



PHOENIX RISING YOGA THERAPY

**Guided Yoga Using
Assisted Yoga Poses
and Breath Work**



Benefits

- Deep Relaxation
- Stress Reduction
- Mental Clarity
- Self-Empowerment
- Self Trust
- Flexibility / Stretching
- Pain Relief
- Breath Awareness
- Fear Management
- Emotional Healing
- Personal Growth
- Body Awareness

**Suitable for All Ages and Abilities
Session Modified for Your Body
No Yoga Experience Required**

Phoenix Rising is something I urge you all to do for yourselves...really for your souls. It was one-on-one with John helping me hold the poses. I became conscious about what was coming up for me and what I needed to let up and out. It was healing and I loved it. - TL

**For more information or
to schedule a session**

Call (561) 633-9557

john@boyntonyogawellness.com

John Ingraham PRYT, C-IAYT, RYT

John has nearly 20 years experience offering Phoenix Rising Yoga Therapy and yoga classes in the US and Europe. He is certified with the Phoenix Rising Center and the International Association of Yoga Therapists (IAYT). John is also a certified Kripalu Yoga instructor.



Boynton Yoga Wellness

**Trillium Medical Center
7545 W. Boynton Beach Blvd #102
Boynton Beach, FL 33437**

Located on the corner of Hagen Ranch Road and West Boynton Beach Blvd. Behind the offices of Bentin Chiropractic Wellness Center and next to SunTrust Bank.

BOYNTONYOGAWELLNESS.COM