

Group Yoga Class Or Private Yoga Therapy?

DragonflyYogaTherapy.com	Group Yoga Class	Private Yoga Therapy
My doctor, chiropractor, or physical therapist sent me to "yoga."		√
I want to increase my general strength and flexibility.	√	
I want to add yoga to my workout routine.	√	
My regular yoga class or workout routine is hurting my body.		√
I have a chronic physical condition like sciatica, back pain, plantar fasciitis, etc.		√
I want to decrease my general stress level.	√	
I have been diagnosed with a mental condition like anxiety, depression, PTSD or addiction.		√
I want to learn to meditate.	√	
I need to learn to meditate for a specific reason.		√
I am intimidated or nervous about going to a group yoga class.		√

There is a healing aspect of yoga practice that is undeniable, but sometimes a yoga group class is not the most appropriate place to start practice. Private Yoga Therapy is a process of healing the whole person, by tailoring the practice to the individual and his or her needs.

Yoga Therapy sessions involve a physical and mental intake process and use yoga techniques such as body movement, breathing, meditation and philosophy, yoga therapy addresses specific conditions. When physical therapy or mental health medications are not fully working, yoga therapy can often help heal chronic conditions!

Dragonfly Yoga Studio
 156 Green St.
 Doylestown, PA 18901
 267.885.8512
dragonflyyogastudio@yahoo.com



DragonflyYogaTherapy.com