

Yoga, Breath and Mindfulness for Chronic Pain { private sessions }



Yoga and mindfulness is a proven modality that can cultivate a feeling of well-being and reduce suffering in your mind and body when living with chronic pain. The goal of these sessions is to explore the relationship between the mindbody connection as it relates to pain and introduce practices that will reduce suffering.

We can act the best we can in this moment without the expectation of the outcome because ultimately it is out of our control. -Kate Holcombe

Session Format

These sessions welcome you exactly as you are. Yoga and meditation experience or a flexible body is not required. All of the movements are simple and gentle. The structure of these sessions will incorporate yoga practice, self-reflection and education. You will receive audio recordings of the practices to use at home. These sessions are not physical therapy and we do not diagnose conditions.

Cost:

Each session is 60 minutes.
These sessions require a 3 or 6-week commitment.
The cost is \$225 for 3 private sessions or \$420 for 6 sessions.
Single sessions are \$85.

Contact Carly Carney directly at carlycarney@mac.com or **773-239-9642** to schedule your sessions.



Carly Carney

Carly's teaching philosophy invites students to slow down, breathe consciously, develop awareness and cultivate an inner friendliness. She is an experienced yoga teacher in many disciplines, with certifications in Hatha and Yin yoga. She is a trained Somatic Yoga Therapist; specializing in helping people reduce symptoms and suffering who experience stress, anxiety, low mood or chronic pain. The tools, practices and resources she teaches integrate the mind, body and heart. She is also an Insight Yoga teacher, which blends yoga and meditation with an exploration of the human spirit. In addition, she uses the Internal Family Systems model in her teaching. This is a therapeutic approach in self-discovery. She teaches private yoga and meditation sessions, writes a monthly blog and leads retreats around the world. Carly has been teaching yoga and meditation since 2002 and the founder of the the Beverly Yoga Center.



May the practice of yoga and meditation cultivate kindness, compassion and care for your mind, body and heart.

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