

FREEDOM YOGA & RELAXATION

Social Media Updates by Carolyn.

Updating You

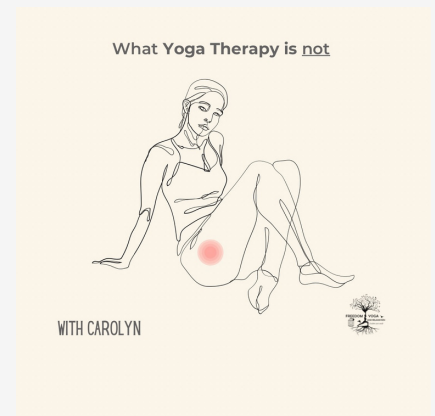
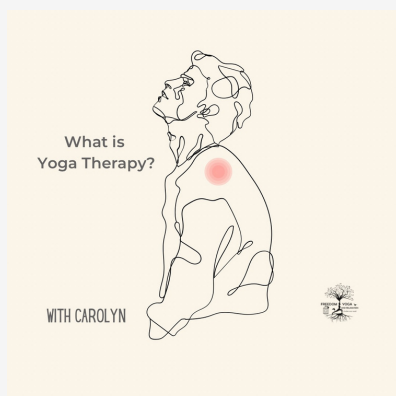
I use Facebook to add lots of updates and news but many of you don't like to use Social Media platforms. I am therefore popping this update out to you via emails to keep you in the loop. Many of you heard me talking about the Yoga Therapy training that I have been doing over the last two and a half years. You had lots of questions. The training is now complete and so I have been sharing my answers to these questions over the last week or so over on my Freedom Yoga & Relaxation with Carolyn Facebook page. Here is that content for your information.

What is Yoga Therapy?

Yoga Therapy is a collaboration between therapist and client/Health Seeker (you and me) in which yoga is used to create freedom from the discomforts of the body and/or mind. Together, using clues provided by the body, we uncover a path towards wellbeing for you, the unique individual.

Yoga Therapy can be delivered on a 1:1 basis or in group sessions. 1:1 sessions are specific to the individual. Group sessions are usually set up for a group of people with a similar issue to all in that group.

More info coming out over the next few days but if you want to know more, DM me with any questions you have.



It is IMPORTANT to tell you What Yoga Therapy is NOT
Yoga Therapy is not a yoga class or a yoga 1:1 session.

It's not a talking therapy.

It is not a medical appointment nor is there a requirement to divulge personal details. Yoga Therapy does not replace advice and treatment from your healthcare professionals.

@reallygreatsite

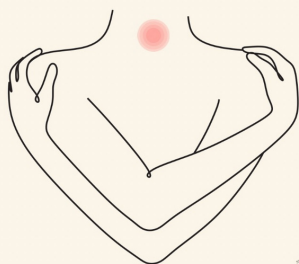
Freedom Yoga & Relaxation

What happens in a Yoga Therapy Session?

Every session is potentially different. In our first 1:1 session, we get to know each other using an "intake form" as a starting point.

Yoga offers us many tools with which to work on our journey to find the best version of ourselves and the body which we occupy. Every person is unique. We start where we are. We find the right approach for you. We work with your body and your breath in a way that works for you. I aim to help you achieve a less busy mind that can sense/feel into your body, allowing it to show us what it needs.

I've never done Yoga before, can I still benefit from Yoga Therapy?



WITH CAROLYN

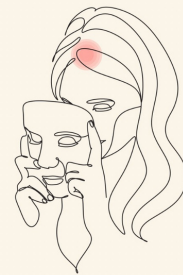


Should I bring anything with me?

The most important thing to bring is an open mind!

I can usually supply all items needed in our 1:1 sessions. However please bring along your own mat, blanket, blocks and strap if you prefer to use your own. Please bring a drink in a bottle with you.

Should I bring anything with me?



WITH CAROLYN



or group sessions, it is best to bring your own mat with you. If you do not have a mat and would like to purchase one from me, I can organise that.

Please wear non-restrictive clothing in which you can move as comfortably and easily as possible. It is best not to eat just before a yoga or yoga therapy session. Try to eat at least 90 mins before your appointment.

Freedom Yoga & Relaxation

How much are the 1:1 sessions for yoga therapy please?

Also how many sessions do you recommend, or is that dependant on the issue/s being dealt with ?

The sessions are £50 each however, if you book, schedule and pay for three at a time, the cost is reduced to £120. It is a bit tricky to say how many sessions would be needed. Although you might know what you might wish to work with, it may be that other stuff ripples to the surface and you feel you would like to investigate that. I think three sessions would be a great place to start. It may be enough, you might find there is more work you would like to do.

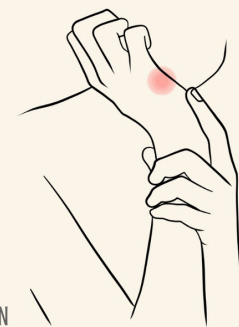
How much are the 1:1 sessions for Yoga Therapy please?



WITH CAROLYN



I have never done yoga before. Can I still benefit from Yoga Therapy?



WITH CAROLYN



I have never done yoga before. Can I still benefit from Yoga Therapy?

Yes. You don't need to have been practicing yoga to benefit from yoga therapy. It is helpful to have done some yoga or other body work but not essential.

Yoga over time, helps us become more aware of our body and the more subtle clues it offers up. When we learn to deeply listen inwards, we can use the messages heard/felt to understand and work toward those "aha moments".

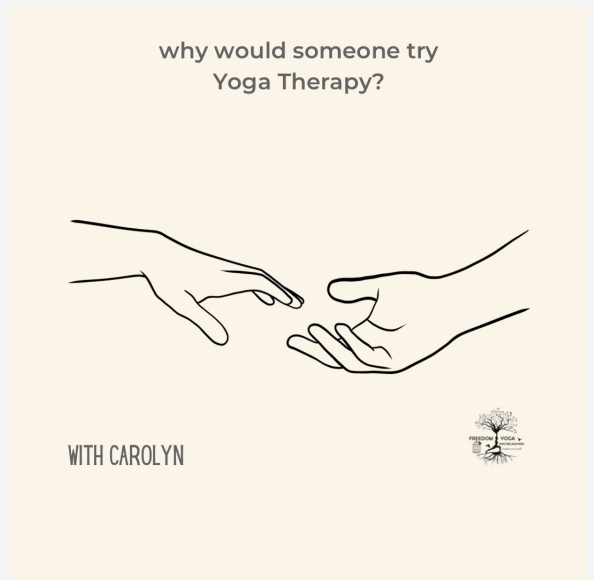
Freedom Yoga & Relaxation

Is yoga Therapy done Face to Face or Online?

I am able to deliver Yoga Therapy in either environment.

Which suits you best?

I have been very surprised at how effective online work is.



Why would somebody try Yoga Therapy?

People attend with issues from which they seek relief or help in understanding. Some attend because no or limited relief has been achieved through medical treatment. I do not diagnose, treat or interpret but simply support /invite you, using yoga, through self-enquiry and self-exploration. Together, we aim to reach ease and comfort of your body and mind and the best version of you by tuning in with compassion to the information held in your wise body and mind.

Carolyn