

What is Yoga Therapy?

The mission of yoga therapy is to adapt the practices of yoga to an individual's health needs and goals. These practices include mind, energy, and physical practices that are designed to help empower the individual to progress toward greater health and well-being.

In yoga therapy, an individual meets with an experienced yoga therapist to design a customized yoga practice that includes yoga postures, mindfulness, meditation, and breathing techniques based on the individual's abilities, goals, and needs.



According to the International Association of Yoga Therapists (IAYT), "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."

For more information, we recommend that you visit the IAYT website: <https://yogatherapy.health/what-is-yoga-therapy/>



111 Knox Way, Suite 110
Chapel Hill, NC 27516

Phone: 919-945-0300

E-mail: staff@plumspringclinic.com



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Plum Spring Clinic
Holistic Wellness Center

Tel: 919-945-0300



SAM Sather,
MS, BSN, e-RYT, C-IAYT, C-IYSI

A certified yoga therapist, SAM will work with you to design a customized yoga practice to empower your journey toward whole health.

"SAM is an inspiration to us all in her teaching of mindful movement, yoga therapy, and meditation practices. She draws from her own medical background and training to provide her students the knowledge of how to stay healthy and address one's own unique physical challenges."

-Testimonial from Yoga Participant

What Conditions Can Yoga Therapy Help?

Examples of conditions that benefit from yoga therapy:

- ◇ Anxiety
- ◇ Cancer
- ◇ Chronic pain
- ◇ Decreased functional movement
- ◇ Depression
- ◇ Fibromyalgia
- ◇ Heart conditions
- ◇ Hypertension
- ◇ Joint Replacement
- ◇ Sleep problems
- ◇ Stress

Yoga therapy meets people where they are, connecting them to their own innate healing potential.

Our clients report having improved mood, reduced stress, decreased chronic pain, and more.

Yoga therapy uses methods that work with the mind **and** the body.

About the Yoga Therapist

SAM, the yoga therapist at Plum Spring, has been professionally prepared in healthy and balanced lifestyles through graduate level education and certification in Yoga Therapy awarded by the International Association of Yoga Therapists (C-IAYT). The IAYT have rigorous standards for the certified yoga therapist. To learn more, go to www.iayt.com. Our yoga therapist is trained in the art and science of therapeutic yoga. She has a deep understanding of anatomy and physiology specific to yoga as well as an understanding of illness and disease and their associated symptoms.



The yoga therapy model of health is unique because it addresses every aspect of life rather than considering each system or part of the body separately.

