

ADDITIONAL ACTIVITIES COVERED UNDER THE YOGA ALLIANCE PROFESSIONALS MASTER POLICY FOR MULTI-THERAPY

As a current member of the Yoga Alliance Professionals and by paying the multi-therapy membership option, you will be automatically covered for the below therapies, **subject to Suitable qualifications held only**. If you would like to add any therapies that are not included on the list, you may require a separate policy through Balens Ltd directly.

Abs Classes	Indian Head Massage
Active Birth Teacher	Integrative Counselling and Coaching
Access the Bars	Kettle Bells
AcroYoga	Kinesiology
Acupressure	Kinetic Chain Release
Aerial Hoop	Kore Therapy
Aerial Yoga	Life Coaching
Aerobics	Lymphatic Drainage Massage
Alexander Technique	Make Up
Angelic Healing	Marma Therapy
Animal Flow	Massage – All Types excluding Manipulation
Ante and Post Natal Exercise Instruction	Meridian Energy Therapies
Applied Kinesiology	Mindfulness
Aqua Fit	Mindfulness based Cognitive Therapy
Aromatherapy	Mindfulness Based Stress Reduction
Ayurveda	Myofascial Release Therapy
Ayurveda Massage	Naturopathic Nutrition
Ayurveda Nutritional Therapy	Neuro Linguistic Programming (NLP)
Baby Massage	Neuro-Skeletal Screening
Baby Sensory Classes	Neurostructural Integration Technique
Baby Wearing	NIA
Bach Flowers	Nordic Walking
Barre Exercise	Nutritional Counselling/Therapy
Barre Concept	Nutritional Healing
Being Energy	Nutritional Health Coaching
Berlexercise – Fitness techniques Only	On Site Massage
Biofeedback	Partner Acrobatics
Bio-Magnetic Technique	Past Life Regression Therapy
Body Balance	Pilates
Body Combat	Piloxing
Body Pump	Polarity Therapy
Body Rolling	Pole Dancing-Exercise purposes
Body Vive	Pregnancy Massage
Boot Camp	Psychology
Bowen Technique	Psychosynthesis Counselling
Breath Work Therapy	Psychotherapy
Calatonia	Reiki
Celebrancy	Roga
Chavutti Thirumal Therapy	QiGong
Circuit Classes	Quantum Touch
Coaching	Relax Kids
Cognitive Behavioural Therapy	Relaxation Therapy
Colour Therapy	Reflexology
Complementary Therapies	Remedial Massage Therapy
Conductive Education Therapy	Resistance Training
Counselling	Rock Tape – Power Taping
Craniosacral Therapy	Rolfing
Creative Healing – Gentle Birth Method	Shamanism
Crystal Therapy	Shiatsu Massage
Cupping Therapy (excludes wet cupping and/or hijama)	Somatic Experiencing
Dance	Somatic Movement Education
Dance Movement Psychotherapy	Sophrology
Deep Tissue Massage	Soul Midwifery
Dowsing for Stress Relief	Sound Healing
Dry Needling	Sound Therapy
EFT Tapping	Spiritual Healing
Ear Candling	Spinning
Electro Crystal Therapy	Sports Massage
Emmett Technique	Sports Therapy
Energy Balancing	Strength & Conditioning Coaching
Exercise to Music	Swedish Massage
Facial Rejuvenation Massage	Swim Instructor
Facial Treatments (Holistic)	Talking Therapy

Fascial Stretch Therapy	Taping and Strapping
Feldenkrais Method	Thai Chi
Fitness Classes	Thai Herbal Hot Compress
Flower Essences	Thai Massage including Thai Foot Massage
Focusing & Listening Techniques	Theta Healing
Franklin Method	Tibetan Singing Bowls
Free Weight Lifting	Trance Dance
Garuda	TRX Training
Group Fitness/Personal Training	Ultrasound
Gua Sha	Wellness Coaching
Gyrokinesis	Yogalates
Gyrotonic	Zumba
Hand Analyst	
Handwriting Analysis	
Healing	
Herbal Medicine	
Holistic Health Coach/Wellness Coach	
Holistic Lifestyle Coach	
Holistic Therapist	
Homeopathy	
Hot Stone Therapy	
Hypnobirthing	
Hypnotherapy	