



Therapeutic Yoga one on one sessions

Do you want to feel at home in your body? Tune in to the natural rhythms of your breath? Befriend sensation instead of fighting it? Be present?

Using therapeutic modalities of gentle movement, myofascial release, breathing techniques, and restorative postures, Yoga Medicine® Therapeutic Specialist Marie Blair tailors yoga to meet individual needs.

Marie's Yoga Medicine training emphasizes the functional application of modern science in traditional yoga practices to optimize joint health, down regulate the nervous system, nourish reproductive health or minimize persistent pain. Our bodies are resilient. Sometimes our habits and dysfunctional patterns can interfere with feeling balanced and at ease. Therapeutic yoga can set you on the path to optimal health.

Invest in your well-being.

\$75/ one-hour session
mariehurleyblair@gmail.com
205-919-8883