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**Rainbow Rehabilitation Centers Now Offers Yoga at its Ann Arbor Apartment Program**

YPSILANTI, Mich., Dec. 21, 2009— Rainbow Rehabilitation Centers has offered yoga as part of its program for children with brain injuries at Rainbow's Oakland Treatment Center since 2006. The program has been so successful that Rainbow has now expanded its yoga groups to the company's adult clients at Rainbow's Apartments Program in Ann Arbor, Mich.

In October, Rainbow teamed up with Yoga Medics, a company in West Bloomfield, Mich. that combines clinical therapy with elements of classic Hatha Yoga. There is a focus on physical benefits such as increased oxygen flow, balance, flexibility and muscle strength. There are also many physiological benefits including pain control, stress relief and personal empowerment that come with the training.

The original Yoga Program at Rainbow's Oakland Treatment Center began in the summer pediatric program and is instructed by Rainbow's mental health therapists. "Yoga is very beneficial because the kids tend to be impulsive, and it teaches them to control their breathing before they react," explained Dr. Mariann Young, program director at Rainbow's Oakland Treatment Center. "And the kids have really enjoyed it," she added. "We've even had some parents and guardians come and ask us if they could join, too, after hearing the kids talk about it."

Yoga allows Rainbow's clients to develop techniques to help them calm down before they fall asleep or reduce stress throughout the day when life becomes too overwhelming. Yoga allows everyone to participate at their own pace without comparing their results to others.

"The yoga class itself is remarkable," said Anne Ulrich, an occupational therapist at Rainbow's Ann Arbor Apartment Program. "From a clinical perspective, many of our clients benefit from strengthening their core muscles, which helps with posture and balance. A weak core can lead to a lot of back and hip pain, as well as poor posture," she explained. "Additionally, there is a lot of stretching that alleviates muscle pain. Yoga is ideal for addressing these problems."

Ulrich added: "The focus is on relaxation, trying your best, going at your own pace, not comparing yourself to others, feeling safe, deep breathing, and general feelings of well being. These are all areas that our clients really benefit from working on."



Yoga is one of the oldest forms of meditation and exercise in the world, growing out of the rich traditions of Eastern cultures like Buddhism and Hinduism. While many have heard about yoga, not everyone might know that it is now one of the most popular methods of both physical and mental fitness in the Western world.

To learn more about the Ann Arbor Apartment Program, visit [rainbowrehab.com](http://rainbowrehab.com).

For more information about Yoga Medics, visit [yogamedics.net](http://yogamedics.net).

### **About Yoga Medics**

Yoga Medics offers group classes at various medical facilities, corporations and worksites throughout Michigan. Offering customized programs for individuals with specific medical conditions, Yoga Medics combines elements of clinical therapy with yoga's physical and psychological benefits. Located in West Bloomfield, Mich., Yoga Medics was co-founded by Yoga Medics President Sarah Fink, MPH.

### **About Rainbow Rehabilitation Centers, Inc.**

Rainbow Rehabilitation Centers Inc., headquartered in Ypsilanti, Mich., has been a provider of rehabilitation services for children, teens and adults with brain injuries since 1983. With more than 35 residential locations, three treatment centers, a NeuroRehab Campus® and two vocational centers, Rainbow offers services that span nearly every aspect of brain and spinal cord injury recovery and rehabilitation. Residential settings include adult homes, child and adolescent homes, town houses and semi-independent living apartments. Day treatment, home- and community-based rehabilitation and outpatient services are also available.

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