

Webinar on  
**NATURAL PRODUCTS, CAM THERAPIES, AND  
TRADITIONAL CHINESE MEDICINE**

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## **Yoga therapy: Clinical applications and research pathways for healing**

**Barbara A Gibson**

Barb Gibson Yoga Therapy, USA

Yoga has been shown through research and subjective experiences to improve quality of life, physical, mental, and emotional health, which extends to various populations by age, socioeconomic backgrounds, and cultural groups. As yoga's presence opens into more areas of health care, yoga therapy administered by certified yoga therapists, is now recognized to provide healing and improve quality of life for individuals and groups addressing their specific needs through the application of yogic tools in a clinical setting. Patients are seeking help with specific health conditions, and targeted yogic tools for these conditions can help patients feel better or improve their function. Yogic tools address the whole spectrum of human experience, and thus create an ideal opportunity for a wide range of medical practitioners to enhance patient care through synergizing and coordinating their efforts with yoga therapists. Also, the depth and breadth of yoga research is quickly expanding to not only help yoga professionals hone their skills but provides novel and valuable knowledge to medical professionals of the many benefits yoga brings to patient care. This presentation will introduce yoga therapy, how it works, current ways it is used as a CAM treatment, platforms to conduct yoga therapy, and discuss specific yoga research findings to exemplify current research and how it can expand to future possibilities of yoga research and development.

### **Recent Publications:**

1. Gibson BA, Puymbroeck MV, Fruhauf CA, Schmid AA, Portz JD. Yoga for caregiving dyads experiencing chronic pain: Protocol development for merging yoga and self-management to develop skills intervention. *Int J Yoga* 2021;14:256-60

barbara\_gbsn@yahoo.com