



KUSHALA KELLY SHARP

Certified Svaroopa® Yoga Teacher
Yoga Therapist

Kushala was certified as a *Svaroopa*® yoga teacher in October 2003, and has been teaching yoga ever since. Additional certifications include Embodiment® Therapist and Vichara Therapist, which are yoga therapy modalities. Kushala has received specialized training as a Yoga Therapist, Meditation Teacher, ½ day Workshop Teacher, Leading Teacher, Online Therapeutics and YogaBody Classroom Therapeutics Teacher, resulting in over 1700 hours of training.



Yoga with Kushala

KUSHALA KELLY SHARP
CERTIFIED SVAROOPA® YOGA
TEACHER, YOGA THERAPIST



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YOGA THERAPY



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TYPES OF YOGA THERAPY

Yoga Poses

In this therapeutic application of asana, you are supported, aligned and adjusted in yoga poses to achieve maximum change. Longer time in the poses and in between the poses create a deeply restful state that optimizes your natural healing capacity. Your yoga therapy session is equivalent to 6-7 yoga classes.

Consider a yoga therapy session if you have an injury, a diagnosis, chronic pain, or if you feel like you have tried it all to no avail. Yoga therapy will change that, and you.

Embodiment®

Hands-on healing that releases core tensions in your body while you rest in Shavasana. Your embodiment® session is equivalent to 5-6 yoga classes.

Consider an Embodiment® session to help with aches and pains, to address an injury, to get additional support through a tough time, or to provide a deeper yoga experience.

Vichara

A form of guided self-inquiry, vichara is talking, rather than hands on. Sessions can take place over the phone, on zoom or in person. It is yoga therapy for your mind.

Consider a Vichara session to gain clarity or insight into a challenging situation or relationship, to overcome behavior or thought patterns that do not serve you, and to get more mastery over your mind.

Pose Instruction

Work one on one on poses for your home practice, or to target specific issues. You may want to consider pose instruction if you are a new student and want to get more familiar with the poses, or you are an experienced student wanting to take your practice deeper.

Yoga therapy sessions are an excellent way to deal with specific issues. I had both sciatica and carpal tunnel. With yoga therapy, I was able to heal both. No surgery!

– Diane H

Pricing

\$95 ~ 1 session

\$425 ~ 5 sessions

\$750 ~ 10 sessions

Sessions in your home

+\$10 min

Introductory Package

4 sessions in 4 weeks ~ \$300*

May be applied to any modality

*Offer good for one package per modality per person

Each yoga therapy session is tailored to your specific needs. Therapeutic protocols provide internal decompression. You will notice a difference after your first session.

Looking to turbo charge your healing? Ask about special packages that offer the fastest results.

The sessions are a powerful way to ease your pain & find peace within. It's like yoga concentrate. You get the benefits of several yoga classes, in an hour session.

- Chelsea K.