

Orthopedic Yoga Therapy

A 6 Week Course Presented in Conjunction with Sanctuary Studios

**Happening here at Wellspring Chiropractic,
Starting Wednesday, October 7th**



What is Orthopedic Yoga Therapy?

Orthopedic Yoga Therapy is an advanced treatment protocol registered with the Yoga Alliance and the International Association of Yoga Therapists. It is a comprehensive approach to treatment combining movement, manual and neurological techniques. During this 6 week course you will have the opportunity to receive treatment for common clinical patterns such as low back pain, plantar fasciitis, anxiety and stress disorders, meniscus and ligament issues of the knee, stenosis, scoliosis, neck issues ranging from forward head posture to "reverse curves" of the cervical spine, bursitis, depression, bi-polar disease, tendonitis, rotator cuff issues and many, many others. Your treatment protocol will be specifically designed for you, your unique body, and your specific goals. This treatment will include an after-care program consisting of a mini therapeutic yoga class tailored specifically for you that you will be taught to do in your home, on your schedule that is between 10 minutes and 1 hour long depending on your situation.

What can I expect from a session?

In each session you will receive a comprehensive treatment approach incorporating individual, hands on treatment to mobilize and differentiate stuck tissue, movement techniques for strengthening weak tissue, and neurological techniques to awaken off-line tissue and integrate mind and body.

Who is in charge?

Michelle Fleming, Yoga Therapist, ERYT-500, Board Certified Structural Integrator, Founder of Orthopedic Yoga Therapy and owner of Sanctuary Studios in Downtown Plymouth. Michelle found yoga and it saved her life. she stumbled into an Astanga class one afternoon and found the first thing that made her back pain, as well as her anxiety begin to dissipate. After tearing a ligament in her knee during class, she began to delve deeply into the anatomy behind the poses in an effort to find a safe and effective practice that retained the exhilarating flow she loved so much. These days she is blessed to train teachers and students to find a fluid pattern of movement that nourishes the joints while intelligently stretching the tissue and quieting the mind. She is the founder of Orthopedic Yoga Therapy, Transformational Yoga Therapeutics and Intelligent Asana. She is the owner of Sanctuary Wellness Studios and the director of Equilibrium, a non-profit dedicated to bringing breath, movement and holistic education to young people living with anxiety and mood disorders. After living and learning all over the country, she now teaches internationally combining yoga, fascial-release and neurological techniques to students of all ages and abilities at venues ranging from John's Hopkins Medical School to Elementary Schools.

Thadd Dudrey has been a structural body worker and massage therapist for over 15 years. He is an Advanced Board Certified Structural Integrator with both the Guild and the Kinesis Program with Tom Myers. He is also trained in visceral manipulation, neurological manipulation, functional neurology, Spinal Reflex Analysis, joint mobilization, CranioSacral Therapy and advanced massage therapy. He is a Z-Health practitioner, a certified Anatomy Trains teacher, an instructor of the Franklin Method, a senior faculty member of Massage Therapy of Colorado where he teaches advanced studies, and is the developer of the Muscular Re-Facilitation protocol. He is the head of the anatomy department for Orthopedic Yoga Therapy.