



Yoga Therapy empowers individuals in their own healing process or general wellness, using the principles and varied tools of yoga, applied to create the most appropriate and accessible practices to support this healing process.

Yoga Therapy is a valuable tool in reducing symptoms, managing illness and maintaining overall health and sense of wellbeing. It is a non-invasive complementary tool to other health modalities. Unlike other treatments and modalities, Yoga Therapy is an active process where healing involves commitment, active participation and desire from the person seeking yoga treatment.

Yoga Therapy treats each person as a unique individual with a unique set of circumstances which has contributed to the condition they are experiencing.

A multi-dimensional approach (physical, psychological, emotional and spiritual) is used where all factors that make the individual; lifestyle, diet, age, stage of life, environment, emotional wellbeing, work, medical and family history, are all considered.

Personal programs are then developed that fit with the individual's needs, capacity and commitment. Private sessions are held where progress is continually assessed, modifying and adjusting according to the changes occurring.

Each practice is drawn for you to take and practice daily at home.

Some of the conditions Yoga Therapy can help alleviate symptoms and manage, alongside other treatment modalities include:

- Stress
- Insomnia
- Asthma and respiratory conditions
- Hypertension
- Diabetes
- Scoliosis and sciatica
- M.S
- Cancer and serious illness
- Depression/anxiety
- Pregnancy – prenatal and postnatal
- Back and neck pain
- Headaches/migraines
- Post-surgery recovery

I work with individuals to

- reduce symptoms
- reduce pain
- manage illness and disease
- improve quality of life
- maintain and promote improved physical and mental health
- support positive lifestyle changes

- support personal growth

Personal programs are also beneficial to assist in developing a personal practice which suits the needs, situation and ability of the individual; physically, psychologically, emotionally and/or spiritually.

