

The Many Ways Yoga Is Therapeutic

In its most basic assumptions, Yoga seeks the balance of mind and body as well as the balance of human life to the life of the planet (through the concept of ahimsa or 'nonharm'). Its series of physical movements (asanas) balances the strength and flexibility of the muscles and the sympathetic and parasympathetic nervous systems, all while promoting spinal alignment. It further balances the systems of the body: the endocrine, nervous, circulatory and lymphatic, with the movement of energy (prana) in our bodies. It balances our shoulders with our hips, our left side to our right side, our forward bending to our backward bending, our breath to our movement. Like its sister science, Ayurveda, Yoga seeks balance of body in general as the primal and natural state of health. This state of balance or health exists through the combination of movement (asana) and contemplation or meditation (dharana and dhyana). The perfection of movement in yoga asana is meant to purify the body, (which it achieves outstandingly), to prepare the body for states of higher awareness as something possible for every person.

Those who do Yoga experience the relaxed state of mind/body and the sense of well being it imparts. This type of movement increases flexibility and strength, promoting longevity and calm. It is truly therapeutic at every level of our being. We know this intuitively when we do it.



Testimonial:

"Katie can tell me what to do with every muscle in my body while I am in each yoga pose. She is the best yoga teacher I ever had."

– Dot Barrett

Therapeutic Classes and Sessions

offered by **Katie Tandon**,
MA, CEAP, CACD, LPC, CCAP, RYT, CMT

Katie offers therapeutic yoga classes at two locations:

- **The Center for Optimal Health**
Plymouth Meeting, PA.
www.c4oh.org
- **Simply Yoga**
Exton, PA
www.Simplyyogastudios.com

She also offers private, individual, therapeutic yoga sessions to cater to your specific needs for physical healing and growth, alignment, breathing, meditation, relaxation, releasing energy blocks, emotional and spiritual issues, and relief from injuries and disease.

Katie also offers therapeutic massage for issues of tightness, muscular injuries and imbalances and healing for sprains, sports-related injuries and relaxation. One hour, and ninety minute sessions are available for therapeutic massage, as well and thirty minute reflexology sessions.

She further offers Holistic Counseling in Mental Health and Substance Abuse, as well as Employee Assistance. Her private practice for mental wellness is run out of two offices: one at the Center for Optimal Health in Plymouth Meeting, and another from Valley Forge Commons in Valley Forge.

Katie is available for a variety of workshops in Yoga and Psychology at your request. Particular areas of interest include Yoga for Addictions and Yoga for Adolescents, as well as Yoga for specific emotional disequilibrium such as trauma, anxiety, ADHD and depression.

**Katie can be reached by phone at 484 995 9262
emails to lighton@katiетandon.net. and on the web
at www.katiетandon.net.**



**Katie
Tandon**

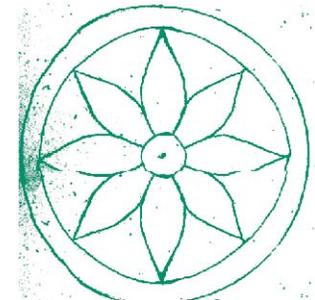
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email: lighton@katiетandon.net
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- Licensed Holistic Counselor
- Therapeutic Yoga Instructor
- Meditation Teacher
- Certified Massage Therapist

Therapeutic Yoga

WISDOM AND WELLNESS FOR
MIND BODY AND SOUL



How Does Yoga Become More Therapeutic?

Study in the therapeutic methods in yoga reveals how to work with physical imbalances, injuries or pain which the therapeutic application of asanas (or postures) can alleviate. Beyond a strong experience of yoga asana, a therapeutics teacher needs extensive knowledge of therapeutic applications as well as of musculoskeletal anatomy.

The emotional healing potential of Yoga remains the best kept secret. The psychology of yoga is extensive and linked to yoga philosophy. Much of the emotional work occurs in the performance of postures with breathing and calm, and the awareness that results from such practice. The meditation and relaxation practices effectively bring calm, release trauma, root out depression, increase focus, self-esteem and impulse control, and alleviate stress. They also greatly improve insight when practiced over time and with consistency. The breathing techniques increase the flow of prana, enhancing all levels of being, but can be applied therapeutically to mitigate specific issues by the learned teacher.

