



Circle Yoga Therapeutic Yoga Program

“Every Circle Yoga class I have taken has helped in my struggle to accept and persevere through recurrent episodes of depression and anxiety.” – Circle Yoga Therapeutic Yoga program student

photo by Judy Licht

About Circle Yoga

By offering a range of yoga classes and workshops to suit all ages, fitness levels, and other individual requirements, Circle Yoga, and our partner kids' yoga studio Budding Yogis, provide the mental and physical space we all need to slow down, catch our breath and enjoy the moment, as well as focus on our deepest commitments towards family and well-being. That's why at Circle Yoga, it's easy to *Be* here.

About the Circle Yoga Therapeutic Yoga Program

An increasing body of scientific research supports what yogis have known for several thousand years; namely, that the 8 limbs of yoga, including poses, breath and meditation have the potential to help people who are experiencing chronic pain, anxiety, stress, depression and addiction, as well as other physical and psychological issues.

The Therapeutic Yoga program at Circle Yoga was born out of the desire to bring the benefits of yoga to anyone experiencing challenges that make participation in a traditional yoga class difficult. We believe these time-honored practices have the potential to increase the effectiveness of other therapeutic interventions and improve the quality of our students' lives.

Working in partnership with the student, often in conjunction with their regular or alternative health practitioner, we create an individualized program of structured yoga poses to help students with specific physiological or psychological conditions. These tools help students regulate their symptoms, relax their bodies and improve their sense of well being.

Conditions Addressed

- Anxiety
- Arthritis
- ADHD
- Body part replacement
- Cancer survivors
- Chronic pain
- Depression
- Fibromyalgia
- Hypertension
- Insomnia
- Life traumas – bereavement, divorce, PTSD
- Panic attacks
- Stress

Benefits of Therapeutic Yoga

Physiological

- Increases strength, flexibility and stamina
- Releases physical tension, reducing muscle strain and chronic pain
- Lowers blood pressure
- Increases the “feel-good” hormones, oxytocin, prolactin and serotonin and reduces levels of the stress hormone, cortisol
- Stimulates vagus nerve activity, alleviating depression
- Regulates the fight/flight response thereby calming the nervous system

Psychological

- MRI studies indicate specific yoga practices actually shift blood to the left side of brain, balancing right/left brain activity and leading to improved emotional stability
- Safe, natural method of anxiety/stress-reduction
- Elevates mood and creates sense of well-being
- Develops greater self-awareness and self-acceptance

General

- Natural, drug-free
- Few, if any side-effects
- Provides proactive, empowering set of tools for self-management of physical and psychological symptoms
- Cultivates sense of balance in the face of life's challenges

How to Register

Therapeutic Yoga is typically one-on-one, although in some cases small group classes may be effective. Fees vary depending on number of students and length of session. For more information or to schedule an intake meeting, please call the studio at (202) 686-1104 or email info@circle yoga.com.



Circle Yoga
It's easy to Be here.

how to reach us

Circle Yoga & Budding Yogis
One block south of Chevy Chase Circle
3838 Northampton Street, NW
Washington, D.C. 20015
202.686.1104 • info@circle yoga.com
www.circle yoga.com



About Budding Yogis

At the Budding Yogis studio at Circle Yoga, kids can have fun, stretch, play, and relax. We currently offer classes in yoga for kids of all ages and abilities, as well as special classes that allow family members to practice yoga together. For some kids, the yoga studio may be the only non-competitive activity that they engage in all week making Budding Yogis a respite where they can develop to their fullest physical and mental health and well-being. That's why at Budding Yogis and Circle Yoga, it's easy to Be here.

About the Budding Yogis Therapeutic Yoga Program

Developed by Budding Yogis' founder Annie Mahon and Karen Soltes, M.S.W., a licensed clinical social worker, therapist and certified yoga teacher, the Budding Yogis Therapeutic Yoga program has been created to help children who are experiencing a variety of developmental, physical and psychological issues, including attention deficit, anxiety, depression and fine or gross motor coordination.

Working on a one-to-one or small group basis, often in partnership with the child's regular therapist, the Budding Yogis Therapeutic Yoga program provides children with a fun and relaxing set of yoga poses, breathing exercises and meditation practices, which they can use at home or in class to manage their symptoms, regulate their behavior and discover the joy that comes from learning to relax, breathe and just be.

Conditions Addressed

- ADD
- Anxiety
- Autism
- Asperger's Syndrome
- Depression
- Developmental Delays
- Insomnia
- Self-calming
- Self-regulations

Benefits of Therapeutic Yoga

Physiological

- Increases strength, flexibility and stamina
- Releases physical tension
- Increases "feel-good" hormones, oxytocin, prolactin and serotonin

Physiological (continued)

- Regulates energy levels
- Helps child focus their attention
- Stimulates language development
- Provides opportunity for improving social skills
- Teaches kids how to calm themselves
- Provides opportunity for physical activity in safe, non-competitive setting

Psychological

- Safe, natural method of anxiety/stress-reduction
- Balances left/right brain function leading to greater emotional stability and improved learning potential
- Helps children face challenges calmly
- Elevates mood and creates sense of well-being
- Develops greater self awareness leading to improved regulation of thoughts and feelings
- Improves self-esteem

General

- Natural, drug-free
- Few, if any side-effects
- Provides proactive, empowering set of tools for self-management of physical and psychological symptoms
- Fun!

How to Register

Therapeutic Yoga is typically one-on-one, although in some cases small group classes may be effective. Fees vary depending on number of students and length of session. For more information or to schedule an intake meeting, please call the studio at (202) 686-1104 or email info@buddingyogis.com.



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Therapeutic Yoga Program

"In addition to being fun, Budding Yogis' program has enabled my son to learn relaxation techniques which he has been able to carry over into everyday life. I would wholeheartedly recommend the program." – Parent of a student in the Budding Yogis Therapeutic Yoga program



photo by Judy Licht