophy.
- **Vedas** - (trans. 'knowledge'): The chief religious texts of the Hindu religion and the source books of Indian culture and beliefs. There are four Vedas: the Rigveda, the Samveda, the Yajurveda and the Atharvaveda. According to yogic tradition, the Vedas are thought to contain the fundamental knowledge relating to the underlying cause of, function of, and personal response to existence.
- **Vedic Revelation** - The process by which the Vedas were discovered and codified. The Vedas represent eternal wisdom that was first 'revealed' to Hindu sages thousands of years ago as a result of deep meditation.
- **Vijnanamaya** - (trans. Vijnana ('intellect') + Maya ('layer; to be made of')): The wisdom body or wisdom dimension of the self. This is the locus of intuition, conscience and other deeper levels of consciousness below the layer of sensory perception.
- **Viniyoga** - (trans. 'appropriate application'): A holistic healing discipline derived from the yogic teachings of T. Krishnamacharya that approaches healing from a whole-person perspective. Viniyoga acknowledges the human organism as a multidimensional being of body, breath, mind, behaviors, emotions and spirit.
- **Yoga Chikitsa** - (trans. 'treatment' or 'cure' through yoga): The process of treating human conditions through yogic practice.
- **Yoga Therapy** - The professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management and yoga practices for individuals or small groups.<sup>206</sup>

<sup>204</sup> Yogapedia. 'Meditation.' 2020.

<sup>205</sup> Oxford University Press. 'Ritual'. Oxford English Dictionary. 2018.

<sup>206</sup> International Association of Yoga Therapists. 'Contemporary Definitions of Yoga Therapy'. 2023.

# APPENDICES

## APPENDIX 2: ARTICLES AND RESOURCES ABOUT YOGA THERAPY

### 1. YOGA THERAPY - GENERAL

YogaTherapy.Health - Research

GWI Yoga Spotlight

How to Heal: The Emergence of Yoga Therapy as a Wellness Modality for the 21st Century

Yoga Therapy: Foundations, Tools, and Practice

Yoga Therapy: The Profession

The Scientific Basis of Yoga Therapy

Yoga Therapy in the Wellness Revolution

Medical Yoga Therapy

Yoga Therapy & Integrative Medicine: Where Ancient Science Meets Modern Medicine

Characteristics of Clients Seeking Yoga Therapy in a University-Based Student Clinic

Reconciling Research Results with the Clinical Practice of Yoga Therapy

### 2. BODY:

Yoga Therapy and Pain – How Yoga Therapy Serves in Comprehensive Integrative Pain Management, and How It Can Do More

Structural Yoga Therapy Healing for Sacrum/Hip/ Knee Pain

Joint Ventures: Helping Those With Rheumatoid Arthritis Live Well

Yoga as a treatment for chronic low back pain: A systematic review of the literature

Role of Yoga Therapy in Chronic Low Back Ache - A Randomized Controlled Trial

Effect of integrated Yoga Therapy on pain, morning stiffness and anxiety in osteoarthritis of the knee joint: A randomized control study

Designing, validation, and feasibility of integrated Yoga Therapy module for chronic low back pain

Parkinson's Yoga Therapy for the Newly Diagnosed

Outcomes from a Whole-System Ayurvedic Medicine and Yoga Therapy Treatment for Obesity Pilot Study

Yoga Therapy for Arthritis

Research: Yoga Therapy may be as effective as physical therapy for chronic low back pain

### 3. PHYSIOLOGY

Effect of Yoga Therapy on Disease Activity, Inflammatory Markers, and Heart Rate Variability in Patients with Rheumatoid Arthritis

Effect of Yoga Therapy on fasting lipid profile in chronic kidney disease: a comparative study

Salute to the Sun: A New Dawn in Yoga Therapy for Breast Cancer

Does Yoga Therapy Reduce Blood Pressure in Patients with Hypertension?: An Integrative Review

Effectiveness of Yoga Therapy in the Treatment of Migraine Without Aura: A Randomized Controlled Trial

