



Leila Stuart

Y O G A T H E R A P Y

Breathe Move Heal



Services

- Yoga therapy classes
- One-on-one yoga therapy
- Semi-private yoga therapy
- Yoga therapy workshops

Leila Stuart, experienced RMT and pioneering movement educator, has been teaching Yoga Therapy to people with a wide variety of physical & psychological conditions for over 25 years.

The sessions are gentle and appropriate for both healthy students & those suffering from physical, mental, or emotional disability, or pain, that may not be adequately addressed in a regular yoga class.

Next Classes Starting: _____

Benefits of Therapeutic Yoga

- Decreased pain, anxiety, and depression.
- Increased flexibility, mobility, balance, and strength.
- Tools for dealing with daily symptoms and stress.
- Restful sleep and increased energy.

Contact

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