

# YOGA THERAPY WITH LUCY

## **What is Yoga Therapy?**

There are many forms of yoga therapy available. Yoga Therapy with Lucy focuses on reducing suffering related to the mind. As a psychotherapist, Lucy recognizes the importance of counseling and increased self-awareness through verbally processing, identifying and exploring one's feelings, thoughts, and behaviors. However, at some point, we also need to disconnect from our stories and connect to who we truly are, underneath our roles and labels.

Through Yoga Therapy you will learn to be present and cope with all of your feelings, memories, and conflicts so you can respond to life with clarity and confidence. Using yoga postures, (asana), breathing techniques, (pranayama), and meditation, (dhyana), you will develop the ability to deeply concentrate (dharana) and access your true Self (jiva atman). From this place, you will have such clarity that there will be no doubt in the decisions you make.

Yoga Therapy weaves in Ayurvedic\* practices. Lifestyle and diet suggestions based on your unique constitution, (dosha), empowers you to care for body, mind and spirit and teach you to weather the seasons of life with grace and ease.

## **What to Expect?**

Using a comprehensive assessment, Lucy will determine what ancient and modern techniques will bring relief from suffering and empower you to live life to it's fullest. You will leave each session with a personalized home practice that will transform you mentally, physically and spiritually.

Three sessions are an ideal start, allowing time for practicing strategies and getting additional feedback to assure your needs are being met. On-going sessions are helpful to keep you committed to and deepen your practice.

## **Consider Yoga Therapy for:**

- Releasing mental, emotional or behavioral patterns that keep you stuck.
- As a complimentary therapy to facilitate healing.
- Increasing resiliency to stress.
- Learning to relax.
- Deepening your practice.
- Developing a Yoga and Meditation practice.
- Revealing your Life Purpose (Dharma)
- Spiritual development.
- Yoga Teacher development.

## **Rates**

Assessment	75 Minutes	\$125
On-going	55 Minutes	\$80
Introductory Package of 3 (includes intake)		\$250

*\*\*Ayurveda: "The knowledge of life." A 5,000 year old natural healing system that heals the body as a whole (body, mind and spirit). It is the traditional medical system of India.*