

# Mayama

## Yoga & Energy Based Healing



### About Me

Since opening Resting Frog Yoga Studio in 2000, I have continued to explore and develop my own living yoga practice. To me, yoga is about opening to the consciousness of the world, living each day in fullness and abundance and enjoying deep inner peace.

I am excited to expand my practice at Resting Frog Yoga Studio to include individualized sessions of Energy Based Healing.

### Individual Sessions

In a one-on-one session, I bring my understanding and practice of yoga together with the healing arts to help you explore your wholeness. Depending on your needs or preferences, a session may include breath work, movement therapy, visualization or healing energy work such as reiki, therapeutic touch or reflexology.



### Is this right for me?

Each session is based on your own experiences and needs. You may benefit if you are living with an injury or chronic pain, experience stress or anxiety, desire deep relaxation or simply seek a life of inner peace and happiness.

### How can I book a session?

Phone: (807)346-7662

Email: [restingfrog@gmail.com](mailto:restingfrog@gmail.com)

\$65 per session

**Ruttan Block**  
4A South Court Street  
Suite 18, upstairs

**Resting Frog**  
YOGA STUDIO

[www.restingfrogyoga.com](http://www.restingfrogyoga.com)