The spiritual healing of yoga remains unparalleled for the past 5,000 years. Whatever your religious context, yoga goes beneath it, making no religious judgments, but working at the deep level of mind and heart from which all religions arise, and toward which all aspire. The spiritual practices of yoga bring greater understanding and experience to the depths of our being and the breadth of our hearts, wherein soul is rooted. Through them we come to know ourselves as the light of God or pure consciousness made manifest, coming to experience ourselves as connected to and compassionate towards all life.



Testimonial:

“Katie’s private yoga sessions and classes got me through two knee replacements and a hip replacement. Thanks to her, I have more mobility and less pain than I have for the past ten years. She is an awesome, and a truly spiritual, teacher!”

– Myra Farr

Who Benefits from Therapeutic Yoga?

EVERYONE! Many students have physical issues, like joint replacements or arthritis or chronic tightness that make less gentle yoga uncomfortable or impossible. Therapeutic yoga moves slowly and gently, with a constant focus on therapeutic applications. It is fantastic for Chronic Fatigue and Fibromyalgia because of the gentle release of tension and therefore pain in the muscles. The restorative practices are extremely rejuvenating, bringing greater energy to the participants.

There have been many studies over the past 30 years of the incredible benefits of meditation and of gentle, mindful yoga to diseases such as Heart Disease, Cancer, Fibromyalgia and Chronic Fatigue, as well as Multiple Sclerosis, Arthritis, Addictions, Diabetes, ADHD, Post Trauma, Depression and Stress. Yoga and meditation are so healing for disease because they promote balance and homeostasis, thereby bringing people back to their body’s most optimal self-healing state. The capacity to heal is within us, we just have to nurture ourselves back to the state of calm balance wherein healing activates.

Anyone with physical or mental stress can benefit enormously from therapeutic yoga. The body is often stressed by repetitive daily activities or habitual postures, the mind by the pace and trials of life. Therapeutic yoga offers effective tools to counteract negative influences and develop both mind and awareness for prevention.



Testimonial:

“Last night’s therapeutic yoga session was gentle and easy on me as I suffer from fibromyalgia and being out of shape, etc. I was apprehensive, but have to report that after last night’s session I slept through the night for the first time in years. I also noticed that I felt like I had a massage this morning upon waking. My back didn’t hurt and wasn’t stiff upon rising. I look forward to my next class and the series. I am very grateful for your teaching and understanding of issues that I have. Your explanations of what each exercise is about and its benefits helps me to grasp how important and helpful each pose is to me. Thank you. Thank you. Thank you.” --Elayna McReynolds

About Katie Tandon

Katie has been a certified yoga instructor since 1983. She has studied Iyengar-style Therapeutic Yoga by taking 200 hours with a concentration in therapeutics, and apprenticing under an Iyengar therapeutics teacher for two years. She has also studied extensively in therapeutics offered by Anusara Yoga, and in the Himalayan Institute’s Advanced Studies in Therapeutic Yoga. She has been teaching Therapeutic and Restorative Yoga, as well as Prenatal and Classical ‘Hatha’ yoga, including Meditation, for the last six years.

Katie has also completed certification as a Massage Therapist through the Omega Healing Arts School, and combined hours in the study of musculoskeletal anatomy and physiology exceeds 400 hours. She has a business in offering private, individual yoga sessions for healing purposes, and has a thriving massage business as well.

She is also a Mental Health Professional and Employee Assistance Professional, as well as a certified Addictions Counselor Diplomate and a certified Child and Adolescent Psychotherapist. Katie has worked in mental health for over 25 years, and has been an Emergency Service Coordinator, the Clinical Director of a national EAP program, a researcher in addictions treatment, and an outpatient therapist for the past 11 years. This background and training has informed her knowledge of yoga psychology and philosophy, which she has studied many years. Katie has been studying meditation for nearly 30 years as well, and is initiated in the mystical schools of Sufism, Buddhism and Yoga. She has studied with world-renowned teachers in each of these disciplines. She gives free classes in meditation several times a year. Taken together, Katie’s training in all these disciplines uniquely qualify her to deeply understand and teach well the varied therapies of body, mind and soul offered by yoga.

