



The Center for
Mind & Body Wellness
Psychotherapy & Healing Arts

Therapeutic Adult Yoga

The practice of therapeutic yoga aims to relax your mind while strengthening your body and spirit. Through a combination of meditation, breath work, deep stretching, and physical poses you will cultivate a deeper awareness of yourself.

Our personalized adult yoga classes focus on your physical, mental, and emotional well-being. Our certified yoga instructors address individual needs and concerns in an intimate group setting. With a maximum of eight students per session, each student receives direct attention and support to achieve their goals.

The Therapeutic Adult Yoga classes are offered in a 6-week series, meeting once per week for one hour. Each session will focus on a particular topic, such as, anxiety, stress reduction, neck/back pain, fatigue, and mental alertness. Using a variety of techniques, the yoga instructor will assist each student in achieving a sense of improved well-being.

Pricing

A free class will be offered at the beginning of every 6-week series. The free class will allow students to meet our staff, learn more about our services, become familiar with the benefits and background of yoga, and learn the foundational yoga poses.

6-week Series {1x per week}	\$120
Private Consultation {90-min}	\$90
Follow-up Consultation	\$79

Please contact us for upcoming dates and information **858.566.6514**.

