

Structural Yoga Therapy

with Tracy Flynn

“Tracy assisted me in creating a balanced home and work routine, which have strengthened me physically and emotionally. My life has joy and flexibility that are growing because of Tracy’s expertise. She is a master teacher.”
– Nancy Young



Yoga Therapy is an approach to health and healing that empowers individuals facing health conditions at any level to use the tools of Yoga to improve health and well being. This is an ancient art and science that helps people manage their conditions, reduce symptoms, restore balance, increase vitality, and improve attitude. Yoga Therapy is appropriate for temporary or chronic conditions.

Process We meet one-on-one to assess your goals and current condition and then collaborate to develop a practice to address your specific needs.

Appointments Call Tracy Flynn at 248-334-7381. One-hour appointments are \$80.

Tracy is a highly trained yoga teacher with 10 years experience and is currently enrolled in the American Viniyoga Institute’s Yoga Therapy program. She can practice Yoga Therapy for structural conditions in the body. She is able to address physiological and emotional conditions from the perspective of a yoga teacher, but has not yet completed Yoga Therapy training for these conditions.



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