



Personalized Yoga Therapy Sessions

with

Stephen Saunders; Certified Yoga Therapist, LMT.

The therapeutic value of practicing Yoga has been understood for centuries, and recent scientific studies has lead some of the most respected medical institutions in the United States to recommend it.

Private sessions begin with a conversation regarding your personal goals, and what seems to be hindering those goals. Having a personalized yoga practice designed for your specific needs takes into account your age, past history of injuries, work habits, attitude, emotional stressors, and current pain levels. This information leads us to an appropriate starting point for you, and, *with your personal goals in mind*, we can then begin a safe and effective practice of Yoga as Therapy.

Yoga as Therapy goals could include;

- * Relieving discomfort and pain within your musculoskeletal system.
- * Avoiding or recovering from joint replacement surgeries.
- * Improving posture, mood, and energy to increase vitality.
- * Learning skills to release anxiety, and reduce panic attacks.
- * Recovering lost range of motion especially in the shoulders, spine, and hips.
- * Increasing overall strength and flexibility.
- * Minimizing the effects of chronic conditions.

In regard to chronic conditions such as high blood pressure, Asthma, M.S. , Cancer, Parkinsons, Scoliosis, Emphysema, Arthritis, and others: these conditions are deeply entrenched, however, an appropriate practice of Yoga as Therapy can be immensely helpful in maintaining a healthy attitude, managing your energy levels, alleviating fear, reducing the severity of symptoms, and dealing with emotional stress.

Visit my website at, www.tulsayogatherapy.com for Testimonials from satisfied clients.

You are sure to have specific questions so please feel free to call me at 918-605-6508, or email; stephenyogi@yahoo.com

Stephen is the owner of Tulsa Yoga Therapy Studio, in Tulsa, Ok., and has 20 years of Yoga experience, 15,000 + hours of teaching 'Yoga as Therapy', and extensive study in its application. He continues to be excited by the profound changes that the practice of yoga can bring to all aspects of and individuals life, regardless of circumstances or condition.

