

YOGA FOR EMOTIONAL WELLL-BEING

Your personalized 8 week journey to assist you in moving from overwhelm into ease.

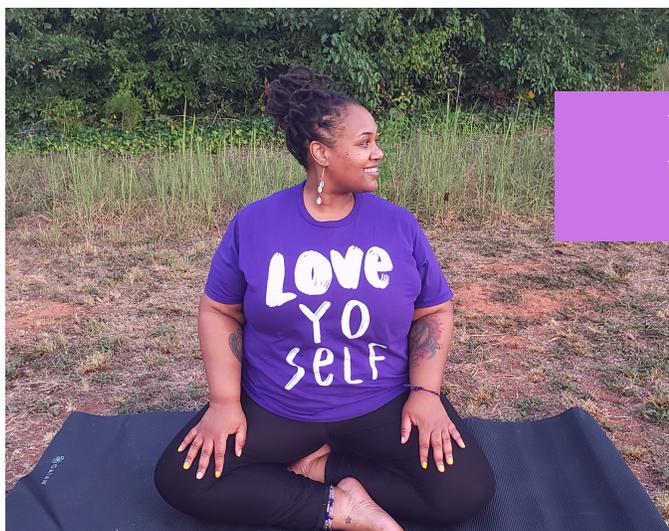


RECONNECT WITH YOUR BREATH

There are various breathing techniques and meditations to explore that can assist you in releasing tension and pent up energy in your body. As you begin to calm your nervous system, you are able to connect with yourself with less fear, anxiety or overwhelm.

RECONNECT WITH YOUR BODY

Trauma sensitive yoga helps you to reconnect with your body, learn to calm your mind and learn to notice and tolerate sensation in your body.



RECONNECT WITH YOURSELF

Creating tolerance of discomfort, breathe, movement, and stillness allows you to establish safety in your body. Creating a new sense of safety in your body will assist you with showing up as your most authentic self.



WHAT CAN I EXPECT?

During this time we will discuss your needs to establish consistency, safety, grounding, self worth, and a container for emotional safety.

These sessions will include education on how trauma, anxiety, or overwhelm show up in our bodies and how the techniques used may assist you on your path to wellness.

You will start by learning about ways to connect with your body through: grounding, breathing techniques, meditation, an affirmation practice and trauma sensitive movement. These classes will be tailored to your needs and accessible to your physical and emotional needs.

This journey is IDEAL for anyone currently working with a mental health professional OR any one seeking to move towards self discovery and wellness.

READY TO WORK TOGETHER?

I am excited to join you on this journey to emotional well-being.

Contact me and set up your free 15 minute consultation!

WHAT IS MY INVESTMENT?

Each session is 1 hour

One time payment of \$599

Two split payments of \$350

Pay as you go: \$100 per session



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