Yoga Therapy: Theory and Practice
By Ellen G. Horovitz, Staffan Elgelid

Yoga Therapy: Theory and Practice is a vital guidebook for any clinician or scholar looking to integrate yoga into the medical and mental health fields. Chapters are written by expert yoga therapy practitioners and offer theoretical, historical, and practice-based instruction on cutting-edge topics such as application of yoga therapy to anger management and the intersection of yoga therapy and epigenetics; each chapter also includes a Q&A section of "self-inquiries." Readers will find that Yoga Therapy is the perfect guide for practitioners looking for new techniques as well as those hoping to begin from scratch with yoga therapy.

Selected Contents
Section I: History, Philosophy and Regulation of Yoga Therapy
1. Yoga: History and Philosophy in the West - Richard Rosen
2. Regulating Yoga Therapy: Acceptance in the West - Dan Seitz
Section II: Models of Practice
4. Hot Yoga and Emotional Detox – Benjamin Lorr
5. Relaxing into the Self: Why We All Need to Learn to Let Go - Judith Hanson Lasater
7. Yoga, Is It Learning or Therapy: Comparing Medical and Educational Models - Staffan Elgelid
8. Family Yoga Therapy/ Art Therapy: New Models of Treatment - Ellen G. Horovitz
9. Yoga in Mental Health Treatment: The Crumbling Wall - Amy Weintraub
10. Yoga for Anger Management - Sheri Kreher
11. My Other Yoga: A Patient’s Journey On and Off the Mat: Laura (pseudonym) and Frances Sommer Anderson

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ELLEN G. HOROVITZ, PHD, is professor and director of the graduate art therapy program at Nazareth College in Rochester, New York. She is the author of 7 books, served on the American Art Therapy Association’s board of directors and as president-elect, and is past media editor of Arts & Health: An International Journal of Research, Policy and Practice.

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