

Natural Care Center

University Teaching Clinic- Yoga Therapy

Create real movement toward health with a team of compassionate student interns and experienced faculty

Maryland University of Integrative Health

Maryland University of Integrative Health (MUIH) is the leading academic institution for integrative educated practitioners in health in the nation. For 40 years, MUIH has educated practitioners in health and wellness through transformative and relationship-centered programs that draw from contemporary science as well as relationship-based health care from graduate student interns and professional practitioners and deliver more than 35,000 clinical treatments and consultations each year.

Yoga Therapy at the Natural Care Center

What is yoga therapy?

In yoga therapy, the ancient wisdom, tools, and techniques of yoga are applied to each person's unique circumstances and health challenges with the goal of improving, maintaining, and optimizing health and well-being. Yoga therapy addresses the whole person on all levels of being – physical, energetic, emotional, mental, and spiritual. The goals of yoga therapy include managing or eliminating symptoms that cause suffering, improving function, helping to prevent or remove the underlying causes of illness, and ultimately helping clients change their relationship to and identification with the specific disease state or condition that is causing a separation from health.

Why do people choose yoga therapy?

Almost all clients want to address the discomfort associated with a diagnosis, treatment, or loss of function as the result of a specific disease state or condition. Often, clients are drawn to yoga therapy because they have benefited from a yoga practice and now want to address a specific health concern. Others have not had full relief of symptoms with other approaches to their physical or psychological suffering and are seeking an alternative. Some clients have never done yoga, but are eager to try a safe, natural approach to achieve optimal well-being.

What health concerns can yoga therapy help?

Yoga therapy has been found to be effective for a wide range of conditions, including but not limited to muscular and joint pain, chronic pain, inflammatory and immune conditions, emotional balance and mood regulation, and neurological conditions.

What are the ongoing benefits of yoga therapy?

Yoga therapy practitioners treat the whole person. They consider and address health on every level of functioning. Many clients find that yoga therapy sessions effectively address their specific conditions as well as offer a general sense of increased calm and vitality.

Appointments at the Natural Care Center

Yoga therapy appointments through the Natural Care Center are currently provided through telehealth. You'll be seen by a team of graduate student interns and highly experienced faculty supervisors. You are also playing a critical role in creating the next generation of integrative healers and leaders.

What will my first yoga therapy visit be like?

Before your first visit, your student intern will email you the required paperwork and a zoom link for your telehealth appointment. The paperwork will need to be completed prior to your scheduled appointment. During the initial 90-minute session, your practitioner will gather information about your health and personal history, health concerns, and lifestyle practices. Depending on the information gathered in this initial intake, your practitioner may elect to conduct a full postural assessment to identify any

musculoskeletal imbalances. Together you will set goals for your personalized therapeutic yoga practices. You will leave your first session with a plan to address your specific needs, and that will support your journey to increased health and well-being. Please wear comfortable clothing for mindful movement practices.

Can I combine yoga therapy and other treatment?

We are happy to work with you and your health care providers and wellness practitioners to provide a comprehensive and collaborative approach to your care.

How do I schedule an appointment?

Contact a student intern directly or Kelli Bethel at Kbethel@muih.edu

What is your cancellation policy?

We understand that there may be a shift in your schedule, and you may need to cancel or reschedule an appointment. Please contact your student intern no more than 24 hours before your scheduled appointment.

Additional Services Available at the Natural Care Center

You may find, like many of our clients, that combining yoga therapy with other natural treatments and approaches offers additional benefits.

Consider seeing a graduate student intern for:

- Acupuncture Treatments
- Chinese Herbal Medicine Consultations
- Western Herbal Medicine Consultations
- Nutritional Consultations

Not all treatments are available through telehealth, and some do incur a fee.