

YOGA THERAPY ONE-TO-ONE SESSIONS

What is Yoga Therapy?

Yoga therapy is the application of the tools of yoga to assist an individual to ease suffering and discomfort.

Utilising the techniques of the ancient practices of yoga a therapist will listen to you, design a personal practice for you and set you up on the path towards wellbeing.

A yoga therapy session is collaborative and empowering.

Do I need to know yoga poses or be flexible?

Not at all. Yoga therapy is nothing like a generic yoga class. Yoga therapy is steeped in ancient tradition and evidence-based modern science. And rather than a group session or a yoga therapy program for a specific condition, a one-to-one session is all about YOU.

What happens in a session?

A session typically lasts about 45 minutes to 1 hour. It is recommended that you commit to 4 sessions and then reassess your needs after that.

Before your first session: We will have a 15 minute phone conversation about your concerns and you will be asked to complete a Word document Client Form and medical disclaimer and email it back to me.

Your first session: Will last for 1 hour and 15 minutes. We will discuss your concerns in more detail and prioritise your areas of need. We will establish what time you have available to commit to your wellness. We will go through your home practice together and it will be recorded for you. I may email you some further recordings to help you achieve your goals. These may be yoga or meditation practices, or documents on lifestyle advice.

Your second and third session: Will last from 45 minutes to 1 hour. We will revisit your home practice, discuss how it is progressing and make changes as needed. Any new practices will be recorded for you and further emails sent as required.

Your last session: Will last 45 minutes. We will fine tune your home practice and record it.

What happens after that?

This will be up to you. I will follow up with you a few weeks after your last session and you can then decide whether you want to continue working on this concern, or address any other concerns. Or, you may feel you now have some great tools that can support you in your own daily practice towards ease and wellness.

What is the cost?

The pre-work, post-work and the 4 sessions are \$340.

A single, one-off session is \$100.

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