



## why add a C-IAYT yoga therapist to your team?

A C-IAYT yoga therapist's work is:

- Client centred;
- Trauma informed;
- Evidence based;
- Suitable for a variety of chronic diseases and physical & mental health conditions;
- Aligned with the tenants of confidentiality;
- Built on knowledge of the health care system, anatomy, physiology and pathophysiology;
- Complimentary with other health/medical treatments;
- Part of an integrative health team approach;
- A whole person model of health (biopsychosocial-spiritual care);
- A gentle and natural means to health and self-discovery;
- AND... Research is showing that yoga therapy is effective for the management of many chronic diseases, physical or mental health conditions, life transitions (menopause, pregnancy, grief, etc.) and for life on Earth, in general!



yoga therapy for athletes...  
coming soon!



connect with threeOMs Yoga  
Therapy-- online meet &  
greet available!!

