

# UpDog Yoga Therapy

with Tracy Flynn

*Certified Yoga Therapist (C-IAYT) and  
Advanced Yoga Teacher (E-RYT 500)*



**What is Yoga Therapy?** Yoga Therapy is a one-on-one approach that employs yoga techniques to improve health and well being. It involves the adaptation of Yoga practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality and improve attitude.

**What to Expect** Sessions are one-on-one and tailored to your conditions, limitations and interests. During your first session you will explain the history of your conditions and your health goals and answer a few questions. Tracy will then lead you through a practice to address your specific needs in a way that is relevant and comfortable to you.

**What Conditions Can Yoga Therapy Help With** Yoga Therapy can help reduce pain and promote healing for structural conditions, like low back pain, physiological conditions, such as breathing problems, and psycho-emotional conditions, like anxiety.

**What is the Cost?** A session is one hour for \$80.  
4 sessions \$300 (\$75 per hour, good for 4 months)  
8 sessions \$560 (\$70 per hour, good for 8 months)

**To Make an Appointment** Contact Tracy Flynn directly to schedule your Yoga Therapy appointment or find out if Yoga Therapy is right for you. Please call 248-334-7381 or email [tracyflynn@hotmail.com](mailto:tracyflynn@hotmail.com).

**More about Tracy Flynn** One of UpDog's very first yoga instructors, Tracy has been teaching yoga full time for 20 years and became a Yoga Therapist in 2011. For the last three years she has worked as the Yoga Therapist at the Institute of Neuromuscular Medicine in Detroit.

To learn more about Tracy Flynn and Yoga Therapy visit: [TracyFlynnYoga.com](http://TracyFlynnYoga.com)



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Named 2017 "Best Yoga Studio In Metro-Detroit" by WDIV [ClickOnDetroit.com](http://ClickOnDetroit.com)