



Anne Douglas Anahata Yoga

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Anne Douglas is best known for her long years of Yoga and Meditation Instruction and personal growth workshops that use the teachings of the Far East as a context for self-inquiry. She is also certified as a Yoga Therapist, Holistic Lifestyle Coach and Reiki Master. Anne offers private sessions at an hourly rate of \$60.00 (\$85.00 for 1.5 hours) as outlined below. **Customized programs can be created for specific groups, themes and occasions.**

Yoga Therapy is a body-centered psychotherapy in which the client can access and integrate the “issues in the tissues”. It is based on the idea that unintegrated events or trauma from the past can remain “embodied”. This therapy is ideal for those who just can’t seem to work through their issues cognitively, or find themselves stuck, despite various forms of intervention. A very simple combination of dialogue, breath, and meditative awareness are used without any sense of “pushing”. The typical outcome is one of insight into their issue(s), a “felt” release of such, and a tangible experience of calm, ease and inner peace. These sessions are 1.5 hours in length. A booking of 3 consecutive sessions is recommended.

Yoga Nidra is a guided meditation that invites the client into a deeper brain wave level (at least Alpha, perhaps Theta) by progressive relaxation and guided visualization. It is in this state that one’s self concepts and limiting beliefs fall away and new self concepts can be adopted. It is similar to hypnosis with the exception that the client is conscious throughout and he/she chooses an affirmation and states it to themselves. These sessions are 1 hour in length.

Chakra Therapy Our bodies exist within a field of energy. This “subtle body” is said to be the starting point for our experience of vitality and wellness or illness and dis-ease. Within the subtle body there vibrates 7 energy centers known as **chakras**, which correspond to specific organs, glands and different aspects of our personality and stages of development. This therapy involves some dialogue to determine which exercises are best suited for the individual. The exercises can involve movement, meditation, visualization, sound, and affirmation. These sessions are 1 hour in length.

Private Yoga How we posture ourselves physically is a reflection of our mental and emotional posture or attitude towards ourselves and life in general. Through the practice of Yoga, one can more easily find their center in which one experiences self confidence, empowerment and vitality. One’s uniqueness can blossom with a yoga practice designed specifically for their needs. Each client will receive a handout for a home practice that is suited to their lifestyle, diet, and personality. Practices that help to restore the body-mind to harmony include breath (for relaxation and stress reduction), simple movements and relaxation. These sessions are 1 hour in length.

Private Meditation Clients are guided to the still place within, where one finds joy, peace and abiding calm. Each practice is customized to the client’s lifestyle and personality. The mindfulness and self presence that is cultivated combined with regular practice helps one to dis-identify from destructive patterns and negative thinking and return one to their True Nature as Abiding Calm and Equanimity. These sessions can be ½ hour or 1 hour in length.

Holistic Lifestyle Coaching A combination of the aforementioned therapies is included with some basic elements of diet and exercise. At the end of the session each client receives a list of recommendations that will bring greater balance and harmony into their lives. These sessions are 1.5 hours in length.