

Yoga Therapy in Boynton Beach

Boynton Yoga Wellness is thrilled to announce that John Ingraham, head Kripalu yoga teacher and Certified Phoenix Rising Yoga Therapist, is one of the first certified yoga therapists (C-IAYT) in South Florida, accredited by the International Association of Yoga Therapists (IAYT).

The IAYT (www.iayt.org) was established in 1989 as a professional organization for yoga teachers and yoga therapists. It has formed a strong professional community, with over 3,400 individual members from 48 countries, and has also created a common set of standards for practicing yoga therapy.



In 2016, the IAYT established the policies and standards for the C-IAYT training programs.

Typically, a yoga therapy session is broken into three main parts:

- The client forms an intention, which guides the yoga therapist on what physical postures to use
- After a body scan to notice what is happening in the body, the client is led by the therapist into assisted yoga poses and breathing techniques; prompted to note, “what’s happening now” (physically, emotionally, spiritually or intellectually)
- The yoga therapist observes the results of the client’s practice and integrates their experience by recommending an action step for the client to take home with them—a practical way to reinforce the lesson of the yoga therapy session

As a C-IAYT, John follows IAYT’s internationally-recognized code of conduct and practice standards. He has nearly 20 years experience offering Phoenix Rising Yoga Therapy (PRYT) in Europe and the US; combining practitioner-assisted yoga postures, breath-work and non-directive dialoguing to manifest true healing, growth and change.

No yoga experience is necessary and yoga therapy is accessible to all ages and abilities. To learn more or to schedule a session with John, call 561-633-9557 or visit www.boyntonyogawellness.com/pryt.php.