

Therapeutic Yoga



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Introduction

“Yoga” comes from Sanskrit “yuj” meaning union, because yoga is joining mind and body and universe (Basavaraddi, 2015).

Taylor et al. (2023) states “yoga is a mind and body practice with historical origins in ancient Indian philosophy...yoga involvesthe combination of physical movements, breathing practices, and relaxation practices/meditation.”

History

- India, 2700 B. C. Literature and fossil carvings (Basavaraddi, 2015)
- 500 B.C.- 800 A.D. Wisdom (Basavaraddi, 2015)
- 800 A.D.- 1700 A.D. Mind comes to focus (Basavaraddi, 2015)
- 1700 A.D.- present Modern yoga (Basavaraddi, 2015)

What is therapeutic yoga? What are the risks and benefits?

- Mind-body fitness
 - Focus on awareness of the self, the breath, and energy
- Basic Principles
 - Human body
 - Individuals
 - Self-Empowering
 - State of Mind
- Benefits
 - Enhance muscular strength, body flexibility, promote and improve respiratory and cardiovascular function, promote from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.
- Risks
 - Serious injuries are rare
 - Sprains and Strains

Geographic area

Origins traced to Northern India

North America Yoga Survey

- Most aged 40-69 years old
- 91% female
- Conditions seen for yoga therapy: anxiety (77%), back/neck pain (77%), and joint pain/stiffness (67%)

Costs

- Private session
 - Equipment: \$30-\$45
 - Session: \$70-80
- Group session
 - Equipment: \$30-\$40
 - Session: \$15-25
- At home
 - Equipment: \$30-\$45
 - Session: \$0

Does health insurance cover this?

- Medicaid
 - Not covered, may become eligible for reimbursement for alternative therapies as popularity grows. At this time, cost would be fully out of pocket.
- Medicare
 - Not covered, may be able to get small reimbursements but full amount will unlikely be covered.
- Blue cross blue shield
 - Complementary alternative medicine discount program, if qualified will cover a percentage of costs. Will not be fully covered, some costs will be out of pocket.

Yoga courses are typically not covered by insurance plans, but there may still be ways for you to get discounts or reimbursement for some costs.

What if insurance does not cover costs?

Ways that may help obtain coverage

- Sliding scale fees, payment plans, or discounted appointments.
 - Some yoga therapists provide sliding scale prices, payment plans, or discounted appointment choices to make yoga therapy more affordable for a larger range of clients.
- Online options
 - Online yoga can provide pre-recorded videos that can be more affordable for clients. This also can be more convenient for clients who have a tight schedule.
- Lower cost clinics
 - Some yoga therapists charge less for shorter sessions. Some yoga therapists will reserve certain clinic days to offer clients for a portion of the week at reduced fees with shorter visits.

References

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