

## 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:

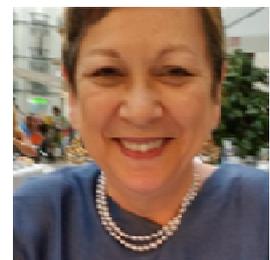
- Strengthen the body, boost the immune system and promote good health
- Provide subtle benefits by focusing on the mind, the body or any combination of these

Thus for someone suffering from back and or shoulder pain we may initially address issues that relate to the body using appropriate yoga postures. 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](mailto: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 in the lineage of Professor T. Krishnamacharya and his son TKV Desikachar. She is now pursuing a 4-year course in advanced yoga therapy training taught by Dr N Chandrasenkarana (Dr NC) and Colin Dunsmuir. Dr NC worked directly with TKV Desikachar as Head of Yoga Therapy at the Krishnamacharya Yoga Mandiram (KYM) for over 20 years. Colin Dunsmuir 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.



Karin is registered with the Complementary & Natural Healthcare Council as a yoga therapist and therefore complies with the CNHC Code of Conduct, Performance and Ethics. She has completed yoga and yoga therapy courses in the UK and in Chennai, India and has a current first aid certificate.

