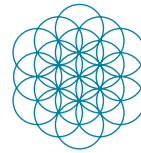




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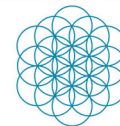
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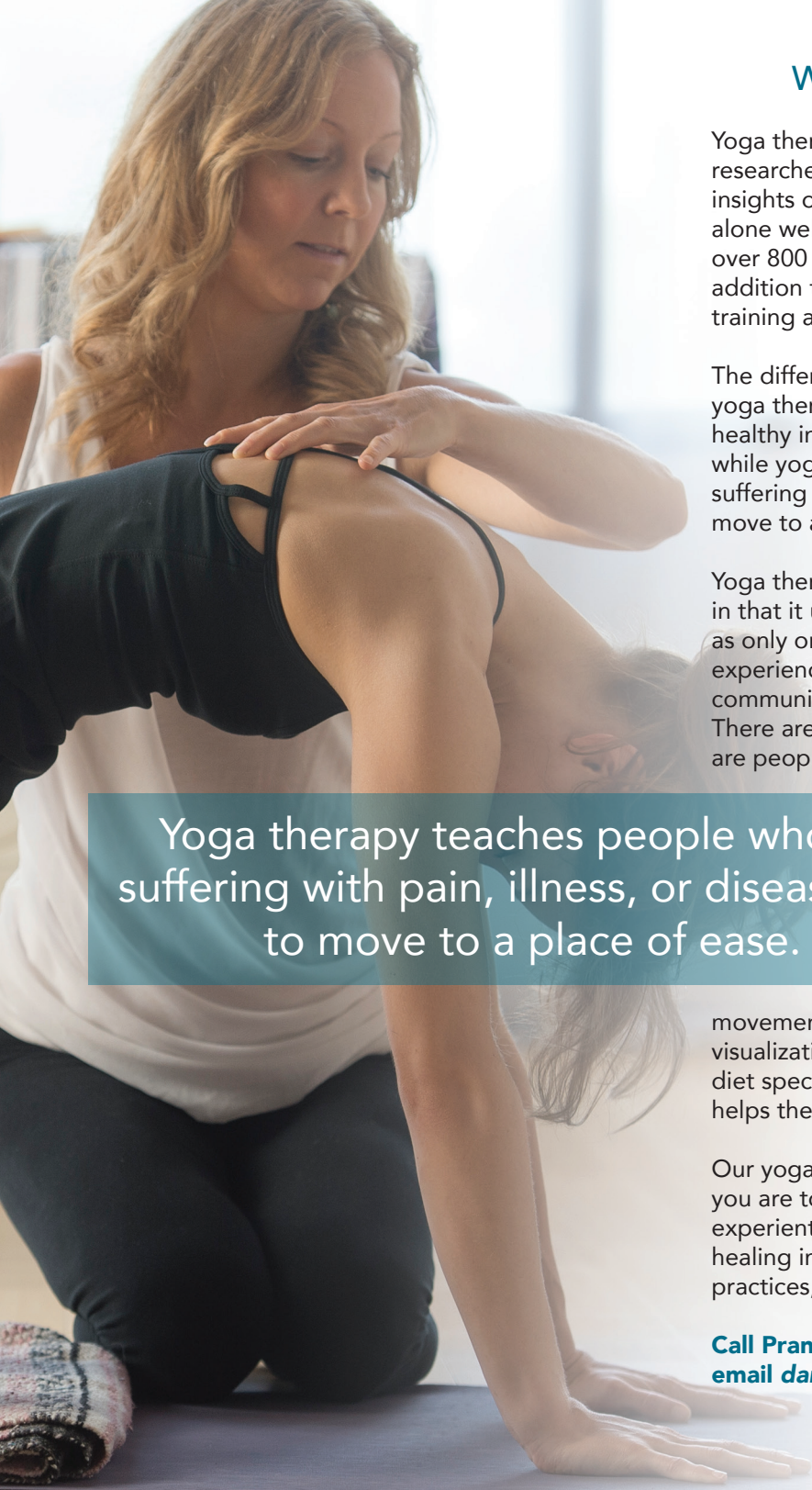
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## WHY YOGA THERAPY?

Yoga therapy is a healing art and increasingly researched science developed from the ancient insights of yoga. Yoga therapy today is a stand alone wellness profession. A yoga therapist has over 800 hours of yoga therapy training in addition to the 200 hours of yoga alliance training and clinical with a mentor.

The difference between traditional yoga and yoga therapy is that traditional yoga teaches healthy individuals how to achieve excellence while yoga therapy teaches people who are suffering with pain, illness, or disease how to move to a place of ease.

Yoga therapy is different than physical therapy in that it uses protocols of corrective movement as only one piece of the multi-dimensional experience, measuring also against our lifestyle, communities, and social economical structures. There are as many treatment strategies as there are people.

Yoga therapy teaches people who are suffering with pain, illness, or disease how to move to a place of ease.

Pranayoga's yoga therapists may prescribe yoga therapies such as awareness practices, mindfulness, breath work, corrective

movement, meditation, relaxation, guided visualization, cleansing practices, or ayurvedic diet specific to your condition. Yoga therapy helps the systems regain balance and vitality.

Our yoga therapist will meet you wherever you are today, using the science of yoga, their experiential knowledge, research, and gift of healing intuition in adapting and applying these practices, to offer relief from pain or illness.

**Call Pranayoga at 260 423-YOGA (9642) or email [dani@pranayogaschool.com](mailto:dani@pranayogaschool.com).**

## CHOOSING A THERAPIST

Not all yoga teachers are certified and practicing under the guidelines of the International Association of Yoga Therapist. Make sure you do your homework by educating yourself on this powerful healing modality recommended by doctors all over the U.S. for pain management today.

**Pranayoga is accredited by the International Association of Yoga Therapy.** In addition, our therapists have been mentoring under Dani "Vani" McGuire, who has practiced yoga therapy since 2008. Vani has mentored others and personally helped numerous students get relief from:

- Anxiety
- Addictions
- Asthma
- Allergies
- Arthritis
- Autism
- ADHD
- Back Pain
- Brain Trauma
- Breast Cancer
- Chronic Fatigue
- Fibromyalgia
- Chronic Pain
- Pre and Post Natal Conditions
- Carpal Tunnel
- Diabetes
- Depression
- Digestive Problem
- Eating Disorders
- Heart Disease
- Infertility Problems
- MS
- Neck Pain
- RSV
- Stress
- Trauma
- Phantom Pain

Discounted yoga therapy sessions are available to clients who are willing to work with a yoga therapist during their practicum coursework. If interested, please contact Dani at [dani@pranayogaschool.com](mailto:dani@pranayogaschool.com).

