

Abstract

Mainstream psychotherapy is challenged for its prioritisation of cognition, promoting a call for more integration of the mind-body connection. Yoga, in its most traditional form advocates for connection with self, viewing the mind and body as interconnected. There is a vast body of research pertaining to the synergies between psychotherapy and yoga, however there is limited research into the psychotherapists' experiencing of the practice. This study aimed to investigate the lived experience of being a psychotherapist whilst also maintaining a yoga practice, guided by the research question: *"What is the experience of relational psychotherapists who also maintain a yoga practice?"* Five relational psychotherapists who identified themselves as yoga students were interviewed about their experiences. The research methods involved the use of Interpretative Phenomenological Analysis, from which four over-arching themes emerged: *"The body as a central part of therapy"* *"Ability to be present"* *"Taking care of oneself"* *"Using tools to influence inner experiencing"*. The findings suggest that maintaining a yoga practice impacts the way of being as a relational psychotherapist. This study underscored the importance of integrating body-based practices into psychotherapeutic practice, considering its contributions, limitations, implications and recommendations for future research.