

**Mind-Body Services**  
**and the TriYoga® Center of Philadelphia**

301 West Chester Pike, Suite 102, Havertown, PA 19083 | 610-664-6446 | [www.mindbodyservices.com](http://www.mindbodyservices.com)

---

**WHY YOGA, MASSAGE, AND PSYCHOTHERAPY IN A MEDICAL BUILDING?**

There is an undeniable mind-body connection. According to the American Academy of Family Physicians, two-thirds of all office visits to family physicians are due to stress-related symptoms. Stress has been linked to the six leading causes of death: heart disease, cancer, lung problems, accidents, cirrhosis of the liver, and suicide. An American Psychological Association poll (2005) found that more than 1/3 of Americans say they have had an illness that was primarily caused by stress. The same poll found that 93 percent of Americans say that perceptions, thoughts, and choices affect physical health and that 58 percent of Americans believe that one can't have good physical health without good mental health. The American Institute of Stress estimates that workplace stress causes about one million U.S. employees to miss work each day and that this costs American industry more than \$300 billion annually in lost hours due to absenteeism, reduced productivity and workers compensation benefits.

With such statistics, why not have allied health professionals, such as yoga instructors, massage therapists, and psychotherapists, in a medical building. Acknowledging mind-body connections, practitioners who promote wellness can help each of us address existing health difficulties, prevent more serious health challenges, and make healthy choices and changes.

Yoga

Yoga has been associated with many physical health and stress-reduction benefits, such as decreased cholesterol, blood pressure, chronic pain, physiological arousal, headaches, and asthma/allergy-related difficulties. Yoga has been shown to help regulate blood pressure, heart and metabolic rates, body temperature, sweating, energy and mood fluctuations, brain waves, sleep patterns, and difficulties with IBS, digestion, assimilation, and elimination. Yoga can help people develop a greater awareness of, interest in, and commitment to healthy behaviors; this can lead to healthier eating, exercise, and other personal habits, as well as healthier weight. Yoga can help individuals cope with medical problems, such as multiple sclerosis and chronic fatigue. It improves flexibility, strength, cardiovascular health, and balance and coordination, as well as body and sensory awareness. In terms of cognitive and emotional health, yoga has been associated with improvements in self-esteem, mental alertness, and respect for and awareness of others, oneself, one's body, and one's environment, as well as decreased anxiety and fear, depression, anger, impulsivity and hyperactivity.

TriYoga®, founded by Kali Ray, is a complete hatha yoga method. In the TriYoga Flows, breath and focus are united with flowing and sustained postures in systematized sequences. Because of the careful systematization, TriYoga is ideally suited to making gradual changes, to health promotion, and to rehabilitation. TriYoga's unique spinal wavelike movements promote the health of the central nervous system and the core muscles of the body. TriYoga also promotes the strength and flexibility of each part of the body through its full range of motion. Due to its

meditative origins and to the integration of breathing, concentration, and meditation practices, TriYoga is ideally suited for reducing stress and promoting relaxation and calm states of mind.

### Massage Therapy

The benefits of massage include relief of muscle spasms, relaxation of tight muscles, and improved posture and overall feelings of well-being. With improved posture and muscle function, many symptoms such as headaches, chronic fatigue, chronic pain and TMJ syndrome can be improved. Regular massage treatments have been found to greatly enhance the body's natural ability to heal.

### Psychotherapy

Psychotherapy obviously promotes mental health and reduces depression, anxiety, and other negative mental states. Psychological and behavioral interventions have been shown to be effective in improving physical health outcomes, as well as in reducing medical costs, particularly when integrated into primary medical/oral care. Psychotherapy and relaxation training are helpful in addressing stress-related conditions, such as high blood pressure, insomnia, and TMJ. Psychotherapy can help to acknowledge and work through hurdles to self-care, whether due to problems with follow-through, to negative thoughts about oneself or one's health, to difficulties communicating with providers, or to other reasons. Psychotherapy and relaxation training can be helpful in reducing anxiety/phobias related to dental procedures. Sometimes it may be easier to tell a doctor or dentist about difficulties related to depression, anxiety, eating disorders, or other mental health difficulties; having a psychologist working in the same building who can speak to doctors (but only if one desires this collaboration) can help one get important mental health care. Talking with a psychologist can help one manage stress, prevent stress from building up, and deal with physical symptoms that are related to stress or to emotional difficulties.

### Professionals at Mind-Body Services and the TriYoga Center of Philadelphia

Rebecca Swinden provides massage therapy, with a specialty in myofascial release. Christine (Citrinī) Ware, Ph.D., RYT-500 is a licensed clinical psychologist who works with adults, children, adolescents, families, and couples. She is also the director of the TriYoga Center and teaches prenatal yoga classes. In addition to Rebecca and Citrinī, Bhavani (Barb) Knabb and Gerry Tuten teach ongoing TriYoga classes and workshops.

For more information on Mind-Body Services and the TriYoga Center of Philadelphia, visit us at [www.mindbodyservices.com](http://www.mindbodyservices.com) or call 610-664-6446. For private yoga instruction and for psychotherapy or massage therapy appointments, please call us.

**We look forward to contributing positively to your health  
and to the health and well-being of those in our community!**