

## STRUCTURAL YOGA THERAPY



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### **Structural Yoga Therapy**

Thank you for visiting this site. I warmly invite you to visit the site of my teacher, and the creator of Structural Yoga Therapy , Mukunda Stiles.

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### **What is Structural Yoga Therapy Colorado Springs Yoga**

Structural Yoga Therapy permits the therapist to assess the client s imbalances using yoga and physical therapy assessment procedures and create an adaptive yoga program uniquely tailored to the individual. This therapeutic modality holds the potential to eliminate or greatly alleviate the pain and discomfort caused by misalignment or injury.

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### **Structural Yoga Therapy Adapting to the Individual**

Structural Yoga Therapy has been written for teachers and serious practitioners who want to use yoga to bring complete balance to the body. Mukunda Stiles begins by providing a comprehensive overview of the spiritual philosophy of yoga, and its many branches.

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### **Structural Yoga Therapy YOGAVAUD**

From that information a personalised Structural Yoga Therapy (SYT) program is adapted to the individual s unique needs. This individual yoga program is then polished over later sessions.

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### **Structural Yoga Therapy Art and Soul**

Structural Yoga Therapy adapts yoga to the client s unique needs. It respects the body s innate capacity to recognize safe, healthy movement and healing. When health is optimal, there is a natural balance of muscle strength and range of motion. But illness, injury and structural anomalies can disrupt that harmony. Structural Yoga therapists design a unique yoga program to address the client s pain and discomfort brought on by body misalignment or injury.

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### **Structural Yoga Therapy Adapting to the Individual by**

Adapting to the Individual: Writing for serious practitioners and teachers who want to use yoga to bring complete balance to the body, Stiles shares his understanding of anatomy, kinesiology, joint mobility and muscle strength, as well as an overview of the spiritual philosophy of yoga.

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### **Structural Yoga Therapy YOGA LOKA**

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