



SIMPLY GROUNDED YOGA/PILATES

Yoga Therapy in Clinical settings provide a safe space for Individuals to be able to work through their own internal material. Whether it is Trauma, depression, anxiety or whatever may be coming up for them. I have a few places listed below where I provide such services. (click on the picture to learn more)

To book my services please reach out to me at (978)868-4546 or email me at simplygroundedyp@gmail.com

“Pain is inevitable, suffering is optional”

