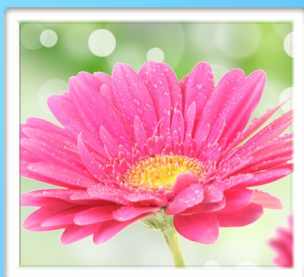


# Healing through Yoga

with Beth McCarthy, E-RYT 500  
Certified Yoga Therapist



Specializing in Back Health, Yoga  
for Cancer and Women's Health

*The body has intrinsic wisdom  
and the capacity to heal.*

~ Hippocrates

Are you living with pain, chronic health issues, an injury, disease, anxiety or stress? **Healing Through Yoga** can help you find a new level of freedom, vitality and health in your body, mind and life.

*After seeing several practitioners for my chronic low back pain with no lasting relief, I finally saw Beth for one-on-one Yoga Therapy. Within two weeks of seeing her and practicing the yoga routine she created, my pain diminished greatly. Beth's ability to analyze me structurally and customize a protocol specific to my needs has enabled me to live a much fuller life again. Thank you Beth!*

Edie Sucher, ND

## How Yoga Therapy Heals

- Targets areas of strain and injury
- Increases strength and range of motion
- Decreases stiffness, inflammation & pain
- Reduces stress and develops relaxation skills
- Improves psychological well being
- Calms, focuses, and clarifies the mind
- Enhances mind-body-breath awareness, crucial to the healing process
- Optimizes the functioning of all bodily systems
- Quickens the recovery process
- Develops skills for resiliency & self-care



*Beth McCarthy, E-RYT 500, is a certified Yoga Therapist with special training and interest in the areas of Structural Yoga Therapy, Yoga for Optimal Back Health, Emotional Freedom, Women's Health and Yoga for Cancer Survivors.*

*Beth has worked successfully with hundreds of clients with a wide variety of health issues creating targeted, individualized Yoga Therapy programs that rejuvenate and heal. Beth believes in working at an integrative level with her clients and their medical team to empower and optimize the healing process, and is deeply committed to helping clients find ways to live more comfortably and happily in their bodies and lives through Yoga.*

To learn more about private  
Yoga Therapy, classes and workshops,  
visit [healingthroughyoga.net](http://healingthroughyoga.net)  
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