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**Local Yoga Therapist Renews Certification to Continue in Specialized Field of Pain Reduction**

**Littleton, NH., April 2, 2020/PRNewswire/- -Restorative Health Therapies, LLC** (located in the Tannery Marketplace), announces today that its founder, Meggen Wright, successfully renewed her certification as one of only 25 registered and certified Yoga Therapists in the state of New Hampshire through the International Association of Yoga Therapists (IAYT).

Restorative Health Therapies, LLC, focuses its business on supporting aging community members who must deal with a wide range of health concerns and challenges. This support is achieved by offering small, gentle, yoga-based classes and private therapy programs to help balance clients’ body, mind and spirit. Two of the key components provided in all classes are building important body awareness and developing mindfulness skills that allow people to proactively reduce or prevent pain and decrease their chances of injury.

Wright emphasizes that yoga therapy is accessible to people in any state of health or disease, and it is a recognized and respected adjunct to traditional healthcare. "People misunderstand,” she says. “They think you have to be flexible and very healthy to do yoga therapy, and this isn’t the case at all. I have long-standing working relationships with clients who have muscular sclerosis, neuropathy, cancer, Parkinson’s disease, COPD, full joint replacements, chronic pain, and more. They return because classes help them feel more supple, strong, stable and vibrant. Additionally, we build a supportive community within our classes, which people really appreciate. “

Wright’s additional focus in the North Country is the work she does with community health care providers, both traditional and holistic. This kind of sharing between disciplines provides more options for long-lasting relief and improved health to patients and clients.

As an acknowledged holistic health care professional in the Littleton community, Wright has presented   
educational workshops at the New Hampshire American Physical Therapy Association conference (2019), the Littleton Regional Hospital Women’s Health Conference (2018 and 2019), and has taught over 600 small classes and private therapy sessions from Washington, D.C. to Maine.

The IAYT accrediting organization was founded over 30 years ago, Wright explains, and has “consistently championed yoga as a healing art and science.  Membership is open to yoga practitioners, yoga teachers, yoga therapists, health care practitioners who use yoga in their practice, and yoga researchers worldwide.” As of early 2020, there are over 5000 individual members from over 50 countries, and 50 IAYT accredited yoga therapy training programs worldwide.

Meggen Wright is a member of the Littleton NH area chamber of commerce, the recipient of the 2018 WREN entrepreneur-of-the-year award, and an active volunteer in the community.

A girl posing for a picture

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Photo caption: Meggen Wright, Founder of Restorative Health Therapies, LLC

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