

what is phoenix rising yoga therapy?

As we move through life our bodies internalize, process and filter our experiences — mostly without our conscious awareness. Our thoughts and feelings remain stored within us and are often the cause of stress, as well as emotional and physical pain or discomfort.

Phoenix Rising Yoga Therapy offers a way to explore the relationship between your body, your mind and your life in a private context with a certified, highly trained practitioner. Combining classical yoga techniques with elements of contemporary body-centered psychology, PRYT facilitates the release of physical, mental and emotional tension, often resulting in increased energy.

what is a session like?

In a Phoenix Rising Yoga Therapy session, you are guided through a sequence of carefully selected, assisted yoga postures and breath work, designed to take you deeper into your

internal experience. As you are supported in the postures, your PRYT practitioner guides you in dialogue that concentrates your attention on what you are experiencing. You are invited to explore the sensations, emotions, memories or images that are present in your body.

Each session includes an integration period, to assist you in processing your experience and exploring how you can bring your insights into actions.

Sessions vary between 1 and 1½ hours, and clients are advised to wear light and comfortable clothing.

who benefits from phoenix rising yoga therapy?

Offered on a personal one-on-one basis in an atmosphere of safety and acceptance, each session is geared to your individual needs. Clients find yoga therapy beneficial for a wide variety of situations, including chronic pain, recovery from substance abuse, and healing from past physical or sexual abuse. Some clients use it as an adjunct to more traditional forms of treatment, such as psychotherapy and physical therapy.



Whether your pain stems from major trauma like an accident, or from chronic stress, Phoenix Rising Yoga Therapy offers a powerful, safe and natural path to enhanced well-being, regardless of your body type, level of fitness experience, or physical condition.

applications of phoenix rising yoga therapy

- ☯ To release fears and anxieties that have a corresponding physical component.
- ☯ To enhance body awareness.
- ☯ To enhance flexibility and to free up areas of tension in the body, creating greater fluidity of movement and expression.
- ☯ To facilitate harmony between body and mind, increasing awareness and concentration.
- ☯ To facilitate problem-solving and decision-making.
- ☯ To overcome self-limiting beliefs operating through the body/mind and to increase creative energy.
- ☯ To alleviate pain caused by tensions, stiffness of joints, loss of mobility, etc.
- ☯ To promote personal growth and an on-going transformation in body, mind and spirit.

body-centered therapy for body, mind & spirit

