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Re: Heather Catchpole - Comcare Claim for Yoga Therapy

Heather has been having Yoga Therapy Sessions with me since 1/11/22. She has found the sessions to be very beneficial for her symptoms of PTSD, trauma and anxiety.

Yoga Therapy is the process of empowering clients to progress toward improved health and well-being through the application of the teachings and practices of Yoga. This would include somatic work, breathing and meditation. I particularly use the iRest Protocol.

iRest specifically targets PTSD and is the meditation used in U.S.military hospitals for trauma and PTSD. For this reason it has been highly researched. Based on current studies, iRest has been approved as a Complementary and Alternative Medicine in the treatment of PTSD in the military. You can view the research [here](#).

I am happy to provide further information if needed.

Regards
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