



THE LIFE CENTRE ISLINGTON

Yoga is for life – a better one.

The Life Centre®, source for yoga and well-being, is calmly nestled in two vibrant London neighbourhoods – Notting Hill, since 1993 and Islington, since 2011.

The yoga therapy clinic will be based from our Islington location. The Life Centre Islington opened in January 2011 and is one of London's newest premier yoga destinations. Conveniently situated in Britannia Row close to the vibrant urban hubs of Upper Street and Essex Road.



yoga therapy **clinic**



1 Britannia Row
Islington, N1 8QH
020 7704 0919
Islington@thelifecentre.com
www.thelifecentre.com

Yoga Therapy Clinic

SERVING THE COMMUNITY – TRAINING NEW THERAPISTS

Our new Yoga Therapy Clinic is a low-cost clinic offering individual yoga therapy sessions at The Life Centre Islington. It is one of the only specific Yoga Therapy Clinics in the UK, and aims to make affordable individualised yoga therapy available to those who may not otherwise be able to access its benefits, while at the same time providing supervised clinical experience to trainee yoga therapists.

“Yoga as medicine represents the next great yoga wave. In the next few years, we will be seeing a lot more yoga in health care settings and more yoga recommended by the medical community as new research shows that yoga is a valuable therapeutic tool for many health conditions.”- Kaitlin Quistgaard, editor in chief of Yoga Journal.

WHAT IS YOGA THERAPY

Yoga therapy is the personalised application of yoga techniques to fit the current needs and interests of the individual. It is an integrated mind-body approach for restoring balance and adaptive functioning to the physical (musculoskeletal), physiological (digestion, respiration, cardiovascular, endocrine, and immune), and mental/emotional systems. Yoga therapy may be used to:

- reduce symptoms of illness or injury
- establish more functional breath and movement patterns
- reduce physical and mental suffering
- improve quality of life
- enhance positive coping strategies.

No previous experience of yoga is necessary.

WHAT IF MY DOCTOR TOLD ME TO AVOID STRENUOUS ACTIVITY?

If you are currently seeing a healthcare professional, we advise you to discuss what you are and are not recommended to do with them. Please share this information with your yoga therapist in the Health Information Questionnaire and discuss during your first visit. Physical practice is just one part of what yoga therapists do. Yoga therapists can work with any combination of physical practice, breath, meditation, chanting, a disciplined lifestyle and more.

Yoga is for life ... a better one.

HOW TO BOOK AN APPOINTMENT

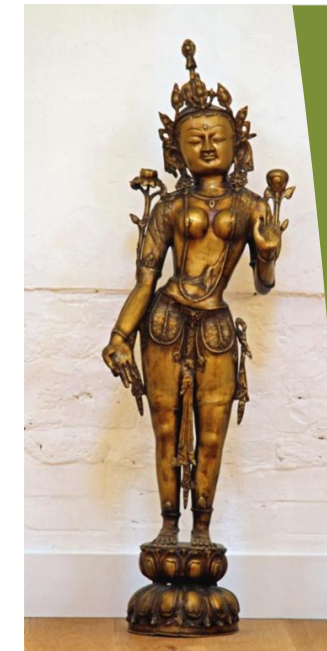
The clinic is held weekly on Thursdays starting 15 September 2011. Appointments are available to be booked at 14:00 and 16:00.

Schedule your appointment by telephoning The Life Centre (Islington) on 020 7704 0919. Please download and complete the Health Information Questionnaire from <http://www.thelifecentre.com/> and return it to islington@thelifecentre.com at least 48 hours before your first appointment.

FEES

90 minute initial consultation sessions and 60 minute follow-up sessions are £15 per session. You may also purchase a 4 appointment pass for £40.

The consultation fee must be paid at the time of booking and will be refunded if the appointment is cancelled in line with our cancellation policy.



WHO CAN BENEFIT FROM YOGA THERAPY?

Yoga therapy is a self-care approach to wellness, guided and supported by a yoga therapist. A growing body of research suggests that yoga *may be* effective either in reducing symptoms, improving functioning, coping, or improving quality of life in the following conditions:

- Anxiety
- Arthritis
- Asthma
- Attention Deficit Hyperactivity Disorder
- Cancer – in terms of quality of life
- Carpal tunnel syndrome
- Depression
- Eating disorders
- Epilepsy
- Gastrointestinal disorders
- Immune response
- Insomnia
- Pain – low back
- Respiration
- Stress

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.

THE THERAPISTS

The clinic is staffed by experienced yoga teachers who are now undertaking additional specialist training to become yoga therapists.



Our therapists are all enrolled in the Yogacampus Yoga Therapy Diploma course. They come from all over Europe to participate in this highly regarded programme.

The Yogacampus curriculum exceeds the National Occupation Standards for Yoga Therapy, established by the Complementary and Natural Healthcare Council (CNHC).

The yoga therapy trainees are supervised by senior yoga therapists, Dr. Lisa Kaley-Isley and Felice Rhiannon.



What to expect

YOGA THERAPY CLINIC

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 SESSION

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.



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 to three 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)

BEFORE YOU LEAVE

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.

CANCELLATION POLICY

Cancellations must be made prior to midday on the Wednesday before the clinic. Please call reception on **020 7704 0919**. You cannot change or cancel an appointment by email.

We will provide you with a cancellation number for each appointment cancelled or changed. Please make a note of this for your reference.

While we do understand that certain injuries and conditions may make it difficult for you to commit to a specific time, a cancellation policy is in place out of fairness to other clients who would have liked the appointment time and also out of fairness to the yoga therapists.



**Serving the community ...
training new therapists.**

Preparing for the clinic

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 BAG 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. You must be at least 18 to participate.

“Yoga therapy adapts the practice of Yoga to the needs of people with specific or persistent health problems not usually addressed in a group class.”

*- Larry Payne, Ph.D.
Samata Yoga Center
(U.S.A.)*

“Yoga therapy is the application of Yoga to individuals to empower them to progress toward greater health and freedom from disease.”

*- Ganesh Mohan, Svastha
Yoga and Ayurveda*

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