

Karen Lee: Your Personal Yoga Therapist

The reality is that everything is constantly changing. We are constantly changing. The question is which direction do you want to go? — Karen Lee

As a registered yoga therapist, I help my students develop a sense of personal power to transform, heal, sustain health, and grow.

Viniyoga in the lineage of Sri T. Krishnamacharya helped me heal from a cluster of major health issues and inspired me to devote my life's work to the work of yoga therapy. I believe that part of the effectiveness of this method is the education and empowerment of students to practice yoga on their own to effect deeply personal healing.

I've been studying and practicing Viniyoga since 1994, and have studied extensively with Gary Kraftsow of the American Viniyoga Institute (AVI). I'm an AVI Certified Yoga Teacher at the 500-hour level and an AVI Certified Yoga Therapist.

In addition, I hold a Master of Arts degree in Teaching from Rhode Island School of Design. I strive as an educator to match my teaching style to my student's learning style, assuring their understanding and integration of the subject matter.

Here's what some of my students say about their Personal Viniyoga experience:

I have found my experience to be transformative. In addition to increasing my strength and flexibility, the practice has significantly increased my ability to focus and to relax. I feel much more "centered." I have found Karen to be a creative and inventive teacher. —Jack

My sessions with Karen help me stay on track with my fitness goals, both by providing a great workout and encouraging healthy habits. —Kim

Karen incorporated affirmations I'd written into a morning practice designed to correct asymmetries in my hips and help me start the day with greater focus & concentration. I really appreciate the way my Personal Viniyoga practice anchors my day. —Aggie

Breathing Time Yoga

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Near the East Side of Providence across the street from the new Gold's Gym

Viniyoga Personal Yoga with Karen Lee



Breathing Time Yoga

Holistic wellness
through yoga

Why Do Personal Viniyoga?

While group yoga classes and DVDs provide benefits to students, yoga's full transformative potential is most fully experienced in the context of a Personal Viniyoga practice. Personal Viniyoga offers the guidance you need to establish a regular, personalized home yoga practice with appropriate materials to guide you.

Students begin a Personal Viniyoga practice to address individual needs:

Physical Ease

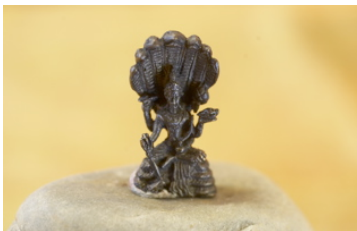
- Alleviate aches and pains
- Relieve back pain
- Improve range of movement
- Balance flexibility with strength
- Increase endurance

Improved Health

- Manage chronic health conditions
- Slow down disease progression
- Address stress-related health conditions

Emotional Well Being

- Reduce stress and anxiety
- Lift depression
- Ease PTSD
- Naturally treat insomnia
- Develop equanimity



Viniyoga

Personal Yoga

with Karen Lee

What is Viniyoga?

Viniyoga is yoga that addresses individual needs and differences. Viniyoga lets you start where you are and takes you in a direction you want to go with a personal home yoga practice specifically designed to meet your unique physical, mental, emotional, and spiritual needs, as well as your personality and goals. In a word, Viniyoga is transformative.

The spirit of Viniyoga is starting from where one finds oneself. As everybody is different and changes from time to time, there can be no common starting point, and ready-made answers are useless. —TKV Desikachar

What are Personal Viniyoga practices like?

Therapeutic: Address your unique physical and emotional health concerns with a practice targeted to your needs.

Athletic: Challenge your body and invigorate your spirit with a practice that constantly adapts as you advance.

Restorative: Reduce stress and find a refuge in your practice, protecting against burn-out and stress-related illness.

Spiritual: If desired, your practice can integrate personally meaningful ritual and spiritual elements that come from you.

How does Personal Viniyoga Work?

I guide you through the process of developing a personal home practice by learning your goals and assessing your physical structure, personality type, learning style, and emotional state. Infusing this information into your home practice, I then create a unique yoga experience designed especially for you.

When we meet, I balance instruction with demonstration, guiding you in your practice. Through observations and dialogue, I guide you through the techniques most useful for your condition, needs, and interests. Each session builds upon the last and upon your home practice, creating a dynamic personal blueprint for wellbeing.

