

Benefits of Yoga Therapy

- Live Healthier Longer
- Calm and Relaxed
- Energised/ More Vitality
- Better Sleep Patterns
- Increased Flexibility
- Improved Balance
- More Confidence
- Relieve Depression/Anxiety
- Self-Empowered

Yoga Therapy Program Pricing

* \$160 for three (3) initial Yoga Therapy sessions: (Concession rates & payment plan available)

1st Session – 75 minutes - assessment & initial personalized Yoga Therapy Treatment Plan.

2nd & 3rd Sessions – 30 minutes each - assess progress, modify and update Yoga Therapy Treatment Plan.

* Ongoing follow up sessions include individual Ayurvedic Lifestyle Consultations, Yogic and Ayurvedic diet advise, Plant based Food options, Pantry Audits, Food Shopping Trips and Cooking Demonstrations - (priced separately).

Workshops & Retreats

Plant-Based Meal Options, Yoga, Meditation, Breathing, Ayurveda and more.



Nitya is a highly Qualified & Accredited Yoga Teacher, Yoga Therapist, Ayurvedic Lifestyle Coach, Plant Based Food Expert & Marma Therapist. Offering Private Yoga Therapy Treatment sessions which honor your individual and unique needs.

Nitya has many years of experience and expertise practicing Yoga and teaching Yoga Classes; facilitating Workshops and Retreats and providing individual Yoga Therapy Consultations and Programs. This ensures you are provided with the tools you need to empower yourself to continue your healthy lifestyle journey.

Your unique Yoga Therapy Program will compliment any current treatment plans and will include - Yoga poses, breathing, relaxation techniques (Yoga Nidra) meditation, diet, lifestyle options and more depending on your individual needs.

Forster Yoga Therapy



EVOLVE
YOGA & MEDITATION

Nicola (Nitya) Robertson 0411-309-678
or Forster Yoga Studio 0422-390-570
www.evolveyogaandmeditation.com.au

Email : Niccinitya@gmail.com

What is Yoga Therapy?

Yoga Therapy empowers You to take control of your own wellbeing.

Complimenting modern medicine, Yoga Therapy helps treat such conditions as: chronic pain, menopause, depression and anxiety, digestive problems, sleep problems, diabetes, arthritis and much more.

Utilizing a multidimensional approach, Yoga Therapy treats all aspects of your being in a holistic and practical way.

The primary aim of Yoga Therapy is to develop an evolving Yoga and lifestyle treatment program tailored to meet your individual needs, interests and goals. By becoming an active participant in your own health and lifestyle journey you can; reduce symptoms, restore balance, increase vitality and bring your body back into a homeostatic state of wellbeing.

Regular Yoga Therapy follow up sessions are recommended to modify and update your treatment plan to optimize health outcomes.

What is Ayurveda?

Ayurveda translates as the Science of Life and as the sister science to Yoga it works hand in hand with Yoga.

Ayurveda views you as an individual with an unique constitution that reveals your personal traits, lifestyle, work and diet choices.

Therefore, by undertaking an Ayurvedic assessment program, which reviews sleep patterns, body type, food choices, energy levels, specific sensitivities etc., the Yoga Therapist can recommend suitable Yoga practices, food and lifestyle choices to suit your unique constitution.



Plant Based Food Options

"Let Food be thy medicine and medicine be thy food" Hippocrates

As part of the Yoga Therapy Treatment Program, food is an important aspect of your healing journey. Therefore your current diet will be reviewed, and the introduction of some plant-based meals will be recommended. A plant-based diet is proven to be of great benefit to the healing and maintenance of your body and can be very tasty and easy to prepare.

The Yoga Therapist will guide you on how, what and why it is important to introduce more plants into your diet, and which foods and spices would better suit your constitution. Follow-up sessions include a pantry audit, a shopping trip and a few workshops with delicious and simple recipes to get you started.

"Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution of a vegetarian diet" Albert Einstein