

What is Yoga Therapy?

This tradition strongly believes in offering yoga that is adapted to each individual's uniqueness and respects and honours specific needs, goals, and current capabilities.

Instructing on a private basis allows me as a Yoga Therapist to plan a practice specifically for your needs.

Together we develop a personalized home practice that may include some of the following tools:

- diet & lifestyle recommendations
- conscious and mindful breathing
- appropriately sequenced and individualized physical movements
- deep tissue bodywork
- meditative practices
- visualization
- use of sound and mantra
- guided relaxation & yoga nidra
- and more.

A typical first consultation and yoga session lasts 90 minutes.

Initial Consultation includes:

- Intake: Inquiring and assessing health history, current physical, mental and emotional condition, and health and wellness goals.
- Yoga Practice: Each practice is tailored to suit your specific needs, capabilities, goals, and life circumstances. Take Home: Students will be provided an accompanying diagram of the practice to be done at home.
- Follow-Up Sessions: All throughout this process, you are strongly encouraged to check in with me with any questions, concerns or personal feedback.

Private Session Fees – \$100 / hour

Monthly Members - \$90/hour

Some Areas of Experience –
Arthritis

Autoimmune Conditions
Diabetes
Anxiety and Depression
Chair Yoga For Limited Mobility
Working with aged 80 plus
Neck and Back Pain
Post Surgery Recovery