

Educational Workshop

📅 Sat. Sep 27, 2025 10:40 AM - 12:10 PM JST | Sat. Sep 27, 2025 1:40 AM - 3:10 AM UTC 🏛️ Session
Room 4 (Large Hall B)

[Educational Workshop 2] The practice of yoga therapy

Moderator: Sachiyo Morita (Shiga university of Medical Science Hospital, Cancer Center), Ramdas Ransing
(Department of Psychiatry, BKL Walawalkar Rural Medical College)

[EW-2]

The practice of yoga therapy

*Sachiyo Morita¹, *Keishin Kimura² (1. Shiga university of Medical Science Hospital, Cancer Center (Japan), 2. Japan Yoga Therapy Society (Japan))

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[EW-2] The practice of yoga therapy

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Keywords : yoga therapy、 psychiatric patients、 tension and relaxation

Yoga therapy is interesting because it has the potential to reduce anxiety and change the cognition when used in psychiatric treatment. Clinical observations from continuous practice among psychiatric patients have shown improvements in insomnia, decreased anxiety levels, and an enhanced awareness of self and their surroundings. Furthermore, many patients developed a proactive attitude towards independent problem-solving. This workshop will show the sequence of simple yoga therapy which we used to provide to psychiatric patients at the university hospital. The key points of yoga therapy are tension and relaxation, and body awareness. Through structured breathing exercises and body movements, I would demonstrate that yoga therapy is a practical method for cultivating a kind of mindfulness. I hope you all enjoy the world of yoga therapy.