

Got Pain?

Do you believe that...

being in pain is a part of getting older?

pain is just something you have to live with?

there is no solution for your pain?

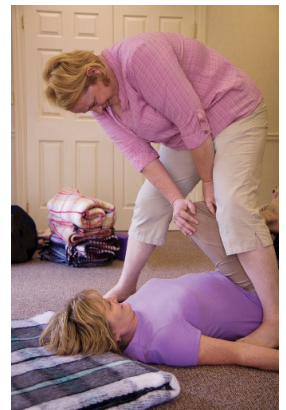
Try Yoga Therapy



A therapeutic application of yoga, you are supported and adjusted in every pose. Longer pose holds and spaces in between poses create a deep healing environment. Do you feel like you've tried everything else? It's time to give yoga therapy a try – you won't regret it!

Introductory Offer

5 yoga therapy sessions ~ \$375



Kelly Sharp, Certified Svaroopa® Yoga Teacher

Kelly found *Svaroopa*® Yoga shortly after her move to the beach in 1999. The changes in her body were profound within the first few classes. More significant however, were the changes in her mind. After two years of taking classes regularly, Kelly entered *Svaroopa*® Yoga teacher training. She completed the initial 500 hours of teacher training in October 2003, and has been teaching yoga ever since. Kelly has achieved certifications as an Embodiment® Therapist and a Vichara Therapist – healing modalities that are offered in private yoga therapy sessions – as well as a Meditation Teacher, ½ day Workshop Teacher and a Leading Teacher, resulting in over 1000 hours of training.



Contact Kelly to schedule your sessions ~ 302.228.0098 ~ Kelly@rebothbeachyoga.com