Yoga Therapy for Chronic Fatigue Syndrome

Managing High Blood Pressure Through Yoga Therapy

Role of Yoga Therapy on Lipid Profile in Patients of Hypertension and Prehypertension

The Influence of Yoga Therapy in Adults with Type 2 Diabetes Mellitus: A single-center study

Effect of Integrated Approach of Yoga Therapy on Autonomic Functions in Patients with type 2 diabetes

A study of response pattern of non-insulin dependent diabetics to Yoga Therapy

Contextualizing the Effects of Yoga Therapy on Diabetes Management

Yoga Therapy Decreases Dyspnea-Related Distress and Improves Functional Performance in People with Chronic Obstructive Pulmonary Disease: A Pilot Study

Review of Yoga Therapy during Cancer Treatment

Yoga Therapy and ambulatory multiple sclerosis Assessment of gait analysis parameters, fatigue and balance

Effect of Yoga Therapy on Heart Rate, Blood Pressure and Cardiac Autonomic Function in Heart Failure

Yoga Therapy benefits patients with lung cancer, their caregivers

A Group-Based Yoga Therapy Intervention for Urinary Incontinence in Women: A Pilot Randomized Trial

Molecular Signature of the Immune Response to Yoga Therapy in Stress-related Chronic Disease Conditions: An Insight

Yoga and immune system functioning: a systematic review of randomized controlled trials

Yoga Therapy for breast cancer patients: A prospective cohort study

Molecular Signature of the Immune Response to Yoga Therapy in Stress-related Chronic Disease Conditions: An Insight

### 4. MIND

Movement and Mindfulness: A Formative Evaluation of a Dance/Movement and Yoga Therapy Program with Participants Experiencing Severe Mental Illness

Yoga Therapy for Chronic Diseases: Psychosomatic Aspects

The influence of Yoga Therapy on anxiety

Effectiveness of Yoga Therapy as a Complementary Treatment for Major Psychiatric Disorders: A Meta-Analysis

Effect of Yoga Therapy on anxiety and depressive symptoms and quality-of-life among caregivers of in-patients with neurological disorders at a tertiary care center in India: A randomized controlled trial

Yoga Therapy as an Adjunctive Treatment for Schizophrenia: A Randomized, Controlled Pilot Study

Development and feasibility of Yoga Therapy module for out-patients with depression in India

Yoga Research: Can Yoga Be an Effective Adjunct Therapy for Trauma, Depression and Anxiety?

Effect of Yoga Therapy on quality of life and depression in premenopausal nursing students with mastalgia: A randomized controlled trial with 6-month follow-up

Long-Term Changes of Symptoms of Anxiety, Depression, and Fatigue in Cancer Patients 6 Months After the End of Yoga Therapy

Impact of individualized Yoga Therapy on perceived quality of life performance on cognitive tasks and depression among Type II diabetic patients

Integrated Yoga Therapy for improving mental health in managers

Yoga Therapy for developing emotional intelligence in mid-life managers

Yoga for Psychiatry and Mental Health: An Ancient Practice with Modern Relevance

Effectiveness of Yoga Therapy on Pain and Related Depression, Anxiety, Perceived Stress, and Quality of Life

Case report: The use of medical yoga for adolescent mental health

Yoga Therapy as a Complement to Astronaut Health and Emotional Fitness Stress Reduction and Countermeasure Effectiveness Before, During, and in Post-Flight Rehabilitation

Breathwork, Good Mental Health, & Tools For The Brain

## 5. BEHAVIOR

Role of yoga therapies in psychosomatic disorders

Efficacy of Yoga Therapy for the management of psychopathology of patients having chronic schizophrenia

Person-centered Yoga Therapeutic Approach for Adult Attention Deficit-Hyperactivity Disorder

Feasibility and efficacy of yoga as an add-on intervention in attention deficit-hyperactivity disorder: An exploratory study

Efficacy of Yoga Therapy on subjective well-being and basic living skills of patients having chronic schizophrenia

The Effect of Yoga Therapy on Selected Psychological Variables Among Male Patients with Insomnia

