

Yoga Therapy!

Groups at Southeast Psych!

Yoga therapy is an emerging field that uses yoga (physical postures and meditation) to address psychological problems while integrating body and mind.

Kyra Grosman is a Certified Yoga Instructor with eight years teaching experience. She has taught yoga to over 3,000 people, including celebrities such as Danny Glover and Daniela Sea. She is also a doctoral intern at Southeast Psych, and has four years experience providing individual psychotherapy sessions to a wide variety of people.

People choose to work with a yoga therapist for a wide variety of presenting problems, including managing stress, working through difficult memories, help improving focus and concentration, increasing body-awareness and self-acceptance, and helping you to feel great physically and emotionally!

Yoga Therapy has been shown to decrease symptoms for people struggling with the following issues:

- AD/HD
- Anxiety
- Asperger's Disorder
- Depression
- Eating concerns/body image
- Stressful life
- Pain management



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