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Using Yoga Therapy To Promote Mental Health In Children ...

Studies show that yoga therapy can help with stress, anxiety, and depression. Yoga is a gentle exercise that incorporates both meditation and controlled, physical movements. The focus on deep...

Yoga and Depression: How Does it Work?

Yoga, meaning "union," has traditionally been associated with a mental practice aimed to achieve greater consciousness through the use of meditation and physical postures (Satchidananda, 1990). As yoga has gained increased popularity in the Western world, individuals have been driven to yoga for various reasons, often because it fosters and encourages relaxation, increased bodily strength and flexibility, and experiential presence in the current moment (i.e., mindfulness).

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According to the International Association of Yoga Therapists: "Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of Yoga." Essentially, yoga therapy is the application of yoga practices to alleviate physical and mental health conditions with the view of promoting self-care and encouraging overall well-being.

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