

# Yoga Therapy

with Tracy Flynn

Yoga Therapy is a way to address health concerns that are unique to you. Whether your challenges are structural, like back pain, physiological, like digestive problems, and/or emotional, like depression, there are yoga tools and lifestyle changes to improve your health and well being. Your goals, interests and current condition help determine what approach is taken.



During the first visit, we discuss your history and goals and explore options for movement, breathing, relaxation, or other useful techniques. A written home practice is provided to you.

For most people I recommend a minimum of three visits, weekly or more frequently at first, then tapering off as your personal practice becomes more established.

The cost is \$80 for one hour. The first visit may run longer (no additional charge).

**For inquiries or to schedule an appointment please contact me at 248-334-7381 or [tracyflynn@hotmail.com](mailto:tracyflynn@hotmail.com).**

*I received my Yoga Therapist certification through the American Viniyoga Institute and have been teaching yoga for over 12 years.*



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