

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 is particularly valuable in helping combating the physical discomfort of cancer and cancer 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 relating to the body using appropriate yoga postures. Where back pain is exacerbated by stress we would look to help the individual to release tension, using other tools of yoga, such as breathing, chanting, visualisation and relaxation.

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 the British Wheel of Yoga and The Society of Yoga Practitioners after completing the 4-year yoga & yoga therapy training under the tutelage of Colin Dunsmuir, in the lineage of Professor T. Krishnamacharya and his son TKV Desikachar. She is also registered with the Complementary & Natural Healthcare Council as a yoga therapist and therefore complies with the CNHC Code of Conduct, Performance and Ethics. Karin has completed yoga and yoga therapy courses in the UK and in Chennai, India and has a current first aid certificate.

