

THERAPEUTIC, PRIVATE & GROUP YOGA SESSIONS

THERAPEUTIC YOGA

If you are looking to yoga for help in addressing specific health concerns, it is best to learn through one-on-one instruction. This ensures that the poses and techniques taught in the session are designed specifically to meet your needs. You will get an opportunity to work with a certified yoga instructor from our staff, who will help you create a program that can be practiced at your own home.

Therapeutic sessions can be very helpful to individuals with:

- Chronic pain
- Cancer treatments and surgeries
- Injuries/recovery/post rehab
- Fibromyalgia
- Arthritis
- Osteoporosis
- Chronic fatigue



PRIVATE YOGA

An ideal way to learn yoga is with the help of a certified instructor in a private session. These sessions give you the opportunity to work privately with a teacher and focus on your body and needs. Private sessions are ideal for new yoga students or individuals with specific questions or areas of concern. The convenience of private sessions makes it very easy to schedule a time to meet your schedule.

Private Sessions address the following:

- Introduction to Safe Yoga
- Learning modifications to practice yoga
- Developing a home practice
- Learning particular aspects of yoga (inversions, balances, alignment, breathing, mediation, and relaxation techniques)

THAI YOGA THERAPY

Thai Yoga Therapy is a type of bodywork that combines gentle, assisted yoga stretches with deep-tissue manipulation and acupressure points. This technique frees blocked energy channels, relieves muscular tension, reduces stress, and encourages a deep mind-body connection.



STRESS REDUCTION & MEDITATION

If you are feeling overburdened with stress and anxiety, these sessions can help ease your discomforts and give you tools to create more peace and calm in your life. The sessions focus on relax-

ing the mind and body through meditation, breathing exercises, restorative yoga, mind/body awareness, and guided visualizations. These sessions are especially useful when used in conjunction with other therapies.

Stress Reduction & Meditation Sessions aid with the following:

- Stress, anxiety or depression
- Sleep issues
- Recovering from surgery
- Preparing for surgery or other medical treatments

DESIGN YOUR OWN CLASS

The Beverly Yoga Center offers group classes where you can select the day, time, class style and teacher. Groups consist of 4-6 people. We will work with you to find an instructor to suit your group's goals. Classes can be designed to develop strength, relaxation or focus on specific body parts (hips, shoulders, neck, etc...). If you are interested or would like to be placed in a small group class, please contact us. *Group classes are \$15 per person with a commitment of 6 weeks.*

Therapeutic Yoga, Private Yoga and Stress Reduction & Meditation Sessions

\$65 per hour

Thai Yoga Therapy

Full session (1 hour, 45 minutes) – \$90

Short session (1 hour) – \$75

Beverly Yoga Center

1917 West 103rd Street, 2nd floor

www.beverlyyogacenter.com

773.239.9642