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## **About YTI**



Yoga Therapy International (YTI) has been a Registered Yoga School (RYT 200 & 500) with

Yoga Alliance in Therapeutic Yoga since 2009 and recently became one of the first Accredited Programs in the world with the International Association of Yoga Therapists (IAYT). Maggie Reagh, the Founding Director, has been practicing Yoga Therapy for 12 years and teaching Therapeutic Yoga for 15 years. She has trained 9 Therapeutic Yoga Teachers and 6 Yoga Therapists since starting her training program in 2009.

Our vision is to provide high-quality, individualized, Yoga Therapist training, steeped in tradition yet grounded in current practices, fostering deep, lasting relationships in our global community of practitioners. Our students from around the world will be leaders in the field, supported by our international community of faculty, mentors, and graduates. The depth of these ties will ripple into the communities where our therapists are at work, sharing the benefits of this healing practice around the world.

## About Yoga Therapy

**Yoga Therapy (Yoga Citkitsa)** includes individualizing āsana (postural), prāṇāyāma (breathing), and meditation (pratyāhāra to dhāraṇā to dhyānam) practices through the many tools of Yoga including chanting, Ayurveda, and yogic philosophy. It also includes looking at how you relate to the world ethically (yamas) and to yourself through self care (niyamas).

**Svādhyāya** (self-reflection) is needed to determine which tools are appropriate for healing the 5 dimensions of the human body-breath-mind experience uncovering the Light of our Spirits (puruṣas): annamaya (physical), prāṇamaya (physiological), manomaya (cognitive), vijñānamaya (psychological), and ānandamaya (spiritual) levels – the **Pancamaya Model of healing from the Taittirīya Upaniṣad Brahmānandavalli**. The teacher's role is to help you discover what this is for you through a therapeutic, healing relationship built over a long period of time.

**Annamaya** How does your body feel? Aches and pains? Pain free? Wellness? How do you exercise/heal your body?

**Prāṇamaya** How are your digestive, respiratory, cardiovascular, immune, hormone, nervous, reproductive, urinary systems functioning? **The digestive system is the main hub of healing.**

**Manomaya** What feeds your mind? How is your short and long term memory functioning? How do you continue educating/feeding/exercising your mind as you age?

**Vijñānamaya** What do you believe or trust in (śraddhā)? What motivates you to live a full life? What do you do every day to feed that interest or passion? How do you interpret various experiences in your life? Do you have a positive or negative way of viewing these experiences? Can you shift that perspective? What old habits are you carrying around that are affecting your ability to be present with your life as it is? How are your communication skills? Do you believe in relative truth or absolute Truth? How open minded are you or demanding of self and others? Do you struggle with boundaries or speaking the truth in a way that can be received?

**Ānandamaya** What brings you JOY? What takes you away from that endless Joy or Light in your Heart? Do relationships with your family, friends or Source bring you closer to uncovering the endless Joy deep inside of you?

**How does your practice of Yoga help you at all of these levels?** Are you able to practice being present, detaching from anything getting in the way, both on and off the yoga mat? Do you have a teacher/mentor/guide who helps you remember who you really are when you forget? What form does that take for you ? a teacher, counselor, friend, or parent?

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