WHOLESOME
YOGA THERAPY
& ACUPUNCTURE

Practice Reference Guide

Which is right for you?

***If you experience muscle tension, chronic stiffness, or movement restriction.**
Best options:
Individual Yoga Therapy & Pilates, Myofascial Release & MyoYin.
Best group classes:
Hatha Yoga for Joints & Bones, Fascia Flow & Stretch.

***If you have a health condition and are looking for a safe practice to strengthen the body and improve circulation or mobility.**
Best options:
Individual Yoga Therapy & Pilates, Myofascial Release & MyoYin.
Best group classes:
Fusion Flow, Hatha Yoga for Joints & Bones, Fascia Flow & Stretch.

***If you often experience back pain or have a chronic spinal condition and want to start or continue your yoga practice safely without worsening symptoms.**
Best options:
Individual Yoga Therapy & Pilates, Yogapuncture, Yogic Relaxation Therapy.
Best group classes:
Fusion Flow, Hatha Yoga for Joints & Bones.

***If you have a health condition and are looking for a safe practice to reduce symptoms of pain and inflammation.**
Best options:
Individual Yoga Therapy & Pilates, Myofascial Release & MyoYin, Auricular Acupuncture, Yogapuncture, Yogic Relaxation Therapy.
Best group classes:
Nervous System Reset, Hatha Yoga for Joints & Bones, Fascia Flow & Stretch.

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***If you feel mentally stressed, exhausted, or overwhelmed.**
Best options:
Individual Yoga Therapy, Aerial Yin & Restorative Yoga, Yogapuncture, Auricular Acupuncture, Yogic Relaxation Therapy.
Best group classes:
Nervous System Reset, Yin Yoga Therapy.

***If you want a practice that balances subtle energy and clear energy blockages, drawing heavily from the meridian and chakra systems.**
Best options: Auricular Acupuncture, Yogapuncture.
Best group classes: Fascia Flow & Stretch, Yin Yoga Therapy.

***If you need emotional support, are recovering from trauma, or crave a supportive self-care practice.**
Best options:
Individual Yoga Therapy, Yogic Relaxation Therapy, Auricular Acupuncture, Yogapuncture.
Best group classes:
Yin Yoga Therapy, Nervous System Reset.

***If you want a practice that focuses on physical well-being without the fuss.**
Best options: Individual Yoga Therapy & Pilates.
Best group classes: Hatha Yoga for Joints & Bones, Fusion Flow.

***If you want to improve sleep quality or reduce anxiety.**
Best options:
Individual Yoga Therapy, Yogic Relaxation Therapy, Auricular Acupuncture, Yogapuncture, Aerial Yin & Restorative Yoga.
Best group classes:
Nervous System Reset, Fascia Flow & Stretch, Yin Yoga Therapy.

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Which is right for you?

***If you want gentle but strengthening movement to improve overall well-being.**
Best options:
Individual Yoga Therapy & Pilates.
Best group classes:
Fusion Flow, Fascia Flow & Stretch, Hatha Yoga for Joints & Bones.

***If you have chronic pain or a joint condition and want to strengthen and move without risking injury.**
Best options: Individual Yoga Therapy & Pilates.
Best group classes: Fusion Flow, Hatha Yoga for Joints & Bones.

***If you enjoy yogic philosophy and theme-based classes.**
Best options:
Yogapuncture, Myofascial Release & MyoYin.
Best group classes:
Fascia Flow & Stretch, Nervous System Reset, Yin Yoga Therapy.

***If you need a calming practice to manage flare-ups, reduce pain intensity, and soothe the nervous system with less/minimal movement**.
Best options:
Yogic Relaxation Therapy, Individual Yoga Therapy, Yogapuncture, Auricular Acupuncture.
Best group classes: Nervous System Reset, Yin Yoga Therapy.

***If you want an energizing practice to boost focus, promote mental clarity, and improve mood.**
Best options:
Individual Yoga Therapy & Pilates, Myofascial Release & MyoYin, Yogapuncture, Auricular Acupuncture.
Best group classes: Fascia Flow & Stretch, Yin Yoga Therapy.

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***If you want a deeply introspective practice emphasizing stillness and inner healing.**
Best options:
Aerial Yin & Restorative Yoga, Yogic Relaxation Therapy, Yogapuncture, Auricular Acupuncture, Individual Yoga Therapy.
Best group classes:
Yin Yoga Therapy, Nervous System Reset.

***If you are experiencing life challenges, periods of uncertainty, or going through a difficult time, and need emotional support.**
Best options:
Aerial Yin & Restorative Yoga, Yogic Relaxation Therapy, Yogapuncture, Auricular Acupuncture, Individual Yoga Therapy.
Best group classes:
Yin Yoga Therapy, Nervous System Reset.

***If you have difficulty relaxing, experience stress-related tension, feel constantly on alert, or feel restless.**
Best options:
Aerial Yin & Restorative Yoga, Myofascial Release & MyoYin, Yogic Relaxation Therapy, Yogapuncture, Auricular Acupuncture, Individual Yoga Therapy.
Best group classes:
Yin Yoga Therapy, Nervous System Reset.

***If you are navigating addiction recovery and would like support with withdrawal symptoms and overall mental/emotional health.**
Best options:
Auricular Acupuncture, Yogic Relaxation Therapy, Yogapuncture.
Best group classes:
Yin Yoga Therapy, Nervous System Reset.

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***If you want to promote healing from the inside out, support detoxification and relieve symptoms of distant pain or stress.**
Best options:
Auricular Acupuncture, Yogapuncture.
Best group classes:
Yin Yoga Therapy, Nervous System Reset.

***If you want to address specific conditions related to neurology, gynecology, urology, dermatology, or psychiatry.**
Best options: Auricular Acupuncture, Yogapuncture.

***If you want to focus on women's health and need targeted support for your cycle, moods, symptoms, and different life stages.**
Best options:
Auricular Acupuncture, Yogapuncture, Individual Yoga Therapy & Pilates.

When choosing a class, it is essential to listen to your body and select an intensity that aligns with your personal goals, current fitness level, and energy needs.

Read the detailed descriptions (on yogatherapy.co.za) provided for each practice to help you make an informed choice.