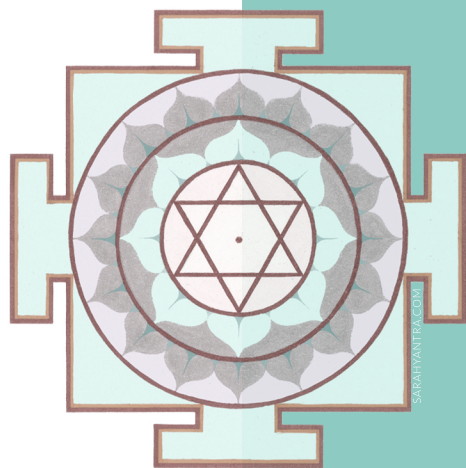


## Lifestyle medicine

Yoga therapy is an emerging field of natural medicine that compassionately re-integrates the mind-body relationship. It is a mindful approach to wellness that requires active participation, using the principles of yoga within a therapeutic relationship.

This evidence-based complementary therapy is particularly effective at improving mental health, anxiety and depression, and nurturing a deeper knowledge of the self to reawaken a self-healing ability. Yoga therapy can be practiced alongside conventional medicine treatments



Yoga therapy is personalised.  
Relax. Awaken. Embody.

*"A personal daily yoga practice that so simply balances me out (and gets me some sleep) so that I can better ride the highs and low... a practice for life." Natalie Truong*

## Mindful Resilience

Yoga therapy is a highly-individualised process that promotes small, sustainable lifestyle and behavioural changes, regular communication, reflections of yogic philosophy and meditation. Kendra's integrated hands-on approach may include body postures, breathing practices, hand mudras, mantras, relaxation, dietary advice and Ayurvedic lifestyle counselling.

## Facilitating new beginnings

A detailed assessment will be taken that includes an analysis of posture, movement, breathing, stress, rest and sleep patterns. Together a short practice that suits your lifestyle is developed to help address the underlying concerns. Kendra creates a safe learning environment where you can access your own innate healing resources and begin a mindful journey toward greater self-awareness and balance. Emphasis is on self-development with a commitment to personal practice and review.

## Empowering whole person healing

If you are facing health challenges at any level, yoga therapy is perfect for you. It encourages human flourishing by focusing on assisting the whole individual, rather than just the conditions. It is a creative space for virtue-based enquiry into self-limiting beliefs and actions.

Yoga therapy asks you to begin where you are to help you to:

- manage your condition and reduce symptoms
- restore balance, vitality and wellbeing
- increase resilience and meet stress positively
- improve sleep patterns
- increase self-confidence and motivation
- improve mind-body awareness
- regain your sense of control
- form harmonious relationships

*Realise that this very body... with its aches and pleasures... is exactly what we need to be fully human, fully awake, fully alive. Pema Chodron*

