

## AHPRA licensed Practitioner in Psychology

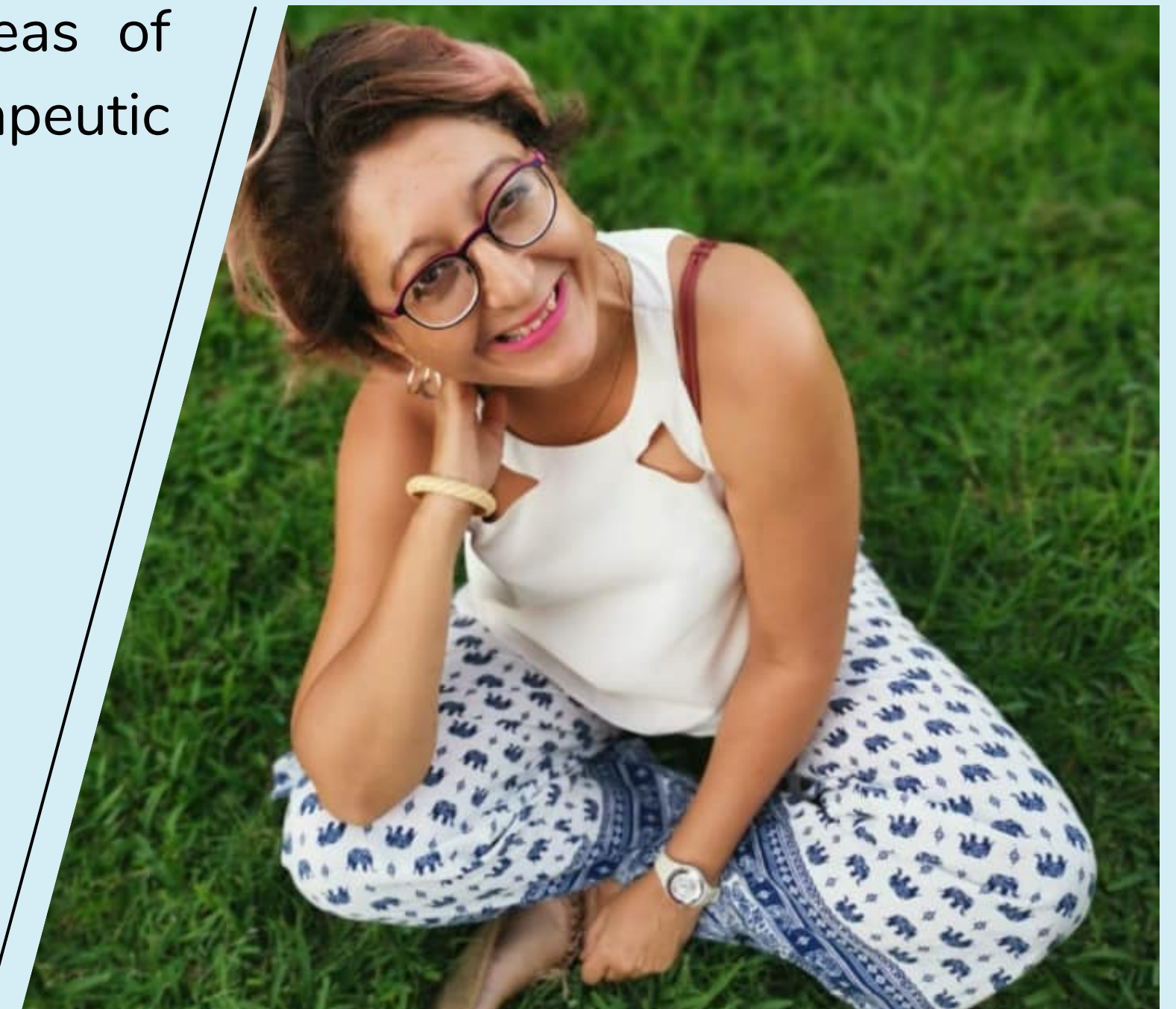
Yana Bhageerutty did her BSC in New Mexico and her MA in Cyprus. She has had training in Person-Centered, Cognitive-Behavioral, Solution-Focused, Systemic, and brief therapies.

Her research interest and work experience are in areas of understanding mediators of change in psychotherapeutic practice, adjustment and adaptation issues.

Yana is currently in private practice in the Western, (with W+Life) and Northern, (with OnN) regions of Mauritius. She is the founder of OnN Ltd, which is a non-profit company offering a diverse range of services to a wide range of populations including individuals, groups, corporate & communities.



# YANA BHAGEERUTTY



# 1. Wellbeing & Performance: A study of National Level Athlete experience

Saturday September 4th  
Conference Room #2  
1:30pm to 3:15pm

Perception of athletes of factors which impact on their wellbeing & performance in the practice of national-level sports in Mauritius: A grounded theory study

There is an established link by research to demonstrate that when an individual is exposed to conditions that support him in his development, he can self-actualize and become the best version of himself.

In the domain of sports, this is especially in the application as individuals are asked for several adjustments and adaptations to their lifestyle and environment so they can push in their performance. International athletes are provided with support and conditions for training which help them compete at high levels and make sports a career.



# 1. Wellbeing & Performance: A study of National Level Athlete experience

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In Mauritius, although there has been an improvement in the state of recognition of national athletes, these individuals often find themselves strapped between their sportsmanship and their other roles.

The aim of this study is to use grounded theory as a method to provide data which can inform us on the following:

- What is the nature of stressors for local athletes which they perceive as impacting on their capacity to perform higher?
- How do local athletes define their wellbeing?
- How do the stressors impact their wellbeing?
- How is wellbeing related to performance in the practice of their sport at National level?



# Massage Therapist

She ran her practice as a deep tissue massage therapist in Cape Town from 2000 to 2019, focusing on sports, remedial and pregnancy massage. She worked at a variety of sporting events including the Cape Epic, Cape Town Cycle Tours, various marathons, triathlons and with international rugby teams. She was privileged to assist many pregnant moms and lecture various subjects in the Massage Therapy course. The remedial aspect of my work steered me into unravelling chronic and repetitive strain injuries.

She discovered the Lyno Method and certified as a Lyno Practitioner in 2016. In her practice at Riverland Wellness Centre, She uses both massage therapy and the Lyno Method to address each client's unique presentation.



**VIV  
VAN ZYL**



## 2. Correct facial alignment optimizes function and sporting performance?

Saturday September 4th  
Conference Room # 2  
1:30pm to 3:15pm

- Tensegrity: defining this concept and relating it to human functioning.
- Explaining fascia, myofascia and myofascial lines.
- Connecting tensegrity to the role of fascia in the body.
- Explaining how correct fascial alignment promotes optimal body functioning, hence aiding sporting performance.



- The Lyno Method: an introduction to a method of assessing the function of the 12 myofascial lines
- A brief explanation of how the Lyno Method addresses misalignment within these lines.