

PIES FITNESS YOGA STUDIO

HOLISTIC WELLNESS SERVICES

HOLISTIC YOGA THERAPY

Holistic Yoga Therapy (HYT) empowers clients to take an active role in their health and wellness. Clients are compassionately guided to explore their life from a holistic perspective and apply the knowledge gained to improve their health and quality of life. Emphasis is placed on balancing the physical, intellectual, emotional and spiritual pieces. The ancient practices and teachings of yoga are applied to support each client's goals, needs, and learning styles.

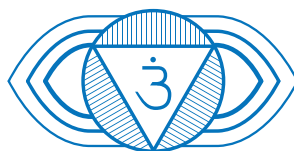
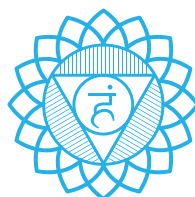
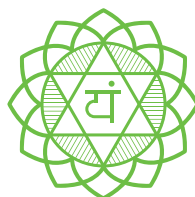
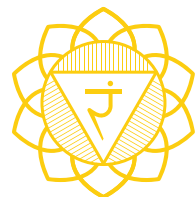
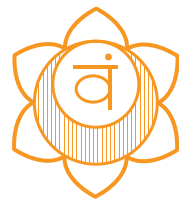
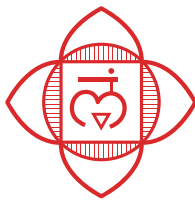
For those living with ongoing health concerns or rehabilitating from an injury, HYT's combination of breath work, guided meditation, self-examination, and physical postures can enhance physical and mental well-being by re-balancing the body's glandular, nervous, and energetic response to stressors. Additionally, Special Needs clients with physical, sensory, cognitive, intellectual or mental impairments experience increased self-regulation and self-soothing skills by learning breath work and relaxation techniques. The physical practice of yoga postures, or asanas, increases motor skills and body awareness which promotes greater communication and social skills.

LIFESTYLE COACHING

Manage the challenges of everyday life through lifestyle coaching based upon the foundation of Holistic Yoga Therapy. The teachings of yoga contain many tools to open new thought processes that can greatly improve life balance and success at work and home. Many have learned to tap into their inner strength and overcome self-defeating challenges, maximize talents, and compensate for deficiencies. Clients work in partnership with the therapist to find the most effective strategies to identify and attain their individual goals in their work and home life.

MASSAGE THERAPY

Whether seeking to relieve pain, rehabilitate injuries, reduce stress, promote relaxation, or reduce anxiety and depression our intuitive and skilled massage therapist can help. Manual manipulation via fingers, hands, forearms, and elbows is applied to the body's soft tissues to promote increased circulation stimulating a variety of health benefits for the whole person. Together the therapist and client choose from pre-natal, deep tissue, therapeutic, or Swedish massage techniques to meet the individual needs.



THERAPEUTIC ART

When facing challenges in life it can be difficult to get out of our own way. This is especially true for those who are prone to over-thinking and doing things in methodical, orderly ways. Therapeutic Art employs creative exercises to help activate the right-brain and access inner wisdom and intuition. It is also a fantastic way to give the left-brain a break to help reduce stress and anxiety. No prior art experience is necessary, just an openness to visual expression. Clients may learn zendoodling, mandalas, vision boards, and much more depending upon the established goals.

ENERGY HEALING

Many different modalities can be used to shift the subtle energy of the body, improving the physical, intellectual, emotional, and spiritual layers of wellness. They are all built upon the premise that there is a life force energy, sometimes called prana or qi (chi, ki), that can become blocked or flow too freely. These energetic imbalances can manifest into dis-ease, illness, stress or anxiety. At PIES we have specialists in Reiki and Chakra Wisdom Healing to guide you towards a more balanced energetic state.

Reiki

This safe, natural complementary healing modality treats the whole person to invite feelings of peace, security, and wellbeing which can relieve symptoms, side-effects, and promote recovery. The practitioner becomes a conduit for Universal Life Force Energy and channels it into the client with an intention to bring about healing for the highest and best good of the client. Some may feel this energy in the form of heat, cold, or tingles as the practitioner places hands above or gently on the client to direct the energy. The sessions can be boosted with the healing power of crystals and/or essential oils as well.

Chakra Wisdom Healing

Chakras are "wheels" of energy along the spinal column where the subtle energies of the body gather. There are seven main chakras, each associated with various organs, psychology and developmental stages. When the chakras are out of balance physical, mental, and emotional issues can manifest. Clients collaborate with the healer to develop a personalized plan to bring more balance to the chakras utilizing the most effective tools for their lifestyle and goals, including reiki, yoga postures, meditations, colors, sounds, foods, essential oils, crystals, and more.

Trade Center • 374 S Pickett St
Valley Forge • 33 S Pickett St
Alexandria, VA 22304



PiesFitnessYoga.com
703.887.9574
piesfitness@aol.com