



Soothing Stress With Your Breath
Free, Virtual Yoga Therapy 30-minute sessions
Sponsored by Emcura Medical

The first Monday of each month from 10:00-10:30 AM EST Starting January 30 at 10:00 AM EST

The last Monday of each month from 7:00-7:30 PM EST Starting February 6 at 7:00 PM EST

Tell me more about relaxation and breathing techniques. Relaxation and breathing techniques have been shown to be an effective, safe, non-pharmaceutical way to help manage our adverse responses to anxiety, stress, and pain. Relaxation and breathing techniques use the way we breathe, the way we think and the way we move to help manage anxiety, stress, and pain. As lifestyle component relaxation and breathing techniques serve people who wish to be involved in their own healing. The free and simple techniques relaxation and breathing techniques are adaptive to most age groups, cultural heritages, and traditions. The yoga therapists involved in these sessions are certified from the International Institute of Yoga Therapy, the only fully accredited yoga therapy certification program in Michigan.

Tell me more about yoga therapy. Yoga therapy, as a part of a system of multimodal healing modalities, focuses on the treatment of a patient's well-being. Data shows that relaxation and breathing techniques help provide a sense of relaxation and can also help mitigate numerous chronic conditions, such as pain, stress, anxiety, and hypertension. As a multimodule component incorporating breathing, meditation and, when appropriate, gentle movement techniques, yoga therapy can help people self-activate a sense of comfort, stability, and restfulness.

What do I need for this session? There is nothing you will need for this session. Mats or special clothing are not needed.

What if I am unable (or too tired) to move easily right now? Relaxation and breathing techniques are about feeling calmer and more in control of the responses to discomfort, pain, anxiety, and stress. For example, physical movement is often not an aspect of yoga therapy, particularly if you are experiencing pain, are undergoing treatments, or have had surgery.

Certified Yoga Therapists? The yoga therapists are certified through the International Association of Yoga Therapists International Institute of Yoga Therapy (www.iiyogatherapy.com). The International Institute of Yoga Therapy, the first fully accredited yoga therapy program in Michigan, is an academic program providing advanced study, training, and experience in the clinical applications of yoga therapy. IIYT is dedicated to serving those who wish to incorporate self-care relaxation techniques as part of their health management system.

How can I sign up?

Please contact vzador@iiyogatherapy.com to receive your ZOOM link



International Institute of Yoga Therapy

Adapt. Restore. Recover.

