



Movement Together Recovery for All

INPATIENT YOGA SERVICES

Our classes are based in trauma-informed therapy, which allows clients to feel safe to explore their bodies and explore their mind-body connection. Our classes use a variety of psychoeducation including mindfulness, polyvagal theory, and existential therapies to help clients build resilience, emotional regulation, and inspire meaningful lives. Our classes are designed to be accessible for all while still challenging clients to reach their full potential. Classes also help develop social engagement through safety, community, and common goals.

Current Offerings

- In-Patient Mindful Movement
- Deep Relaxation
- Breathing Techniques
- Mindfulness Education
- Meditation Practice



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Learn More and Schedule a Workshops Today!

Movement Together Recovery for All



Each class consists of one hour of yoga movements designed to be inclusive and challenging for all levels. Clients will receive the benefits of physical exercise, dynamic stretching, mindfulness, and community experience. Each class is specifically themed to support, inspire change, and motivate action for clients struggling with Substance Use Disorder, Generalized Anxiety, and Depression.

We arrive a half hour before each class to set up a comfortable space for the clients. Clients are welcome to come during that time. We use this time to build rapport, set class expectations, and tend to individual needs. Each class has physical movement, mindfulness education, and deep relaxation. After each class, we stay and talk to clients about their experiences, encouraging safe sharing and takeaway.

In our time helping clients we have seen tremendous success. We have had clients attend sixty days of yoga in ninety days of treatment, and the transformation is absolutely inspiring. Not only the physical transformation, also the improvement in emotional regulation, mental clarity, and focus through the daily practices based in clinical therapy and spirituality.

Ignited Soul yoga is based in accessibility, mindfulness, and clinical therapy. Each class is a small window into possibilities of yoga, encouraging clients to seek outside services to support their recovery. Each class has various modifications presented for a range of body types and mobility. Each class is a curated mindfulness exercise, challenging clients to link movements with their breath and maintain focus. Alongside traditional yoga principles, each class uses informed clinical perspectives from Daniel Siegel, Rick Hanson and Bessel Van der Kolk to enhance the clients understanding of the practice.

If you believe your facility could use these services for your clients, we would love to hear from you! We have many options available, which are flexible and affordable. We also offer single classes and workshops - we are happy to fit the needs of your facility. Workshops can range in education, movements, and relaxation, meeting unique client needs. We provide dependable professional service for facilities looking to broaden their range of services. Many of us are out here trying to make Recovery possible for more, and if we all work together, we can find **Recovery for All!**



Class and Workshop Pricing

We provide In-Patient services for facilities, which can be booked as a non-recurring class or workshop or recurring class or workshop. Our service include teacher for two hours, a half hour before class start time and a half hour after. We encourage facility to provide and maintain equipment. We are happy to provide equipment for an additional charge.

In-Patient Host Provides Space and Equipment

Single Classes

\$100

Recurring Rate

\$75

**Tryptic Workshop
(Three Classes)**

\$275

Recurring Rate

\$225

**Weekly Workshop
(Five Classes)**

\$500

Recurring Rate

\$350

In-Patient Host Provides Space

Single Classes

\$150

Recurring Rate

\$100

**Tryptic Workshop
(Three Classes)**

\$375

Recurring Rate

\$300

**Weekly Workshop
(Five Classes)**

\$600

Recurring Rate

\$425

Ignited Soul Provides Space and Equipment

All classes and Workshops provided outside of a facility must have a service agreement two weeks before proposed class date. Prices vary depending on the number of clients, equipment needs, length of class and reoccurrence.

Transportation is not provided for clients.