



Yoga for Emotional Wellness

Asana, pranayama, mantra, and meditation techniques are personalized for students so they can be guided through a journey of self-discovery to promote healing, restore balance and increase vitality. The aim is for students to maintain an optimum state of physical, emotional, mental, and spiritual well-being – on and off the mat.

Through yoga students can experiment with:

- Breathing
- Moving
- Strengthening
- Stretching
- and, Resting

Private sessions are set up so that a student is in control over what they are doing with their body at all times, and I am there to provide safe, professional guidance and to help students focus on particular dynamics (what muscles they are using, what it feels like to have their feet on the ground, what it feels like to breathe, etc.).

Four Packages to Choose From

1. Soothing the Mind: Package for Reducing Anxiety
2. Uplifting the Spirit: Package for Increasing Joy
3. Embodying the Self: Package for Decreasing Disordered Eating
4. Calming the Chaos: Package for Stress Relief

What's Included in Each Package?

- 30 minute initial phone consultation
- Three 75-minute private yoga sessions
- 30 minute phone call follow-up

What Can I Expect?

- Tailored sessions to your needs and abilities
- Access to Joanna via phone and email between sessions
- Reinforcement coursework between sessions
- Weekly inspirational emails and check-in
- Reading list of recommended books

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JOANNA BARRETT
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Yoga for Emotional Wellness Packages

Soothing the Mind: Package for Reducing Anxiety

By transferring focus and attention to the body and breath, yoga can help to reduce anxiety in the mind and tension in the body. With poses, breathing techniques and meditation, yoga can help decrease anxious thoughts, worry and panic.

Uplifting the Spirit: Package for Increasing Joy

Yoga can help alleviate the symptoms and root causes of depression. Both active and passive poses, along with breathing and meditation, can provide relief from depression. Whether due to chemical imbalances or situational experiences, joy can be found through a holistic yoga practice.

Embodying the Self: Package for Decreasing Disordered Eating

When practiced skillfully, yoga helps us accept and celebrate our bodies. As a healing practice, yoga has the power to help in the treatment of disordered eating. Therapeutically-informed yoga can reduce eating-disorder causes and symptoms, and provide a self-care tool in the recovery process.

Calming the Chaos: Package for Stress Relief

Yoga for stress relief is beneficial for calming the nervous system and encouraging optimal well-being. Yoga can help us slow down, focus on one thing, and find balance in our lives. Some yoga positions are particularly effective for promoting physical and emotional relaxation, tension relief and restfulness.