

Introduction to Yoga Lifestyle Coaching

What is Yoga Lifestyle Coaching and Who Can Benefit?

An Akhanda Yoga Lifestyle Coach is an experienced Yoga teacher and graduate of the 500-hour Akhanda Yoga Teacher Training course. This course enhances teachers' skills in teaching diverse yoga practices, such as asana, pranayama, cleansing kriyas, mantra/sounding, visualization and meditation. It also explores the Ayurvedic and Yogic vision of holistic health, the healing relationship between teachers and clients, and practice in coaching clients one-on-one and in small groups.

Yoga Lifestyle Coaching is an appropriate healing modality for clients seeking ways to optimize health and well being, as well if they are:

- Feeling stress or anxiety surrounding a particular life event/situation, and/or have been feeling like the day-to-day stress of modern life has started to take a toll on your mental/emotional wellbeing and/or physical health.
- Feeling down due to a particular life event/situation, and/or have noticed that you have not been feeling at your best mentally/emotionally for some time, and would like to explore diverse yoga techniques to support you in your wellbeing.
- Feeling adrift or lacking direction in your life, and/or feeling the need for more integration, connection, and sense of wholeness, and would like to explore diverse yoga practices to support insight, integration and feeling of wellbeing.

Yoga Lifestyle Coaching has been shown to be beneficial also for people with diagnosed mental health concerns, and/or trauma; however, in these or other cases in which a person is in need of the support of a registered mental health professional, Yoga Lifestyle Coaching may provide a valuable complement to medical treatment.

What to Expect from a Yoga Lifestyle Coaching Session:

Most often we arrange the initial private YLC sessions in a package of three to five hour-long sessions preceded by a half-hour meet-and-greet, intake session. In the intake session, the coach will ask you questions to identify which practices may best benefit you, and which you are most attracted to working with. In the following sessions, you will experience some techniques and explore what they are for, and how they make you feel etc. You will get some practices to try at home that can be reviewed or discussed in the following session. Within a series of sessions, you