



CROUCHING TIGER HIDDEN HEALING

Stretching like a big cat while working through your problems? “Yoga therapy” might sound like a bad Hollywood satire—but it’s a research-backed remedy gaining national traction.

One form, Yoga Cognitive Behavioral Therapy (Y-CBT), involves 90-minute group sessions in which patients do gentle kundalini poses, interspersed with therapist-led discussion. “The symptoms of depression and anxiety have both cognitive and physical components; when you address those simultaneously, you can achieve a much more rapid recovery,” says Julie Greiner-Ferris, L.C.S.W., cocreator of this form of therapy.

Science agrees: People who regularly get Y-CBT experience less angst, fewer sleep problems, and a higher quality of life. Other group and solo methods are also on the rise, as scads of psychologists, social workers, and yoga therapists merge traditional “on the couch” treatment with various “on the mat” practices, says psychiatrist and yoga therapist Elizabeth Visceglia, M.D.

Feel like downward dogging your way into a verbal vent sesh? The number of certification programs—and their number of students—is soaring, according to the International Association of Yoga Therapists (iyt.site-ym.com), an organization that can help you find your new-school coach. ■