



13th October 2017

Yoga Australia warns of the detrimental impact that cuts to private health insurance will have on the community

Yoga Australia, the peak body for yoga in Australia, is warning of the detrimental impact that cuts to private health insurance will have, following the announcement yesterday by the Federal Government that they will scrap private health insurance rebates for yoga, massage and other natural therapies.

Currently 26 health funds (out of 38) offer rebates for yoga with all of them (except for HBF) requiring a referral from a GP, Physiotherapist or Chiropractor to be able to claim. These vital rebates are provided to people using yoga as a complementary therapy to assist their ailments or conditions.

Yoga Australia President Leanne Davis fears without private health insurance cover many will no longer be able to afford yoga and other therapies.

“In conjunction with seeking medical advice, people choose to use complementary therapies to actively manage their health. The implications of removing natural therapies from private health insurance rebates could actually increase the burden on the health sector if people can no longer afford the complementary therapy option. Being able to shift people towards a healthy lifestyle through complementary therapy is a much more proactive approach to support Australia’s health and wellbeing,” she said.

Yoga is an active management of health. The practice of yoga helps build awareness and transition people to a healthier lifestyle (e.g. reduce stress, quit smoking, drink less, less red meat, and lose weight). Importantly, this potentially can help reduce the burden on our health sector.

The current trend in Yoga is based very much in the physical practice of Yoga asana so people are benefiting from greater physical strength and flexibility.

Yoga is Australia’s fastest growing fitness activity with the popularity doubling since 2008 according to the Roy Morgan Yoga Participation Report released on October 2016. The research shows that one in 10 Australians currently practice yoga.

About Yoga Australia

Yoga Australia, the peak body for yoga in Australia and New Zealand, comprises of members from all styles and traditions of yoga and has a membership of approximately 5,100 teaching and non-teaching members and 100 training programs from yoga schools across Australia and New Zealand.

To find a qualified yoga professional in your area, please visit the Yoga Australia website:
yogaaustralia.org.au

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MORE INFORMATION:

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