

Yoga and Physiotherapy Congress

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Yoga is integrated movement

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The disciplines within movement therapy as recognized in the west are at most 100 years old, and only in the past 30-40 years has the concepts of integrated movement even come into being. However the discipline of yoga, which encompasses principles of integrated movement, is thousands of years old and only now are we recognizing the numerous benefits. In this principle-strategy-application based workshop, we will explore the consistencies of integrated movement and how they relate to yoga, including the fact that combinations of tissue work together. You will relate five fascial lines and how they can be lengthened and strengthened together, and also utilized within a yoga practice. These movements will enhance both mobility and stability, and also provide direction for a home-workable program, which is necessary for anyone in pain and requiring behaviour change.

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