YOGA RX
Yoga Therapy Course

5 WEEK COURSE
$90

Cairns Beaches Yoga

Starts: Monday 9 October - 6pm - 7.30pm
Venue: Synergy Studio, 66 Johanna St, Trinity Park
Online Bookings at cairnsbeachesyogas.com.au

Medicare and Health rebates available
Suitable for DVA, Workcover or Rehab programs

For referrals or queries please call Hollie on
Mobile: 0438 799 754
Fax: (07) 4220 9480
yogaRX
[yoga + rx (therapy)]
a yoga therapy course

YOGA RX is a therapeutic approach to yoga and movement designed to mobilise and strengthen your body to develop optimal alignment and support pain-free movement. YOGA RX is perfect for the individual who is in chronic pain, has musculoskeletal issues, or is experiencing reduced daily function.

This course is also good for seniors who need to move gently and slowly under expert guidance. Your facilitator Hollie Swanton has 12 years experience as an occupational therapist & weaves yoga principles with the latest clinical rehabilitation techniques to address the physical, functional, environmental & psychological needs to support healthy movement & increase overall wellness.

Classes are at a therapy level (pre-beginners), aimed at creating structural mobility and stability, increased awareness and ease in body and mind.

YOGA RX is for you if need to start slowly and gently.

In this course you will:
Develop mobility and stability through your spine and all major joints.
Build overall strength including core strength.
Get confident in moving your body.
Take home skills to improve your function in day-to-day life.
Learn mindfulness and breathing techniques for a greater sense of calm, happiness and positivity.