

# Intentions Yoga

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*“Let your intentions create your reality”*

*Lorraine and I thank you for your interest in our yoga group therapy! We are excited about helping you develop and bring your Intentions to the 'mat' so that you may live your life to it's fullest expression, joyful and free. Om Shanti*

- Our Yoga Groups provide: Meditation, Breath, Body, and Mindful practices in a supportive group environment where we learn 'conversations with others and ourselves for the purpose of healing'. Lorraine and I respectfully offer the ancient teachings of Yoga Gurus, the latest in neuroscience regarding the Body/Mind and Western Cognitive Behavioral therapies. These skills are essential to healing emotional and physical pain while assisting you in making friends with your body, mind and spirit. As you learn these new skills, develop awareness of yourself and practice a healthy lifestyle, you will be well on your way to living your full potential and mindfully, "Intentionally" living each new day! We are here with you on this radical self-care journey!
- Our Yoga is gentle and offers small group size to allow us to individually assist each your group member. It is our advice that you consult your physician before beginning this practice. I would be glad to consult with your physician about any issues or concerns you may have. Please always let Lorraine and I know of any particular health concerns, pains, limitations or areas of special interest so that we may more appropriately meet your needs. In many cases we can offer modifications or suggest alternatives to the yoga asanas. It is very important that you disclose or discuss any emotional and/or physical issues that you may have.
- Our Yoga groups provide yoga mats, support blocks and blankets. All you need to bring with you is you! You may want to bring a hand towel and water. Wear comfortable loose fitting work out wear. Please avoid heavy perfumes or sprays for the comfort of all. We practice bare feet; so be prepared to swap your shoes for an open mind and sense of adventure!
- Our Yoga groups work best when you make a commitment to yourself and the group - we strongly encourage you to make a five-week commitment to the group sessions as well as regularly practicing the Mind/Body skills we teach. Learn to show up for yourself! Each Yogini in the group is important to the energy and full functioning of the group. And you will find that the group becomes a powerful support for you as well! The latest neuroscience research shows that with regular Body/Mind practices the mind relaxes, actually changes its structure and function to more calm, attentive and productive functioning! Yoga is subtle, incremental, process centered. It's a practice!
- Lorraine and I have over thirteen years of intensive training and practice in Yoga or Body/Mind. I bring twenty-five years of therapeutic experience working with clients with chronic ongoing emotional and/or physical pain, trauma, addictions and personal therapy and this year received my 500-hour Yoga Teacher Training Certificate (e-500 RYT) Lorraine has her 500 hour yoga teaching certificate (500 RYT). We both teach at Guruv Yoga - Lorraine has regular classes scheduled at Guruv - Tuesday, Friday and Saturday. I teach the Yin Yoga class there on Thursday s. We offer seminars and workshops as well. Both of us have committed ourselves to consistent personal practice. Additionally, both Lorraine and I offer private yoga for individuals, families and couples. If you are interested, please let us know. Private yoga can powerfully supplement the work we do in our Yoga Groups.
- Our Yoga groups are two hours in length. One hour for yoga of mind and one hour for yoga of body. The cost is \$40 per session or \$150 for 5 sessions. We encourage you to commit to the first five sessions to give the Yoga group and our work a chance to unfold for you. Most insurance companies will cover the costs of the Yoga of Mind portion. Your co-pay often covers these services. There is an additional \$10 charge for the Yoga of Body experience.

Yoga Rocks!

Namaste,

*Cindy and Lorraine*