

## **Yoga with Sara's Online Therapeutic Yoga Class**

**Tuesday Late Afternoons** 4:15-5:30pm HST; 6:15/7:15pm Pacific Time; 7:15/8:15pm Mountain; 8:15/9:15pm Central (4:15am Italia)!

Suggested Donations \$10-20 (Venmo, PayPal, check/cash)

You will need a Zoom account; yoga props (either store bought or from around your house); something to cover your eyes; and your favorite calming essential oil, if you would like. Consider where you will practice and ask your household to not disturb you during class; better yet: Ask them to join you!

### **About Sara**

Sara DiGrazia, RYT 200, C-IAYT, is a Therapeutic and Prenatal Yoga Instructor as well as a certified yoga therapist with the International Association of Yoga Therapists. She was raised in the Yoga School of Kailua, where the study of the eight limbs of yoga was as routine as sleeping and eating.

### **About Therapeutic Yoga**

Tuesday late afternoon Therapeutic Yoga class is meant for those who seek an extraordinarily gentle, grounding, and expansive Yoga practice. As students of this art form, you will be asked to find comfort with the use of Yoga props and the breath, in long held, low intensity yoga poses meant to help the practitioner discover deep release and relaxation. This Yoga is good for everyone, including those who are recovering from, or living with, injury (e.g., acute or chronic pain; strain or sprains; knee replacement), psychological discomfort (e.g., chronic worry, sadness), or illness (e.g., cancer; autoimmune diseases; neurological/neuromuscular issues); people that have found other forms of Yoga difficult to participate in; and for those looking for a true break from the busyness of modern life. This class is designed to become a key aspect in your self-care routine as you face the normal

stressors of living in this fast-paced world as well as the added strain that COVID and Climate Change have placed on us all.

### **A Word About Online Class**

Although being in person was a wonderful way to offer this yoga, the online experience has its advantages, the main one being you don't have to leave your house! As a part of this experience, Sara offers private in-person or telehealth classes to new students. This is meant to give you a genuine feel for the work and how you might maneuver the props to find maximum comfort and therefore optimal release. These privates are offered to students of the Tuesday late afternoon class *only* at a sliding fee from \$20-100.

Please call/text or email before attending class and/or to set up your one-on-one:

Sara 808 295 3525 or [yogapsyd@gmail.com](mailto:yogapsyd@gmail.com)

<https://www.iayt.org/members/?id=23392925>