

Q&A

Question:

I have an injury, my doctor said I can't exercise. Can I practice yoga therapy?

Answer:

Yoga therapy is specifically designed for people with certain conditions. The one-to-one care makes it possible to tailor the therapy to protect the injured area and to provide therapy, thus regenerating and healing it. Let's take the example of lower back pain. In a regular Yoga class you would have all 6 movements of the spine (forward bending, backward bending, stretching, contracting, lateral movement and twist). People with lower back pain should avoid forward bending or only practice modified versions. Going to a regular class with several forward bends will not necessarily heal the condition but aggravate it. On the other hand the core should be strengthened, to protect the lower back. Getting to know our condition, poses that help in healing it, and the safe way to practice poses will empower us to go to any class, use any form of exercise, housework etc. On the long run keeping our back pain free and eventually regain strength and health.