

The Wellness Centre

(CASTLE QUAY)

Yoga Therapy...

... with Henrietta Brice-Smith.

Yoga is beneficial for the health in many ways that modern science is only just beginning to understand. Even though it has been applied with therapeutic intention for thousands of years yoga therapy is only recently emerging as a discipline in itself.

More and more health care practitioners are starting to include yogic techniques in their approach to healing. It won't be too long before Yoga Therapy becomes mainstream and offered by hospitals, chiropractors, physiotherapists and doctors clinics.

Throughout her teaching career, Henrietta has taught yoga and helped students with many different ailments and conditions. These include people with sports injuries, spinal injuries, postural problems, stress, anxiety, depression, heart conditions, diabetes, high blood pressure, neurological conditions, muscular dystrophy, asthma, ME, ADHD, to name but a few.

Yoga classes taught one-to-one are tailored to suit the individuals' needs with the aim in helping to heal the symptoms and preventing further problems.

Henrietta starts the yoga therapy session with a consultation, taking note of the client's physical condition, medical history and any related lifestyle factors, followed by:

- deciding on a program of therapy
- teaching a range of yoga postures from simple moves to more complex ones if necessary
- teaching breathing exercises, relaxation techniques and visualisation techniques
- advising clients on how to maintain good health and a sense of inner peace and relaxation

Henrietta works with clients to practise their therapy on a one-to-one basis or in group classes.

In the group classes you will be invited to learn Dynamic Yoga core techniques. This practice, rather than being about striving for far-out, physical postures is focused on applying universal principles in specific actions. Spoken instruction is gentle, supportive and precise. The body begins to feel more open, strong, light and flexible, our breathing improves and the mind feels more alert and yet calm. It teaches you to release tension in any yoga pose, relieving stress, while still maintaining the necessary muscular effort to maintain flow, good posture and good alignment. Muscles are toned, joints are mobilized, heat is generated and at times the cardiovascular system is challenged. It is suitable for beginners as well as more experienced students who can practice side by side.

This is a very safe practice and its' core techniques can be applied to all popular styles of yoga posture practice.

Henrietta also offers group classes dedicated to helping those with Lower Back Pain, Neck Pain and Stress Release, as well as teaching Pregnancy Yoga (pre- and post-natal)



For more information or to book your consultation or class, please call us on **633060**

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