Role of Yoga in Management of Substance-use Disorders: A Narrative Review

Integrated approach to Yoga Therapy and autism spectrum disorders

Efficacy of Yoga Therapy for the management of psychopathology of patients having chronic schizophrenia

## 6. SPIRITUALITY

End-of-Life Yoga Therapy: Exploring Life and Death

Individualized, Single Session Yoga Therapy to Reduce Physical and Emotional Symptoms in Hospitalized Hematological Cancer Patients

Effect of a 12-week Yoga Therapy program on mental health status in elderly women inmates of a hospice

Yoga for Seniors: Mechanisms of Response to Yoga Therapy in Older Adults

Exploring the therapeutic effects of yoga and its ability to increase quality of life

Yoga for palliative care

Yoga Therapy across the Cancer Care Continuum

Implementing Yoga Therapy Adapted for Older Veterans Who Are Cancer Survivors

## 7. YOGA THERAPY vs. YOGA

Yoga Therapy Research, Individualized Yoga Therapy, and Call It Yoga Therapy

Yoga Alliance: Policy on the Use of Yoga Therapy and Yoga Therapist Terms

Is one yoga style better than the other? A systematic review of associations of yoga style and conclusions in randomized yoga trials

Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga

Yoga for Transformation: Ancient Teachings and Practices for Healing the Body, Mind, and Heart

Yoga RX: A Step-by-Step Program to Promote Health, Wellness, and Healing for Common Ailments

## 8. YOGA THERAPY IN HEALTH CARE SYSTEMS

Implementation of Yoga Therapy into U.S. Health care Systems

Yoga Therapy in Japan

Yoga Therapy in the German Health care System

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## APPENDIX 3: RECENT CLINICAL STUDIES AND RESEARCH ON YOGA AND YOGA THERAPY

**Alcoholism/Drug Abuse**

Mallik D I, Bowen S, Yang Y, et al. Raja yoga meditation and medication-assisted treatment for relapse prevention: A pilot study. *Journal of Substance Abuse Treatment*. 2019.

**Alzheimer's Disease**

Eyre HA, Acevedo B, Yang H, et al. Changes in Neural Connectivity and Memory Following a Yoga Intervention for Older Adults: A Pilot Study. *Journal of Alzheimer's Disease*. 2016.

**Anxiety**

Hofmann SG, Andreoli G, Carpenter JK, Curtiss J. Effect of Hatha Yoga on Anxiety: A Meta-Analysis. *Journal of Evidence Based Medicine*. 2016.

de Manincor M, Bensoussan A, Smith CA, et al. Individualized Yoga For Reducing Depression And Anxiety, And Improving Well-Being: A Randomized Controlled Trial. *Depression and Anxiety*. 2016.

Gabriel MG, Curtiss, J, Hofmann SG, et al. Kundalini Yoga for Generalized Anxiety Disorder: An Exploration of Treatment Efficacy and Possible Mechanisms. *International Journal of Yoga Therapy*. 2018.

Morgan JR, Sullivan M, Masuda A, et al. A Case Series on the Effects of Kripalu Yoga for Generalized Anxiety Disorder. *International Journal of Yoga Therapy*. 2016.

**Asthma**

Raghavendra P, Shetty P, Shetty S. Effect of high-frequency yoga breathing on pulmonary functions in patients with asthma. *Annals of Allergy, Asthma and Immunology*. 2016.

Pandya, S. Yoga Education Program for Reducing Drug Dependency and Promoting Better Asthma Control for Chronic Asthmatic Children: A Multi City Experiment. *Global Pediatric Health*. 2019.

**ADHD**

Jarraya S, Wagner M, Jarraya M, et al. 12 Weeks of Kindergarten-Based Yoga Practice Increases Visual Attention, Visual-Motor Precision and Decreases Behavior of Inattention and Hyperactivity in 5-Year-Old Children. *Frontiers in Psychology*. 2019.

Cohen SC, Harvey DJ, Shields RH, et al. Effects of Yoga on Attention, Impulsivity, and Hyperactivity in Preschool-Aged Children with Attention-Deficit Hyperactivity Disorder Symptoms. *Journal of Developmental and Behavioral Pediatrics*. 2018.

