

# YOGA THERAPY PROGRAMMING FOR COMMUNITY MENTAL HEALTH & CHRONIC CONDITIONS



## OVERVIEW

- Designed specifically for accessibility
- Evidence-based, trauma-informed
- Chair-based or adapted sessions prioritize safety and accessibility while supporting mobility, balance, comfort, and emotional wellbeing
- No prior experience required
- Appropriate for participants with limited mobility, chronic pain, or cognitive changes.

## GOALS & BENEFITS

- Support nervous system regulation
- Reduce chronic pain and stress-related symptoms
- Improve emotional regulation and distress tolerance.
- Increase body awareness and self-efficacy.
- Support functional mobility and daily living.
- Improve sleep and fatigue management.



# PROGRAM OPTIONS

30 TO 45-MINUTE SESSIONS MAY BE OFFERED WEEKLY, BI-WEEKLY, OR MONTHLY.

## EVIDENCE-BASED GROUPS

- Slow, supported movement, functional range-of-motion
- Breath practices for calm and energy regulation
- Simple body awareness exercises
- Mind-body integration for whole-person wellness

## APPROPRIATE SETTINGS

- Community mental health centers
- Safety-net healthcare clinics
- Recovery-oriented programs
- Senior living & memory care
- Grant-funded community wellness initiatives

## PROVIDER QUALIFICATIONS

- Certified Yoga Therapist (C-IAYT)
- CPR certified
- Fully insured
- Experience working with chronic illness, pain, disability, cognitive and mental health issues
- Experienced in contracted, grant-funded, and interdisciplinary care settings.

