



www.Yoga-and-Health.org

Improving the health of individuals, families, groups and the community

Yoga and Health recognizes that stress is a major contributor to both physical and emotional illness. Stress is epidemic in our society and manifests as chronic preventable illness that is destroying the health and livelihood of the American population. A comprehensive lifestyle modification program, which includes yoga practice, health and nutrition education, and psychosocial support networks will empower people to uphold the responsibilities that make the idea of health care as a human right possible.

MISSION:

The mission of Yoga and Health is to provide yoga and health education to individuals, families, groups and the community in an environment of learning that is conducive to a multicultural population.

VISION:

The vision of Yoga and Health is for all residents of San Marcos and Hays County to be empowered to make healthy choices for ourselves, our families, our community and our environment.

GOAL:

To provide community yoga and health education that is appropriate for people of all ages, levels of wellness, socioeconomic and cultural backgrounds and to empower people to make healthy choices.

OBJECTIVES:

Yoga and Health provides holistic and comprehensive health education. Yoga and Health classes draw upon western knowledge of applied anatomy and physiology, nursing science, and are based upon yoga research.

Yoga and Health upholds high educational standards. Our classes are taught by Registered Yoga Teachers with at least 200 hours of training. Yoga Therapy classes are led by teachers with at least 500 hours of training. Health Education classes are taught by a Registered Nurse.

Yoga and Health screens all participants by having the student complete a health history form which is screened by a Registered Nurse/Yoga Therapist. Students are placed in classes which are appropriate for their level of wellness and ability. Individual sessions are provided by the RN/Yoga Therapist when needed.

Yoga and Health classes are small and structured to meet individual needs.

Yoga and Health creates new opportunities for wellness by providing classes and workshops in convenient accessible locations. We offer vouchers to community organizations who serve the populations that we wish to reach. We offer scholarships and donation classes for people who cannot afford to pay.

Yoga and Health reaches out to minority, low-income level, and senior populations by familiarizing ourselves with their language, customs, values, stories and hardships.