**Autism**

Sotoodeh MS, Arabameri E, Panahibakhsh M, et al. Effectiveness of yoga training program on the severity of autism. *Complementary Therapies in Clinical Practice*. 2017.

Maheshkumar K, Vidyashree H, Sundareswaran L, et al. Effect of yoga intervention on short-term heart rate variability in children with autism spectrum disorder. *International Journal of Yoga*. 2019.

**Back Pain**

Sutar R, Yadav S, Desai G. Yoga intervention and functional pain syndromes: a selective review. *Int Rev Psychiatry*. 2016.

Patil N, Nagaratna R, Tekur P, et al. A randomized trial comparing the effect of yoga and exercises on quality of life in the nursing population with chronic low back pain. *Int J Yoga*. 2018.

**Balance and Stability**

Wooten SV, Signorile JF, Desai SS, et al. Yoga meditation (YoMed) and its effect on proprioception and balance function in elders who have fallen: A randomized control study. *Complement Ther Med*. 2018.

Hamrick I, Mross P, Christopher N, et al. Yoga's effect on falls in rural, older adults. *Complement Ther Med*. 2017.

**Cancer**

Ross A, Brooks A, Touchton-Leonard K, Wallen G. A Different Weight Loss Experience: A Qualitative Study Exploring the Behavioral, Physical, and Psychosocial Changes Associated with Yoga That Promote Weight Loss. *Evidence Based Complementary and Alternative Medicine*. 2016.

Ben-Josef AM, Chen J, Wileyto P, et al. Effect of Eischens Yoga During Radiation Therapy on Prostate Cancer Patient Symptoms and Quality of Life: A Randomized Phase II Trial. *Int J Radiat Oncol Biol Phys*. 2017.

Gurpreet Kaur, Gaurav Prakash, Pankaj Malhotra, et al. Home-Based Yoga Program for the Patients Suffering from Malignant Lymphoma during Chemotherapy: A Feasibility Study. *International Journal of Yoga*. 2018.

Taylor TR, Barrow J, Makambi K, et al. A Restorative Yoga Intervention for African-American Breast Cancer Survivors: A Pilot Study. *J Racial Ethn Health Disparities*. 2018.

Mazor M, Lee JQ, Peled A, et al. The Effect of Yoga on Arm Volume, Strength, and Range of Motion in Women at Risk for Breast Cancer-Related Lymphedema. *J Altern Complement Med*. 2018.

Lapen K, Benusic L, Pearson S, et al. A Feasibility Study of Restorative Yoga Versus Vigorous Yoga Intervention for Sedentary Breast and Ovarian Cancer Survivors. *Int J Yoga Therap*. 2018.

Milbury K, Mallaiah S, Mahajan A, et al. Yoga Program for High-Grade Glioma Patients Undergoing Radiotherapy and Their Family Caregivers. *Integr Cancer Ther*. 2018.

Barassi G, Bellomo RG, Di Iulio A, et al. Preoperative Rehabilitation in Lung Cancer Patients: Yoga Approach. *Adv Exp Med Biol*. 2018.

Galantino ML, Tiger R, Brooks J, et al. Impact of Somatic Yoga and Meditation on Fall Risk, Function, and Quality of Life for Chemotherapy-Induced Peripheral Neuropathy Syndrome in Cancer Survivors. *Integr Cancer Ther*. 2018.

Milbury K, Liao Z, Shannon V, et al. Dyadic yoga program for patients undergoing thoracic radiotherapy and their family caregivers: Results of a pilot randomized controlled trial. *Psycho Oncology*. 2019.

Dong B, Xie C, Jing, X, et al. Yoga has a solid effect on cancer-related fatigue in patients with breast cancer: A meta-analysis. *Breast Cancer Res Treat*. 2019.

**Cerebral Palsy**

Mak CK, Whittingham K, Boyd RN. A randomized, waitlist-controlled trial of an embodied mindfulness program based on hatha yoga principles for children with cerebral palsy and their parents. *Complement Ther Clin Pract*. 2019.

