

Center for Inner Awakening



Introduces

Yoga Therapy

What is Yoga Therapy?

Yoga Therapy helps you add traditional yoga stretches, breathing techniques, relaxation methods, and energy exercises to modern healthcare. No prior yoga experience is necessary.

Yoga Therapy tailors yoga practices to individual needs and specific medical concerns, offering a safe, effective way of appropriately treating health issues through relevant yogic techniques. Yoga Therapy gently supports the clinic care, physical therapy, and chiropractic treatment you may already be receiving for aches and pains or an injury. It can also be practiced in conjunction with many complementary modalities, often augmenting their benefits.

In Yoga Therapy, you spend one-on-one time with a trained yoga instructor targeting where you hurt with stretches, positions, and yogic techniques aimed at helping you heal.

Yoga Therapy promotes the natural healing of the body, helps restore proper integrated function of physiologic systems, and cultivates body/mind/spirit balance. How? By removing blockages to the flow of vital force (prana or chi) and stimulating its proper distribution throughout the body.

Yoga Therapy is beneficial for numerous conditions, including:

- *Anxiety, low back pain, arthritis, hypertension, heart conditions, hyperventilation*
- *Asthma, irritable bowel syndrome, diabetes, headaches, insomnia, multiple sclerosis*
- *Chronic fatigue, fibromyalgia, AD/HD, pregnancy and childbirth*

The most common results of Yoga Therapy cited by individuals with these conditions are increased wellbeing and improved quality of life, as well as the lessening of symptoms over time. Marked improvements can be felt early on—and in some cases, primary conditions are completely resolved.

Center for Inner Awakening
Yoga Therapy

What Does Yoga Therapy Consist Of?

Yoga Therapy is a combination of:

Physical postures: Simple yoga postures gently stretch and strengthen muscles, improve mobility, flexibility, respiration, circulation, digestion and elimination. These movements and static poses promote a generalized sense of health and well being. For the elderly, the resulting improvement in balance can assist in preventing falls.

Breathing techniques: Awareness of breath and energy movement is integral to yoga. Ideal for stress relief, yoga breathing exercises produce feelings of peaceful harmony, clarity and calm concentration.

Relaxation methods: Learning how to relax is a key element of Yoga Therapy. Relaxation eases physical and mental tension, and helps revitalize the entire system. Relaxation techniques also create an opportunity to examine and modify chronic behaviors and improve the management of taxing life situations.

Energy exercises: Certain exercises may be recommended to enhance individual energy (life force, prana or chi) reserves. In addition, some techniques of transmitting energy may be used or taught for healing, if appropriate. Muscular strength may be enhanced by these exercises but is a secondary result rather than a focal point.

Soft-Tissue or Body Manipulation: In some cases, the use of certain soft-tissue, joint mobilization, body manipulation, or PNF (Proprioceptive Neuromuscular Facilitation) techniques may be incorporated. No vertebral adjustments are practiced, although certain stretches may induce spinal alignment.

Will Yoga Therapy Work for Me?

If you have aches and pains, sore muscles, stored tension, or any of the wide range of conditions named above, Yoga Therapy may be able to help. Yoga Therapy starts with very simple exercises that can produce benefits right away.

Yoga Therapy retains the ancient principles of yoga which address all levels of body and mind. Beginning with stretching and breathing exercises, you'll

Center for Inner Awakening Yoga Therapy

gradually gain a working knowledge of yoga postures (called asanas), breathing techniques (called pranayama), relaxation practices, and meditation skills, all selected specifically to help you with your particular physical challenge.

These are skills, not pills. Familiarity, competency and benefit come through personal effort and interest.

Yoga Therapy is most effective when approached holistically. Clients often start Yoga Therapy intending to solve specific health problems, only to find beneficial outcomes in other areas, too.

Starting Yoga Therapy

An initial assessment with Alan L. Pritz, Founder of Center for Inner Awakening, LLC (CFIA), is recommended, whether you are seeking help for a particular ailment or desiring the overall health benefits of personal yoga training. A personal, initial assessment reviews your state of health and lifestyle and, on this basis, offers a recommended course of action.

The initial assessment consists of a consultation, usually lasting 30 minutes, which reviews the condition(s) for which you are seeking aid plus basic lifestyle and health information. In certain cases, this can be dispensed with or replaced by a telephone consultation—for example, when the condition is mild and uncomplicated, or when travel is extremely difficult.

Following the consultation, you may schedule a number of one-to-one sessions. The number of sessions is flexible and can be modified to accommodate your condition. You'll probably start with 3 to 5 sessions, depending on the severity or chronic nature of your condition. After a few personal sessions, you might enjoy joining regular yoga or meditation classes, which are less expensive and provide similar health benefits. Or, you may wish to continue personal sessions for a period of time.

* Yoga Therapy should never be medically contraindicated. If the presenting condition is questionable, clients may be asked to obtain written permission for Yoga Therapy from their physician.

* Because these are personal, one-on-one sessions, please give 24 hr. notice if you must cancel or change a session.

**Center for Inner Awakening
Yoga Therapy**

Fees

Our Initial Consultation Fee is waived for those considering Yoga Therapy.

Yoga Therapy sessions are \$75 per hour, payable at the time of each session. You may pay by check or cash.

Appointments

To schedule an appointment for Yoga Therapy or an introductory assessment, call Alan L Pritz at 612-721-4100.

Testimonials:

“I’ve known Alan for 10+ years, both in a professional and personal capacity. After reporting that I’d been having insomnia for more than a year, Alan said he could help. Over the course of several private sessions, he taught me several breathing techniques, yogic practices involving sunlight and water to balance the nervous system, and targeted stretching. *It really worked well for me.* Alan has a wealth of knowledge stemming from his meditation and yoga training, plus can draw upon an eclectic, integrated background in various therapeutic modalities. His approach to healing is broad, inclusive and insightful.”

Jill Winegar, Program Director, Sweatshop Health Club

“After being told I would just have to suffer with bursitis and hip pain, I tried Yoga Therapy at the Center for Inner Awakening. After only one session with Alan and one week of practicing positions and stretches at home, my pain was almost totally gone and my mobility was markedly improved. Working with Alan has hastened my recovery and given me measurable relief—while letting me take a proactive role in feeling better and getting stronger. And that's the truth!” ***Pamela Hill Nettleton***