



Yoga Therapy Clinic At Islington

What to Expect

Yoga therapy is a self-care approach to wellness, guided and supported by a yoga therapist. Yoga therapy will be most helpful to you if you are willing to take an active role in your own health care.

Your first yoga therapy clinic session will be a 90 minute consultation with one of our trainee yoga therapists. After your first session you may return to the clinic for 60 minute follow-up sessions as needed. The yoga therapists work in the clinic on a rotating basis. You may be able to book subsequent sessions with the same therapist. However, if you want to return on a date when that therapist is unavailable, you will be assigned to another therapist. Written records will be kept in the clinic so that continuity will be maintained in your treatment across therapists.

Your first session will include a comprehensive interview to gather historical information relevant to your current condition(s). You will be asked about history of medical illness, injury, past and current treatment, medication and supplements you may be taking, and questions about activities of daily living (diet, sleep, activity). It is important that you download and complete the Health Information Questionnaire and return it at least 48 hours before your first session. Please use this as an opportunity to think about how you hope to be helped by yoga therapy, and, if you have multiple concerns, to prioritise where you most urgently would like assistance.

Based on the interview, an assessment of your movement patterns, your yoga experience, and your priority concerns, the therapist will develop a short yoga practice for you to do at home between sessions. The therapist will ensure that you know how to perform all of the elements of the practice safely, and s/he will provide you with a written copy of your practice. In subsequent sessions, you will check in with the therapist about how the practice is working for you. The therapist will guide you through the practice elements to offer refinements and to offer modifications or changes to the practice as needed.

Please be aware that there are some contraindications for the practice of certain yoga postures and breathing practices, so it is important to tell your yoga therapist about all your health conditions, including pregnancy.

Please also note that:

- due to the training nature of the clinic, there may be another trainee yoga therapist or a supervisor observing the session with you and your therapist;
- yoga therapy sessions may take place in a large room, in which two appointments may be on-going simultaneously, so that the supervisors may be available at all times. In that event, the appointments will be at different ends of the room, in order to preserve confidentiality as much as possible.

“Yoga therapy is the process of empowering individuals to progress toward improved health and wellbeing through the application of the teachings and practices of Yoga.” - *International Association of Yoga Therapists (IAYT)*



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How much time should I allow before class? We suggest you arrive at least 10-15 minutes before your appointment, in order to give you time to check in at reception, change and generally get ready. If you arrive late, we will not be able to extend your session.

What should I wear? Dress in comfortable clothing in which you are able to stretch and move freely. Yoga sessions are done barefoot, and shoes are not allowed in the studios. There are racks for shoes outside each studio.

Where should I leave my bags and valuables? At Islington, lockers are available in the changing rooms for £1 (returnable). We strongly recommend taking your valuables into the studio. We are not responsible for any loss or damage to items during your treatment, whether or not in lockers.

Do you provide equipment? Yes. Mats, blocks, bricks, straps, blankets, bolsters and chairs are provided. For those wishing to purchase their own equipment, they can do so at reception.

Can I eat before class? Like all forms of exercise, yoga is best practiced on an empty stomach. We recommend that you do not eat for at least 2 hours prior to your appointment, though juice, fruit or crackers can be eaten before if you need to maintain your blood sugar levels. We suggest that you drink water prior to your session, and water fountains are available. If your healthcare professional has given you any different information, please follow their advice and let your yoga therapist know at the beginning of the session.

May I keep my mobile phone on in clinic? Yoga places a great emphasis on concentration and inner stillness and there will be other classes and students at the centre. Mobile phones must be switched off or completely silenced at all times in The Life Centre (including in changing rooms and the reception area). This includes turning off any vibration mode. Please also talk quietly, especially near the studios and therapy room.

I'm under 18 years old, can I come to clinic? Our yoga therapy sessions are geared toward treatment of adults and older adolescents, If you are between 16-18 years of age and would like to come to any classes/workshops, you need to be accompanied by an over 18's adult.