**Chronic Fatigue Syndrome**

Oka T, Tanahashi T, Sudo N, et al. Changes in fatigue, autonomic functions, and blood biomarkers due to sitting isometric yoga in patients with chronic fatigue syndrome. *Bio Psychosoc Med*. 2018.

**Chronic Pain**

Kortterink JJ, Ockeloen LE, Hilbink M, et al. Yoga Therapy for Abdominal Pain Related-Functional Gastrointestinal Disorders in Children. A Randomized Controlled Trial. *J Pediatr Gastroenterol Nutr*. 2016.

Schmid AA, Puymbroeck MV, Fruhauf CA, et al. Yoga improves occupational performance, depression, and daily activities for people with chronic pain. *Work*. 2019.



**Chronic Pulmonary Obstructive Disorders**

Ranjita R, Hankey A, Nagendra HR, Mohanty S. Yoga-based pulmonary rehabilitation for the management of dyspnea in coal miners with chronic obstructive pulmonary disease: A randomized controlled trial. *J Ayurveda Integr Med.* 2016.

Li C, Liu Y, Ji Y, et al. Efficacy of yoga training in chronic obstructive pulmonary disease patients: A systematic review and meta-analysis. *Complement Ther Clin Pract.* 2018.

**Cognitive Impairment**

Eyre HA, Acevedo B, Yang H, et al. Changes in Neural Connectivity and Memory Following a Yoga Intervention for Older Adults: A Pilot Study. *J Alzheimers Dis.* 2016.

Eyre HA, Siddarth P, Acevedo B, et al. A randomized controlled trial of Kundalini yoga in mild cognitive impairment. *Int Psychogeriatr.* 2017.

**Congestive Heart Failure**

Hägglund E, Hagerman I, Dencker K, et al. Effects of yoga versus hydrotherapy training on health-related quality of life and exercise capacity in patients with heart failure: A randomized controlled study. *Eur J Cardiovasc Nurs.* 2017.

**Cystic Fibrosis**

McNamara C, Johnson M, Read L, et al. Yoga Therapy in Children with Cystic Fibrosis Decreases Immediate Anxiety and Joint Pain. *Evid Based Complement Alternat Med.* 2016.

**Depression**

Tolahunase MR, Sagar R, Dada R. Yoga- and meditation-based lifestyle intervention increases neuroplasticity and reduces severity of major depressive disorder: A randomized controlled trial. *Indian J Psychiatry.* 2018.

Nyer M, Gerbarg PL, Silveri MM, et al. . A randomized controlled dosing study of Iyengar yoga and coherent breathing for the treatment of major depressive disorder: Impact on suicidal ideation and safety findings. *Complement Ther Med.* 2018.

Nugent NR, Brick L, Armev MF, Tyrka AR. Benefits of Yoga on IL-6: Findings from a Randomized Controlled Trial of Yoga for Depression. *Behavioral Medicine.* 2019.

**Diabetes**

Thind H, Lantini R, Balletto BL, et al. The effects of yoga among adults with type 2 diabetes: A systematic review and meta-analysis. *Prev Med.* 2017.

Jagannathan A, Angadi P, Thulasi A, et al. Adherence to yoga and its resultant effects on blood glucose in Type 2 diabetes: A community-based follow-up study. *Int J Yoga.* 2017.

Jayawardena R, Ranasinghe P, Chathuranga T, et al. The benefits of yoga practice compared to physical exercise in the management of type 2 Diabetes Mellitus: A systematic review and meta-analysis. *Diabetes Metab Syndr.* 2018.

Balaji R, Ramanathan M, Bhavanani AB, et al. Effectiveness of adjuvant Yoga Therapy in diabetic lung: A randomized control trial. *Int J Yoga.* 2019.

**Dysfunctional Uterine Bleeding**

Vinchurkar S, Nalgirkar S, Saoji A, et al. Yoga as a Therapeutic Intervention in the Management of Dysfunctional Uterine Bleeding: A Controlled Pilot Study. *Journal of Mid-life Health.* 2018.

**Eating Disorders**

Hall A, Ofei-Tenkorang NA, Machan JT, et al. Use of yoga in outpatient eating disorder treatment: A pilot study. *J Eat Disord.* 2016.

