



YOGA THERAPY ASSOCIATES

YOGA THERAPY FOR TRAUMA

Reestablish safety, ease
internal distress.



Reclaiming the score:

Yoga therapy uses personalized practices that may include movement, breathwork, or meditation. These practices support trauma healing, reconnect individuals with their bodies, rebalance the nervous system, and promote empowerment and agency.

Yoga therapy is:

- Trauma-informed
- Therapeutically oriented
- Evidence-based & rooted in Polyvagal Theory
- Specific to your needs
- Accessible and adaptive

Benefits:

- Anxiety management
- Improved self-awareness
- Enhanced emotional regulation
- Release of tension and trauma stored in the body
- Increased resilience and empowerment
- Improved sleep
- More security in intimacy
- Reduced panic and fear

You already have what you need within you.

Yoga teaches us that we are inherently whole, not broken. Through the transformative journey of yoga therapy, a skilled practitioner will guide you, providing compassionate support and empowering tools to help you reconnect with your body, ignite resilience, and embrace profound healing.

Call: (203) 212-8795

Our yoga therapists are:

- Certified, medically supervised & experienced
- HIPAA compliant
- Available weekly or bi-weekly
- CE providers for mental health clinicians

Yoga therapy is eligible for reimbursement under the CT OVS Victim Compensation Program.

Get to know us at:

www.yogatherapyassociates.com/about

TESTIMONIALS

*"I wasn't sure if yoga therapy could help me with my depression, my anxiety and my PTSD. It's been 4 months meeting together, and I have changed. I've been able to experience YOGA like I never thought I could. I find peace within myself, and when I'm not finding it, I know how to get there now. Having these tools gives me hope, health and better quality of day-to-day life."
- Yoga Therapy Associates Client*

VIDEO TESTIMONIALS



www.yogatherapyassociates.com