

Yoga Therapy @ BoCo



Teacher – Karin Worthy

“Yoga provides something for everyone, and what each receives from it is different.”

TKV Desikachar

Yoga therapy uses techniques of yoga to create, stimulate, and maintain an optimum state of physical, emotional, mental, and spiritual health. It can help those suffering from pain or stress or when dealing with physical or mental trauma.

It can help cancer patients both before and after undergoing treatment. It can also help in the recovery of strength and confidence after major surgery or in dealing with a serious illness. Sufferers from asthma or arthritis can also benefit from yoga therapy.

The aim of yoga therapy is to:

- Strengthen the body, boost the immune system and promote good health
- Provide subtle benefits by focusing on the mind, the body or any combination of these

Thus for someone suffering from back and or shoulder pain we may initially address issues that relate to the body using appropriate yoga postures. But where pain is exacerbated by their lifestyle and stress we would look to help the individual to alter the aggravating factors in their lifestyle that can help release tension.

Yoga therapy is normally done on a 1-2-1 basis, though it is possible to work with small groups who suffer from similar problems, using yoga therapeutically to address specific health need(s).

If you are interested in finding out how yoga therapy can help you, please contact Karin on 020 8399 3930 or by email at karin@boco-uk.com

About the teacher: Karin is certified by British Wheel of Yoga (BWY), the Society of Yoga Practitioners (TSYP) and registered with the Complementary & Natural Healthcare Council (CNHC) as a yoga therapist. She is now doing a 4-year advanced yoga therapy course that is taught by Dr N Chandrasenkar (Dr NC), who was Head of Yoga Therapy at the Krishnamacharya Yoga Mandiram (KYM) for over 20 years and Colin Dunsmuir, who trained directly with TKV Desikachar in India and has run numerous teacher training programmes in the UK as well as being a member of The British Council of Yoga Therapy.

