

Yoga and Physiotherapy Congress

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Cat Levine

Be Yoga Andersonville, USA

Healing stories: The transformative power of yoga on the body and mind

This is a collection of incredible true stories of healing that have happened to the yoga students of Be Yoga Andersonville. Students have experienced recovery and/or pain relief from broken bones, scoliosis, arthritis, high blood pressure, nerve damage, MS, depression and more. The author teaches yoga in the lineage of Bishnu Ghosh and Bikram Choudhury, which treats hatha yoga as therapy for the body, mind and spirit. The class is structured to treat the most commonly found injuries and symptoms of pain by sequencing yoga postures that are commonly used in yoga therapy as preventative care.

Biography

Cat Levine teaches yoga at Be Yoga Andersonville and has been in a daily yoga practice for 13 years. She is the 2017 Illinois and Midwest Yoga Asana Champion in the Women's Division and represented our region at the 2017 USA Yoga National Asana Championships.

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