

Discover the Healing Power of Yoga Therapy

Are you seeking a holistic approach to health and wellness?

Experience the benefits of personalised yoga therapy sessions with Infinite Harmony.

What is Yoga Therapy?

Yoga therapy is the personalised application of yoga techniques to meet the needs and interests of the individual

Yoga Therapy Association

Yoga therapy combines traditional yoga techniques with personalised, therapeutic approaches to address a wide range of physical, mental, and emotional concerns.

Our yoga therapy program offers:

- Customised sessions tailored to your unique needs
- Evidence-based techniques to support physical and mental wellbeing
- A safe, nurturing environment for healing and growth

Yoga therapy can help with:

- Stress reduction and relaxation
- Pain management
- Improved flexibility and strength
- Enhanced mind-body connection

Vicky is a holistic yoga therapist and has 20 years of experience in guiding individuals towards optimal health through her therapeutic work.

Get in touch today to schedule your initial consultation and take the first step on your journey to wellness.



Contact Vicky at Infinite Harmony
Email: vicky@infiniteharmony.co.uk
Tel: 01256 910108
www.infiniteharmony.co.uk

