

# Why Stability Yoga Therapy....

Offering Workshops, Trainings, Classes & Privates



*“Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of yoga.”*

*- International Association of Yoga Therapists, 2007*

**Stability Yoga Therapy (SYT)** addresses techniques needed in daily life to enrich and reconnect the body/spirit/mind system. This integrated system needs to function in a dynamic state of balance to support optimal health and well-being. (SYT) helps support the body/spirit/mind system, nourish the continuum of healing and works holistically on the level of our whole being.

(SYT) helps create understanding, awareness and improvement of the recruitment function of muscles with a stability role in the body. The postures utilize low threshold motor control retraining strategies to improve body movement and control, and facilitate stronger mind to muscle connection with breath awareness. Utilizing therapeutic movements, breathing techniques, visualizations, guided relaxations and meditations, (SYT) provides each client with a well-rounded experience and understanding of their needs for wholeness and health in a safe, caring and nurturing environment.

(SYT) offers healing and understanding based on the *Panchamayakosha* model of yoga where we are multi-dimensional beings made up by many different, interactive levels which consist of five layers:

*Anamayakosha* - the physical body

*Pranamayakosha* - the energy and breath body

*Manomayakosha* - the mental - emotional body

*Vijanamayakosha* - the wisdom/observer body

*Anandamayakosha* - the bliss body

(SYT) addresses each of these layers through physical assessment, breathing patterns, observing energy levels, discussion of clients needs, illness, aches, pains, and discussion of nutrition and lifestyle.

(SYT) was developed by Rebecca Matthews finding a way to wholeness as a result of her spinal injuries and life changes. Through extensive trainings in Yoga and Yoga Therapy, Kinesiology, physical therapy modules, research and study, she has put together this very comprehensive unique program.