



Yoga Therapy & Ayurvedic Medicine:

Move your body.
Stretch your Spirit.

Yoga Therapy is perhaps the most physical yet spiritual demonstration of the mind-body connection to wellbeing. Yoga's ability in helping to let go of anxiety and provide an emotional release is well documented among yoga practitioners. Our Yoga Therapy takes its benefits one step further. It is based on the concept of energy, and how your body absorbs and holds on to each and every one of your experiences, thoughts and worries. With help from Master Yoga Teachers our yoga programs teach you how to release and balance blocked energies. Through breathing, yoga postures, and meditative states your body opens up to new possibilities. You will be amazed at how much each yoga movement can reveal about your life!

Discover balance, bliss and wellbeing

In addition to the quest for balance, Yoga offers a host of rich rewards. A fit, more flexible body lets you enjoy more everyday activities. Yoga boosts your immune system. And yes! It's ideal for bodies of all shapes, sizes and levels of fitness. You'll discover the celebrated calm of being "centered" in your mind as you exist in reality of the moment, stretching your spiritual awareness...
to balance, the bliss of wellbeing.

Yoga Therapy is adapted to the abilities and needs of the individual client. The basis of this therapy relies on ancient Ayurvedic principles to create a deeper healing experience. Some forms of breathing techniques leading to meditative states are a major part of the program.

Ayurveda is an ancient medical science from India, considered by many worldwide to be the original medical science, and literally means "science of life." Its diagnosis and evaluation methods are unique and comprehensive. Based upon findings, our Ayurvedic Diplomat creates a synergistic healing plan that may include herbal supplements, dietary and lifestyle recommendations, yoga or other exercise, massage therapy and meditation techniques.



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