



Integrating Art Therapy and Yoga Therapy: Yoga, Art, and the Use of Intention

Karen Gibbons

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This dynamic approach to therapy combines yoga and art to heal the whole person - body, mind and spirit - through the use of intention.

In this practical guide art therapists will learn how to incorporate yoga poses, mudras and meditation, and yoga therapists to introduce art directives, into individual and group clinical work for a more holistic healing process. Readers will discover the parallels that exist between the two modalities, and how to use a specific intention as a framework for structuring sessions, with the aim of reaching a deeper level of healing in their clinical work. Guidelines for staying within each modality's scope of practice and working ethically are included, as well as an extensive Practice Chart, which shows how to match treatment concerns with an intention, mudra meditation, yoga poses and art activity.

Ideal for art therapists looking to expand and enhance their practice, this book will also appeal to yoga therapists and teachers with an interest in art-based techniques. Although primarily meant for therapists, it is also accessible for individuals looking for self-improvement.

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