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**Aplicabilidad del yoga como recurso terapéutico, junto a las mujeres en el proceso de deshabitación del diazepam**

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**Applicability that yoga how therapeutic use, with women on the process of reducing the doses of diazepam medication.**

This article analyses the contributions that yoga can give to women on the process of reducing the doses of diazepam medication. Here we show the experience of these women while they confront everyday situations under the effects of these medicines and also under the effects of the yoga techniques. This research took place at CAPS - Psicosocial Care Center, in Maracanaú, Ceará. The sample was composed by the experiences of two women who were already in the process of weaning the diazepam. The methods we used to collect information from the women were the anamnesis at the beginning of the research, and the semi-structured interview in the middle and at the end. The collected information was analyzed through Discourse Analysis method and the results of the research were able to inform the good influence of yoga techniques over the participants, such as decrease of anxiety and increase of emotional balance and self-consciousness. We found women in the process decreasing the use of diazepam and even interrupting it completely. Some aspects analysed leads us to the conclusion that is necessary the transformation of the health professional's conduct while treating not only women who use diazepam, but while treating women in general.

**Key words:** women, weaning, diazepam, yoga.