How do I find a quality practitioner?

The International Association of Yoga Therapists (IAYT) sets educational standards for the training of yoga therapists and accredits training facilities. Standards include 90 hours of training in anatomy and physiology, as well as 45 hours devoted to learning about commonly used drugs and surgical procedures they may encounter, common medical terminology, psychology, and mental health.

Overall, therapeutic yoga instructors must complete a minimum of 800 hours of training over two years, most which must be provided in person, not remotely. This includes a minimum of 205 hours as a practicum.
You can find members of IAYT here. The organization recently began a certification program.

**Does insurance cover it?**

Few commercial insurance providers cover therapeutic yoga. Some insurance companies provide discounts if you attend classes run by a specific company or organization.

**Are there precautions, side effects or safety concerns I should be aware of before I start a yoga practice?**

Supervision of a practitioner properly trained for your health conditions will mitigate risks. Certain poses should be modified or avoided for:

- Women who are pregnant
- People with certain medical conditions, such as high blood pressure, glaucoma, and sciatica
- Chronic pain patients who can be injured from too rapid or strenuous practice

**Side Effects**

- Although rare, certain types of stroke as well as pain from nerve damage are among the possible side effects of practicing yoga.
- Minor side effects include
  - Dizziness
  - Fatigue
  - Weakness
  - Nausea
  - Heat Exhaustion

**Talk to your doctor**

Let your medical providers know that you would like to include therapeutic yoga in the tools you are using to improve your health.

**Sources:**


