



YOGA AS THERAPY

The application of Yoga; breathing sequences, postures and meditation, is used to support healing. The treatment provided is guided by the client's comfort and needs. Yoga Therapy is intended to support the body's natural healing from injury, disease or imbalance.

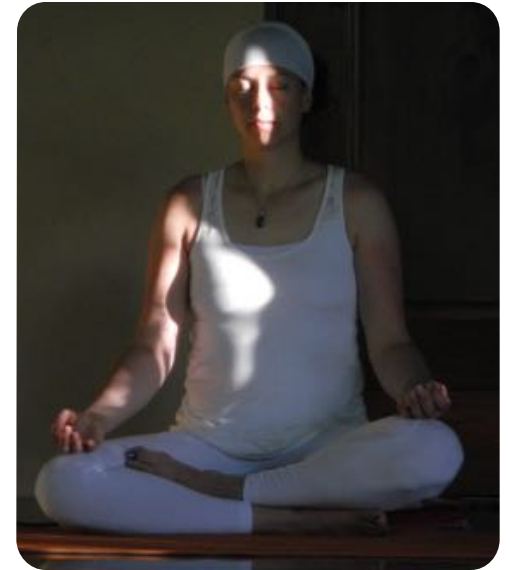
It will bring ease in the body physically, mentally and emotionally.

To begin the process, the client and practitioner meet for a consultation and review the health intake forms to determine the goals and desires of the client. The following session explores gentle movements and yogic practices, as to provide the client with a prescription for recovery and improved health.



*A Balanced Practise
with Lisa Steels RYT*

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HEALING WITH A
PERSONALIZED
YOGA PRACTICE



ENERGY HEALING

Yoga Therapy Benefits

- One-on-one environment
- Confidential environment
- Focus can be physical, spiritual or mental
- Calming of the nervous system
- Reduced stress response in the body
- Improved hormone levels
- Balanced blood pressure
- Regulation of blood glucose levels
- Improved strength & flexibility

You receive:

- A personalized home practice adapted for your needs.
- An opportunity for a followup call or Skype session to clarify the home practice.

This is the practice of working with the physical and spiritual body, to create a sense of ease and balance.

The treatment is non-invasive and includes relaxing on a massage table, while the practitioner assesses the physical body. Light touch is used only on consent of the individual and the healing is concluded, ensuring the client is fully present and grounded.

This healing process is done for the whole body and the practitioner will provide notes and a verbal reading of the client's physical and energetic body.

For more details please email
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ONE-ON-ONE YOGA THERAPY

30 MIN INITIAL CONSULTATION

~ FREE

60 MIN ONE-ON-ONE ~ \$55



ENERGY HEALING

45 MIN SESSION ~ \$40

60 MIN SESSION ~ \$55