

SERVICES



PRIVATE TRAUMA SENSITIVE YOGA

Providing tools to help you feel empowered in a way that feels safe while reconnecting with your body through movement. Trauma Sensitive Yoga (TSY) provides an opportunity for us to be in the present moment by bringing awareness to our breath and to the physical sensations of being here now. Through the practice of moving and breathing with awareness, we create a system for reconnecting with ourselves in the present moment.

The main objectives in trauma sensitive yoga are for us to use yoga forms as opportunities to notice what we feel in our bodies and to practice making choices about what to do with our bodies.

60MIN/\$75 or 5 FOR \$350- In Office

60MIN/\$90 or 5 FOR \$425- In Your Home

PRIVATE YOGA

These sessions will help you find the balance and peace you seek in your daily life while helping you reach your health goals. Whether you are seeking peace in your life, recovering from an injury, or want to take your health and fitness to a new level, I will design each session to meet your needs.

60MIN/\$75 or 5 FOR \$350- In Office

60MIN/\$90 or 5 FOR \$425- In Your Home, Or Virtual

PRIVATE YOGA FOR COUPLES

Using an embodied approach to couples yoga, you and your partner will explore connection, communication and intimacy through mindful movement, breath and conscious dialogue. I will facilitate the session and hold the space, but what happens inside of that space is entirely up to you and your partner.

60MIN/\$75 or 5 FOR \$100- In Office

60MIN/\$90 or 5 FOR \$575- In Your Home

PRIVATE MAT PILATES

A strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs to help you relieve stress, regulate emotions, and build confidence.

60MIN/\$75 or 5 FOR \$350- In Office

60MIN/\$90 or 5 FOR \$425- In Your Home

YOGA THERAPY

AT KOGAN COUNSELING SERVICES

WHERE YOUR MENTAL
HEALTH AND YOUR
PHYSICAL HEALTH COME
TOGETHER TO HEAL

Beth Carrus, Registered Yoga Teacher
Certified in Trauma Sensitive Yoga,
Restorative Yoga, and Functional
Movement, including Pilates.

561-600-7624

www.KoganCounseling.com

5700 Lake Worth Rd, Suite 112

Greenacres, FL 33463