

# Gentle Yoga Class for individuals with chronic pain at Beyond Basics Physical Therapy with Anne Taylor RYT 500\*

The class will introduce a combination of poses designed to promote breath awareness, opening and grounding to recalibrate the neuromuscular system. It is specifically designed for patients in treatment for pelvic pain, however it may also be relevant for those dealing with other related chronic pain issues as well. The intention of the group is to help each participant to learn how to cultivate a therapeutic yoga practice in a community of like minded peers as the group experience can be a powerful tool for healing.



The class series will be offered at **Beyond Basics Physical Therapy on Mondays 6:30-7:30pm** - dates to be determined based on enrollment.

**The cost is \$140 for a series of 4 consecutive sessions\***

As the class size is limited to 4 participants, advance payment is required to reserve your space. A minimum of 3 participants will be required for the class to run.

\*Prior to enrollment, each participant must do a 1:1 session with Anne Taylor to allow for an evaluation/assessment. The cost of a 1:1 session is \$100. Beyond Basics Physical Therapy patients receive a \$50 discount for their first 1:1 session on-site at the practice space. Additional fees apply for those wishing to have a session at their home. 24 hour notice of cancellation is required for 1:1 sessions and the cost of the 4 week course session is non-refundable.

To enroll in the class or to inquire about private 1:1 sessions with Anne at Beyond Basics, please contact Anne via email [atyoganyc@gmail.com](mailto:atyoganyc@gmail.com) or call (646) 942 2153

**\* Anne Taylor has been working with Beyond Basics Patients since 2005**

Anne completed her first yoga certification at the KripaluCenter for Yoga and Health and in 2003. Anne subsequently completed an additional training and apprenticeship in yoga therapeutics with bio-psychologist Bo Forbes PsyD as well as an additional assistantship with 30+ year veteran Iyengar Yoga teacher Genny Kapuler. Anne also completed an advanced training with TKV Desikachar trained yoga therapist, Guta Hedwig, as well as a 9 month yoga anatomy training with Leslie Kaminoff at The Breathing Project. Anne seeks to combine alignment and breath work as a means to recalibrate the nervous system to promote optimal health and healing for all.