

Q&A

Question:

What conditions can be healed or managed with Yoga Therapy?

Answer:

Aches and pains, acne, allergies, anger management, anxiety, arthritis, asthma, back ache, blurred vision, confidence, depression, digestion problems , droopy shoulders, exhaustion, fibromyalgia, heart ache, heart conditions, high blood pressure, hot flashes, insomnia , lack of self-esteem, menstrual cycle imbalances, metabolic diseases, migraine, neck pain, negative outlook on life, obesity, overweight, pms, runner's aches, sleep quality, scattered mind, respiratory conditions, restless mind, shoulder pain, sugar cravings, stress management, tension, tension headaches, tightness in joints, thyroid imbalances, traveler's anxiety, under-eye bags and dark circles, vertigo, to name a few.