



# W e l l n e s s   C e n t e r F o r   H e a l i n g

## Yoga Therapy

Program Director: Danielle McGuire, RYT,CYT

*"Dani, I want to share with you of how pleased I am that you have come into my life. You do an excellent job of leading my classes. I feel I have found a program and teacher that matches with my goal, intent, and desires of recovery and living. I'm still learning to calm down and not work at high speed. Thank You. "* Judith Melton

### *What is Yoga Therapy?*

Yoga is an ancient, eastern practice meaning union. It teaches us to take responsibility for our own health through the union of postures (asanas), breathing (pranayama), relaxation and meditation. This union helps us to achieve self-awareness and balance.

Yoga therapy is a self-empowering process. The care-seeker, with the help of the Yoga therapist, implements a personalized and evolving Yoga practice. This not only addresses the illness in a multi-dimensional manner, but also aims to alleviate his/her suffering in a progressive, non-invasive and complementary manner. Depending upon the nature of the illness Yoga therapy can be preventative or curative. It can also serve as a means to manage the illness, or facilitate healing in the person at all levels.

### *What are the benefits?*

Some things that a student may gain from attending yoga therapy regularly may be: balanced blood pressure, relaxation, balanced hormones, increased lung capacity, help from addictions, increased range-of-motion, relief from pain and nausea, decreased anxiety and heart rate, increased bone strength, and an overall sense of well-being and greater health.

### *What can I expect during session?*

Yoga therapy uses the 6,000-year-old techniques of relaxation and rejuvenation and adapts them to the needs of the student. There is a relationship-based alliance formed between the patient and practitioner to begin the healing process of mind, body, emotions, and spirit. It is not a one size fits all prescription for health, but rather a process and transformation that allows the body to heal from the inside out. The session is modified to fit the needs of the student and includes: gentle yoga postures (asana), breathing techniques (pranayama), guided imagery and meditation.

### *Can I share sessions with family or friends at home?*

Therapy sessions can be taken in private, semi-private or group sessions. Our Yoga Therapist also travels to other locations such as hospitals and nursing homes to accommodate patients. Therapy sessions can also be conducted online, internet access and web-cam are required.

### **Kachmann Mind Body Institute**

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**KachmannMindBody.com**

### **Yoga Therapy Session Rates**

1/2 Hour session	40
1 Hour Session	75
1 1/2 Hour Session	110
<i>Per Additional Person</i>	+5
6 - 1 Hour Sessions	395
12 - 1 Hour Sessions	675
<i>Per Additional Person</i>	+30

#### *Does insurance cover this fee?*

Patients are required to self-pay for therapy courses. We will then submit billable fees to the insurance provider for reimbursement. Please bring your insurance card and a referral from your primary care physician.

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To view all session rates and policies  
visit [www.KachmannMindBody.com](http://www.KachmannMindBody.com)