What is Yoga Therapy?

Do you want to enhance your strength, flexibility, balance, and overall health?

Would you like to learn simple strategies to relieve stress and improve function?

Yoga Therapy empowers people to progress toward improved health and well-being through the application of yoga practices—including postures, breathing, and meditation. Rooted in the ancient wisdom of the yogic tradition and integrated with modern, scientific understanding, yoga therapy involves creating a personalized yoga practice to suit the needs of individuals with health challenges. No yoga experience is required. Common health issues we address include chronic pain, cancer, heart disease, anxiety, and sleep problems.
Who is our Yoga Therapist?

Carol Krucoff, E-RYT, is a health educator specializing in the therapeutic use of yoga for people with medical challenges. Carol is co-founder and co-director of the Therapeutic Yoga for Seniors teacher training, designed to help yoga instructors work safely and effectively with older adults. She has been practicing yoga for more than 40 years and has been privileged to study yoga with master teachers from around the world. An award-winning health journalist, Carol was the founding editor of the Washington Post’s Health section, and is author of several books including “Yoga Sparks: 108 Easy Practices for Stress Relief in a Minute or Less,” and “Healing Yoga for Neck and Shoulder Pain.” She is creator of the audio home practice CD, Healing Moves Yoga and co-creator of the DVD, Relax into Yoga for Seniors.

How does Yoga Therapy work?

- Yoga is a holistic discipline based on the interconnectedness of all aspects of our being—body, mind, and spirit.
- Yoga therapy begins with an in-depth conversation, where the yoga therapist listens deeply to understand your health challenges, history, concerns, interests, and goals.
- The yoga therapist guides you through some simple movements to assess your strength, flexibility, and balance as well as your habits of body and mind.
- The yoga therapist will create a personalized yoga practice that suits your abilities, health goals, medical challenges, interests, and time.
- The yoga therapist will teach you the practice, then provide materials (handouts and sometimes audio recordings) for you to continue with a home practice.
- Return sessions refine your practice and, as you become more skilled—and/or your needs change—offer modifications and/or new material.

What does it cost?

Initial visit is 90-minutes - $135
Follow-up visits are 60 minutes - $100

How do I start?

Please Call 919-660-6826 for Guest Services
They can answer your questions, and schedule you an appointment.

You can read more about Yoga Therapy at www.dukeintegrativemedicine.org