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Group Therapeutic Yoga



Therapeutic Yoga Group Classes

Winter Term ?

10 Weeks: January 13 to March 28, 2018

No Classes: February 10th and 14th

Relax & Energize: Sundays 4-6pm

In this class, you will experience a mix of standing, seated and supine/prone poses that focus on flexibility, strength & relaxation. Expect to have some energy to do your Sunday evening chores yet sleep deeply Sunday night!

Relax & Restore: Thursdays 7:30pm-9:30pm

This is our most relaxing class all on your back! We start with 30 minutes of warm up poses before doing 45 minutes of deep tissue stretching. We end the class with 45 minutes of restorative breathing & meditation poses. By the end of the class, you should plan to go straight home to bed for a deeply restorative night of deep sleep. Eat a light dinner by 6:30pm please.

Overall Therapeutic Approach

For 10 weeks, we will do Therapeutic Yoga for healing the feet and legs, hips, lower back/core strength, upper back, arms, neck and shoulders, as well as the mind and emotions. Each topic will be addressed for 2 weeks at a time, with each topic building on the last for a whole person/whole body, integrated approach.

The Yoga asana-s (Yoga postures) are breath coordinated with movement and alignment-based, with breathing, chanting, visualization, and restorative practices integrated into all classes.

You will be asked to provide a [Self-Assessment Form](#) ^[1] and a registration [Registration Form](#) ^[2] before the series begins each term to clarify individual therapeutic needs. Maggie will track changes and progress throughout the term.

You are also encouraged to work with Maggie privately^[3] on Tuesday, Friday or Saturday afternoons to develop a home practice to deepen your experience.

Tuition Fees

- 10-week Winter series cost \$220 + 5% GST (\$11) = \$231.00
- The Free Summer Clinic Classes request only 100% attendance for the sake of the Yoga Therapist Trainees
- Please pay by cheque or e-transfer by the first day of classes
- Bring a new student to class for a \$20 discount
- Take two classes per week for a \$20 discount

[Download the Yoga Therapy Waiver Form 2018](#) ^[2]

[Download the Self-Assessment Form for Yoga Therapy 2018](#) ^[1]



[Sign Up Now](#) ^[5]

Contact Info ?

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Call/Text: 604-505-3390

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Links

[1]

http://yogatherapyinternational.com/sites/yogatherapyinternational.com/files/Self%20Assessment%20for%20Yoga%202018_0.doc

[2] http://yogatherapyinternational.com/sites/yogatherapyinternational.com/files/Waiver%202018_0.doc

[3] <http://yogatherapyinternational.com/private-yoga-therapy>

[4]

<https://www.google.com/calendar/embed?src=npqetj3jp9q6l916ndb1q8c0h8@group.calendar.google.com&ctz=>

[5] <mailto:maggie@yogatherapyinternational.com?subject=Yoga%20Therapy%20Class%20Registration>

[6] <mailto:maggie@yogatherapyinternational.com>

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