Pacanowski CR, Diers L, Crosby RD, Neumark-Sztainer D. Yoga in the treatment of eating disorders within a residential program: A randomized controlled trial. *Eat Disord.* 2017.

**Endometriosis**

Gonçalves AV, Makuch MY, Setubal MS, et al. A Qualitative Study on the Practice of Yoga for Women with Pain-Associated Endometriosis. *J Altern Complement Med.* 2016.

**Epilepsy**

Kanhere S, Bagadia D, Phadke V, Mukherjee P. Yoga in children with epilepsy: A randomized controlled trial. *J Pediatr Neurosci.* 2018.

**Fibromyalgia**

Carson JW, Carson KM, Jones KD, et al. Mindful Yoga Pilot Study Shows Modulation of Abnormal Pain Processing in Fibromyalgia Patients. *15;57(1):77-85. Int J Yoga Therap.* 2016.

Sutar R, Yadav S, Desai G. Yoga intervention and functional pain syndromes: a selective review. *Int Rev Psychiatry.* 2016.

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Yadav R, Yadav RK, Khadgawat R, Mehta N. OS 28-06 Beneficial effects of a 12-week yoga-based lifestyle intervention on cardio-metabolic risk factors and adipokines in subjects with pre-hypertension or hypertension. *J Hypertens.* 2016.

Cramer H, Sellin C, Schumann D, Dobos G. Yoga in arterial hypertension. *Dtsch Arztebl Int.* 2018.

Christa E, Srivastava P, Chandran DS, et al. Effect of Yoga-Based Cardiac Rehabilitation on Heart Rate Variability: Randomized Controlled Trial in Patients Post-MI. *Int J Yoga Therap.* 2019.

**HIV / AIDS**

Chandra BH, Ramesh M, Nagendra H. Effect of yoga on immune parameters, cognitive functions, and quality of life among HIV-positive children/adolescents: A pilot study. *International Journal of Yoga.* 2019.

Wimberly AS, Engstrom M, Layde M, et al. A randomized trial of yoga for stress and substance use among people living with HIV in reentry. *Journal of Substance Abuse Treatment.* 2018.

Kuloor A, Kumari S, Metri K. Impact of yoga on psychopathologies and quality of life in persons with HIV: A randomized controlled study. *Journal of Bodywork and Movement Therapies.* 2019.

**Hypothyroidism**

Nilakanthan S, Metri K, Raghuram N, Hongasandra N. Effect of 6 months intense Yoga practice on lipid profile, thyroxine medication and serum TSH level in women suffering from hypothyroidism: A pilot study. *Journal of Complementary and Integrated Medicine.* 2016.

**Infertility**

Kirca N, Pasinlioglu T. The effect of yoga on stress level in infertile women. *Perspectives in Psychiatric Care.* 2019.

**Irritable Bowel Syndrome / Inflammatory Bowel Disease**

Schumann D, Anheyer D, Lauche R, et al. Effect of Yoga in the Therapy of Irritable Bowel Syndrome: A Systematic Review. *Clinical Gastroenterology and Hepatology.* 2016.

Sutar R, Yadav S, Desai G. Yoga intervention and functional pain syndromes: a selective review. *International Review of Psychiatry.* 2016.

Arruda JM, Bogetz AL, Vellanki S, et al. Yoga as adjunct therapy for adolescents with inflammatory bowel disease: A pilot clinical trial. *Complementary Therapies in Medicine.* 2018.

Cramer H, Schäfer M, Schöls M, et al. Randomised clinical trial: Yoga vs written self-care advice for ulcerative colitis. *Alimentary Pharmacology and Therapeutics.* 2017.

**Kidney Disease**

Pandey R, Arya TS, Kumar A, et al. Effects of 6 months yoga program on renal functions and quality of life in patients suffering from chronic kidney disease. *International Journal of Yoga.* 2017.

Kauricklein Z. Effect of yoga on physical and psychological outcomes in patients on chronic hemodialysis. *Complementary Therapies in Clinical Practice*. 2019.

