

# Therapeutic Yoga Classes

## Individualized Yoga Therapy



**5 Koshas**  
yoga and wellness

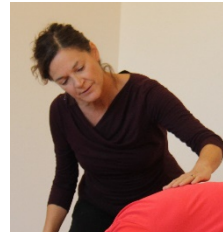
### How Therapeutic Yoga Can Help

Yoga Therapy is an adapted use of the tools and techniques of yoga to promote healing, reduce or manage symptoms, improve function, work at the root causes of issues if possible, and shift attitude and perspective to promote the most optimal health and well-being. You take an active role in your own health, healing and management of your condition. Yoga therapy may help you:

- Improve muscular imbalances
- Reduce pain
- Improve balance
- Improve your function for home, work & other interests
- Increase energy, mental alertness & focus
- Improve sleep
- Manage stress, anxiety and panic
- Manage difficult emotions related to your life, health and the journey of grief
- Lift your mood
- Strengthen will to work on health habits.

### Individualized Yoga Therapy

Private individualized sessions with a Yoga Therapist will include assessment and instruction on a home or work practice designed for your goals for health and wellness. Fee: \$80/hour or 4 sessions for \$280. Appointments with Heather year-round, Mary from May - Sept., Dr. Beaumont on a referral basis.



#### Mary Hilliker

RDN, E-RYT500, C-IAYT  
Registered Dietitian/Nutritionist  
Certified Viniyoga Teacher &  
Yoga Therapist  
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#### Heather Van Dalfsen

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Certified Viniyoga Teacher &  
Yoga Therapist  
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#### Therapeutic Yoga Classes

Class passes are available with pricing ranges from \$8.50-10.50/class, Drop-in \$15.

#### Yoga Therapeutics: Back, Hips, Knees, Shoulders, Neck & Balance

Mondays | 8:30 am, 5:15 pm  
Wednesdays | 8:30 am

#### Therapeutic Yoga for Breast Cancer Patients

Mondays | 11:00 am  
Wednesdays | 5:15 pm

#### The Joy of Movement (Mat class for Movement Disorders)

Tuesdays | 9:15 am

#### Chair Yoga for Stroke, MS, Neurological Conditions

Wednesdays | 11:00 am

#### Chair Yoga Therapeutics

Mondays | 10:00 am  
Thursdays | 1:00 pm  
Fridays | 10:15 am

#### Yoga for Stress Reduction, Healthy Back, Neck & Shoulders

Saturdays | 10:30 am

#### Yoga Therapeutics Workshops or Special Class Series:

Stress, Anxiety, Sleeplessness, Pain, Headaches, Digestion, (See Website)