

Yoga and Aquatic Therapy and Rehabilitation

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The yoga world has changed so much since I was a teenager, just going along for the ride with my mother in rural England. The Yoga for Health Foundation in Bedfordshire was to become the facility that shaped my concept of '*who could practice*' and '*how*' yoga can be articulated by the diverse public. The '*why*' was to come much later on my personal journey.

Almost 40 years later and many hours of study, training and experiences in life, have lead me to a place where I feel comfortable in my own skin and what I am leaving behind as a legacy in our world. My yoga practice began in earnest not when I was a teenager and some stranger handed me the 'Bhagavad Gita', in the street in our local town, but after I had given birth to 2 sons and I was searching for the meaning of life and how I could become a better parent.

The journey was not without regret and anguish, as my marriage failed and I tried to continue my passion for yoga whilst raising 2 small and active boys. Along the route I learned to trust my own wisdom through embodying the aspects of yoga that helped me learn about tranquility and equanimity.

I kinda got it, when at times I found myself yelling at the kids and they smugly reminded me that I needed to meditate more. As yoga practitioners, we no longer live in a cave, and as householders need to find greater balance in order to become happier and more content, and yes, become better parents and caregivers.



Wisdom comes with age and discernment, and this is what I hope to share in my workshops at ATRI this year in Florida. I am so excited to teach aspects of yoga philosophy and not just the poses, which can benefit many people that love being in the water.

I am sharing techniques and benefits of myofascial release, which is a current hot topic in the yoga therapy world. The stress we have is at a cellular level, and we tend to be more accepting of 'angular' or 'negative' energy, which is not in our best interest for optimum health. In the water, yoga poses can become more 'expansive' than on land, which enables us and our clients to move more Prana or life force.



Yoga can help combat symptoms of PTS and the practice is adopted by some prisons, hospitals, and the forces and fire stations across the country.

Almost 20 years ago I was asked to teach Aqua Yoga to diverse populations who wanted a mindful practice in the water and was met with great excitement and meaningful testimonies. My students became my most important and valued teachers as we found ways to cultivate a practice that met their

needs within the supportive watery medium. This became the *'why'* for me personally, as I saw the benefits first hand from students and clients.

With their blessing and inspiration, I wrote the book, *"Aqua Kriya Yoga"*, which was to create a curiosity in the world at large, especially for people who were interested in an 'Accessible Yoga' format, and then developed training programs.



As a yoga therapist, I travel the states and the greater world, sharing the joys and benefits of Aqua Yoga. The goals and guidelines are pragmatic and I am delighted to share some of the insight I have gained as a householder, mother and disciple in an ancient tradition that dates back thousands of years. Hopefully you will be inspired to share some of what you learn with your clients and in your personal practice.

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