### Menopause

Jorge MP, Santaella DF, Pontes IM, et al. Hatha Yoga practice decreases menopause symptoms and improves quality of life: A randomized controlled trial. *Complementary and Therapeutic Medicine*. 2016.

Cramer H, Peng W, Lauche R. Yoga for menopausal symptoms—A systematic review and meta-analysis. *Maturitas*. 2017.

Crowe BM, Puymbroeck MV. Enhancing Problem- and Emotion-Focused Coping in Menopausal Women Through Yoga. *International Journal of Yoga Therapy*. 2019.

### Menstrual Disorders

Yang NY, Kim SD. Effects of a Yoga Program on Menstrual Cramps and Menstrual Distress in Undergraduate Students with Primary Dysmenorrhea: A Single-Blind, Randomized Controlled Trial. *Journal of Alternative and Complementary Medicine*. 2016.

McGovern CE, Cheung C. Yoga and Quality of Life in Women with Primary Dysmenorrhea: A Systematic Review. *J Midwifery Womens Health*. 2018.

Bharati, M. Comparing the Effects of Yoga & Oral Calcium Administration in Alleviating Symptoms of Premenstrual Syndrome in Medical Undergraduates. *J Caring Sci*. 2016.

### Metabolic Syndrome

Yadav R, Yadav RK, Khadgawat R, et al. Randomized Controlled Trial of A 12-Week Yoga-Based (Including Diet) Lifestyle vs. Dietary Intervention on Cardio-Metabolic Risk Factors and Continuous Risk Score in Indian Adults with Metabolic Syndrome. *Behavioral Medicine*. 2019.

Sohl SJ, Wallston KA, Watkins K, Birdee GS. Yoga for Risk Reduction of Metabolic Syndrome: Patient-Reported Outcomes from a Randomized Controlled Pilot Study. *Evid Based Complement Alternat Med*. 2016.

### Migraine/Tension Headaches

Sharma VM, Manjunath N, Nagendra H, Ertsey C. Combination of Ayurveda and Yoga Therapy reduces pain intensity and improves quality of life in patients with migraine headaches. *Complement Ther Clin Pract*. 2018.

### Multiple Sclerosis

de Oliveira G, Tavares MD, de Faria Oliveira JD, et al. Yoga training has positive effects on postural balance and its influence on activities of daily living in people with multiple sclerosis: A pilot study. *Explore (NY)*. 2016.

Bhargav P, Bhargav H, Raghuram N, Garner C. Immediate effect of two yoga-based relaxation techniques on cognitive functions in patients suffering from relapsing remitting multiple sclerosis: A comparative study. *Int Rev Psychiatry*. 2016.

Chobe S, Bhargav H, Raghuram N, Garner C. Effect of integrated Yoga and Physical therapy on audiovisual reaction time, anxiety and depression in patients with chronic multiple sclerosis: a pilot study. *J Complement Integr Med*. 2016.

Najafi P, Moghadasi M. The effect of yoga training on enhancement of Adrenocorticotrophic hormone (ACTH) and cortisol levels in female patients with multiple sclerosis. *Complement Ther Clin Pract*. 2017.

### Muscular Dystrophy

Pradnya D, Nalini A, Nagarathna R, et al. Effect of yoga as an add-on therapy in the modulation of heart rate variability in children with duchenne muscular dystrophy. *Int J Yoga*. 2019.

### Myofascial Pain Dysfunction

Passi D, Khan A, Srivastava A, et al. Management of myofascial pain dysfunction syndrome with meditation and yoga: Healing through natural therapy. *Natl J Maxillofac Surg*. 2018.

### Neck Pain

Kim SD. Effects of yoga on chronic neck pain: a systematic review of randomized controlled trials. *J Phys Ther Sci*. 2016.

Uluğ N, Yılmaz, Kara M, et al. Effects of Pilates and yoga in patients with chronic neck pain: A sonographic study. *J Rehabil Med*. 2018.

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Cramer H, Klose P, Brinkhaus B, et al. Effects of yoga on chronic neck pain: A systematic review and meta-analysis. *Clin Rehabil*. 2017.

### Obesity

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