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Yoga can be a powerful tool when combined with psychotherapy. It can be a way to work with clients who have more difficulty expressing themselves and healing through traditional (talk) therapy. We are beings with bodies and experiences that are sometimes difficult to describe through language.

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For thousands of years, yoga has offered what Western therapists seek to provide today: a way to achieve the total health of body, mind, emotions, and spirit. Yoga & Psychotherapy is an in-depth analysis of Western and Eastern models of the mind and their differing perspectives on such functions as ego, instinct, and consciousness.

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Yoga for Trauma Recovery outlines best practices for the growing body of professionals trained in both yoga and psychotherapy and addresses the theoretical foundations that tie the two fields. Chapters show how understanding the safe and effective integration of trauma-informed yoga and somatic psychotherapy is essential to providing informed, effective treatment.

Yoga for Trauma Recovery | Taylor & Francis Group

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ParaYoga is a living link to the ancient traditions of yoga, meditation, and tantra. Caplan, M. (2018). Yoga & psyche: integrating the paths of yoga and psychology for healing, transformation and joy. Boulder, CO: Sounds True. Swami Rama, Ballentine, Ajaya (1976). Yoga & Psychotherapy: The Evolution of Consciousness.

Trauma, the Gunas and the Polyvagal Theory - OmStars

CAM and Psychotherapy Training: Prior to medical training, Dr. Lazarevic earned an M.S. in Social Work from Columbia University and an Advanced Yoga Teacher Certificate from the Integral Yoga Institute of New York.Since the 90's she taught multiple mind-body workshops in New York City while in private practice as a psychotherapist and yoga instructor.

Sonya Lazarevic MD | Evolution Medicine, New York

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