

Lyne Lantaigne

Reg. IYT, B.Ed, B.F.A.

Lyne is an experienced Yoga teacher specializing in the therapeutic application of Yoga for people of all walks of life. Certified in Integrative Yoga Therapy, Lyne has studied Sivananda and Iyengar Yoga for several years. Since 1998 Lyne has been teaching Yoga and meditation classes and offering private yoga therapy sessions.

Lyne developed the Yoga Therapy program for the Centre for Integrated Healing – a unique complementary cancer care centre in Canada. From 1999 to 2006 she lead their Therapeutic Yoga classes. She has been invited to present a healing Yoga workshop for the BC Cancer Agency, and has spoken on the benefits of Yoga for cancer recovery at the Vancouver Conference on Ovarian cancer in 2003. Following the birth of her son, she taught prenatal and postnatal Yoga and worked with pregnant women and their partners, supporting them in preparing for and choosing natural childbirth.

In 2006, Lyne co-founded Yoga by the Sea Healing Centre in Roberts Creek on the Sunshine Coast. In 2007 she completed extensive training in Experiential Anatomy and Structural Yoga Therapy.

Lyne has helped hundreds of people through her Yoga for Backcare program and individualized caring and compassionate instruction. She is committed to her own yoga and meditation practice.

She is a Certified Level 3 Reiki Practitioner. She presently teaches yoga classes and workshops at Yoga by the Sea in Roberts Creek, and offers Reiki healing and private yoga therapy sessions from her home studio.



Lyne Lantaigne

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Bringing Balance to your
physical, emotional and
mental being



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...in tune with the ways of nature

What is Yoga Therapy?

Yoga Therapy is the application of yoga practices for people with health challenges. Yoga therapists create specific programs comprised of yoga postures, breathing practices, relaxation and meditation techniques to meet individual needs.

Who can benefit from Yoga Therapy?

Medical research has demonstrated that Yoga is one of the most effective complementary non-medical therapies for several common ailments. Anyone facing a health challenge, be it an illness, a temporary condition - such as menopause, a chronic condition - such as back problems or depression, or the deterioration of a previously manageable life situation will experience benefits. Yoga Therapy can offer you a powerfully transformative experience as it assists you in reconnecting with your body as a source of well-being and with your mind as a repository of peace. Yoga can provide therapeutic value for people with health challenges such as:

- Arthritis
- Back Pain
- Insomnia & Sleep disorders
- Respiratory Conditions
- High Blood Pressure
- Anxiety & Depression
- Chronic Fatigue
- Fibromyalgia
- Repetitive Strain Injury
- Cardiovascular Disorders
- Post Traumatic Stress
- Cancer
- Addiction
- Autoimmune Disorders, HIV/AIDS
- Eating Disorders
- Osteoporosis

How does Yoga Therapy Work?

During the initial consultation the yoga therapist performs an assessment of your current situation, taking into account your life style, physical structure and alignment, breathing ability, and other factors influencing your health. Together, you determine what your goals are and the yoga therapist develops a program to meet your specific needs. **See description of tools used in Yoga Therapy.*

It is recommended that you come for a minimum of four sessions. This allows enough time to establish the various aspects of the tailored program, which provides a foundation for your home practice. Achieving positive results from your customized Yoga Therapy program requires that you practice at home.

Yogic practices help maintain a healthy body, and assist in developing mental clarity in an effort to ease human suffering.

Tools

Physical Postures (Asanas)

The path of Yoga offers us a practical way of addressing the needs of the body. Through the regular practice of yoga postures (asanas), we start to feel more connected with our body and its need for rest, nourishment, and gentleness. The yoga postures are designed to bring alignment to the musculoskeletal system and to fully engage our spine, bringing balance to the nervous system. The massaging of internal organs and glands balances the endocrine system. A key component of Yoga Therapy is to work slowly and mindfully through the postures. In this way the nervous system successfully integrates the new information which provides an expanded range of movement.

Relaxation and the Breath (Pranayama)

Relaxation is a mind/body process with many benefits. One of yoga's primary effects, achieved through harnessing the breath, is relaxation. It lowers our heart rate and blood pressure, improves respiratory efficiency, reduces muscle tension and increases our tolerance to stress. Once the breath is made conscious and can be relaxed and smooth, various breathing practices can be utilized to bring balance to the body/mind.

Meditation

Meditation is a way of developing mental concentration and making the mind more resilient. By concentrating on a process as natural as your breath, you gently create a distance from your thoughts, including fears and anxieties. You can then experience yourself with clarity, bringing a sense of release from suffering and a recognition that you are in essence, profoundly whole.

To heal is to become whole!