

From Mind to Body - Where yoga therapy, science and psychology converge

Yoga Therapy is the process of assessing and identifying the best practices to meet each individual's needs on the level of all koshas: physical, energetic, emotional, and spiritual. Traditional allopathic medicine and physiotherapy tend to focus on the physical component while western psychology focuses on the mind and intellectual processes. While each approach is valuable in its own right, there are limitations in assessing individuals with physical and/or mental conditions with expertise in only one area.

This workshop will explore the integration of classical yogic philosophy with principles of Hakomi Psychotherapy, Concepts from Body Mind Centering™ and Neuromuscular Imbalances as described by Vladimir Janda. We will uncover a common understanding of the essence of the mind-body connection and how yoga therapy, informed by science, psychology and somatics, can help address the person from a holistic perspective.