

# Yoga Therapy Class Categories

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## **Pain-Free Yog Series – Women’s Wellness & Empowerment**

### **Who is this for?**

Women of all ages who face hormonal imbalances, emotional ups and downs, pelvic pain, back discomfort, or stress-related fatigue.

### **Common Conditions We Address:**

- PCOS / PCOD
- Thyroid imbalance
- Menstrual irregularities (pain, absence, heavy flow)
- Menopausal symptoms
- Infertility
- Pelvic and joint pain
- Emotional trauma or mood swings

### **Why this class works:**

This series honors the cyclical intelligence of a woman’s body. With bolsters, cushions, and belts, we guide into therapeutic asanas, hip openers, and prāṇāyāma for hormonal balance and emotional grounding.

### **Ideal For:**

Women seeking a natural way to heal, reconnect with their body, and boost emotional and physical strength.

## **Restorative Yog for Senior Citizens – Supported Healing**

### **Who is this for?**

Men and women above 60, or anyone with restricted mobility, joint pain, or post-surgical recovery needs.

### **Common Conditions We Address:**

- Arthritis
- Knee or hip replacements
- Chronic back pain
- Sciatica
- Parkinson’s
- Postural instability
- Anxiety or fatigue
- Post-COVID recovery

### **Why this class works:**

Sessions are fully prop-supported using chairs, walls, and yoga aids. It helps regain strength, stability, confidence, and better breathing capacity without risk of injury.

### **Ideal For:**

Those looking to age gracefully, recover gently, and maintain independence without aggressive exercise.

## **Yog Therapy for Young Minds & Modern Bodies**

### **Who is this for?**

Young adults dealing with emotional stress, stiffness from digital lifestyle, or low energy.

### **Common Conditions We Address:**

- Anxiety
- Stress
- Insomnia
- Depression
- Tech neck
- Digestive irregularity
- Chronic fatigue

### **Why this class works:**

This class combines dynamic spinal movements, detox flows, breath regulation, and mindfulness to build clarity, energy, and postural health.

### **Ideal For:**

Professionals, students, or creatives needing a regular reset for mind and body performance.

## **Personalised Yoga Therapy Consultations**

### **Who is this for?**

Anyone with chronic illness, trauma, or complex health concerns needing a tailored approach.

### **Common Conditions We Address:**

- Diabetes
- Thyroid
- IBS, acidity
- Autoimmune conditions
- Trauma recovery

- Obesity
- Fertility issues

#### **Why this class works:**

Includes complete body-breath-mind assessment, weekly support, posture correction, and breath healing. Rooted in authentic yogic science for long-term, natural healing.

#### **Ideal For:**

Clients seeking deep healing without side effects, based on body type, health history, and emotional needs.

### **Advanced Mentorship for Yog Professionals – Anatomy, Therapy & Philosophy**

#### **Who is this for?**

Certified teachers or yoga students wanting to deepen therapy knowledge.

#### **Common Conditions We Address:**

- Therapeutic approaches to chronic disease
- Anatomy & posture safety
- Yogic texts interpretation
- Practical teaching tools

#### **Why this class works:**

Combines traditional scripture with modern knowledge in an applied, case-based mentorship format.

#### **Ideal For:**

Yoga professionals ready to grow as authentic, confident, and impactful teachers.