



**INTEGRATED**  
**THERAPEUTIC YOGA**  
DISCOVERING EMOTIONAL FREEDOM

# REACH

your potential

Integrated Therapeutic Yoga (ITY) is a 12-week yoga centered therapeutic group incorporating yoga into traditional group therapy to explore the connection between emotional, physical, and spiritual self. ITY is designed to help free you from emotional distress and excessive worry by learning how to apply therapeutic techniques to actual life experiences, thus enhance relationships with self and others.

Benefits include,

- |   |   |
|---|---|
|  Stress Relief           |  Self-Fulfillment                |
|  Improved Mood           |  Increase Strength & Flexibility |
|  Energy Boost            |  Decrease Aches & Pains          |
|  Increased Concentration |  Tension Relief                  |

Join us, and beginning your journey to discovering emotional freedom!

\*No previous yoga experience necessary

## REGISTRATION IS OPEN!

12-week program

### Goodbye Blue Moods:

September 24<sup>th</sup> thru December 19<sup>th</sup>

Thursday's 8:00-10:00 am

### Calming the Anxious Mind:

September 24<sup>th</sup> thru December 19<sup>th</sup>

Thursday's 8:00-10:00 am

Cost: \$50.00 Per Session

10% discount if paid in full by 09/24<sup>th</sup>

Location, CITYOGA: 2445 N. Central Ave.

Indianapolis, IN. 46208

For more information please contact,

Modern Day Therapy @ (317) 908-6063 or email

ITY@moderndaytherapy.com

Program Sponsored By:



**Modern Day**  
Therapy

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