

What is the Minded Institute?

The Minded Institute is a world-leader in Mind-Body interventions for physical and psychological health.

We offer various courses for people suffering from different conditions, see individual clients, offer professional training all over the world and conduct research. Our graduate therapists are located throughout the UK and Europe, possessing cutting edge training to work with personalized needs in an evidence based and compassionate way.

All of our work combined medical knowledge, neuroscientific understanding, mindfulness, yoga therapy, and psychotherapeutic support. For more information please visit:

www.themindedinsitute.com

Clinic Location...

MAP?

Yoga Therapy Low Cost Clinic



We are committed to research and innovation, growth and awareness, education and healing. Please contact us to find out how you can join us in our work and our vision.

The Minded Institute Clinic - Stratford

UK telephone 1: +44 (0)7988 821323

UK telephone 2: +44 (0)7910 229164

email: email@themindedinstitute.com

www.themindedinstitute.com



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Intergrative well-being treatment for mental & physical conditions

What is Yoga Therapy?

Yoga therapy is the therapeutic use of yoga for health conditions. It involves customising yoga practices by an experienced therapist based on your individual needs.



Therapeutic yoga is increasingly being used alongside medical practice as a healthy way to enhance well-being, improve quality of life, and help treat symptoms of various mental and physical ailments.

As a comprehensive and multi-tiered practice it can treat a host of conditions in unique and personalized ways making it a favourite in integrative medicine. World-wide the use of yoga is growing because of its enormous health benefits, now you can access these benefits at a highly reduced rate!

Conditions in which yoga therapy is relevant in the treatment of are:

- **Mental health conditions** (depression, anxiety, eating disorder, PTSD)
- **Musculoskeletal issues** (low-back pain and various others)
- **Diabetes type II**
- **High blood pressure**
- **Neurodegenerative disorders**
- **Complementary care in cancer (not as a treatment)**
- **Women's health conditions**
- **Obesity**
- **Arthritis**
- **Auto-immune disorders**
- **Respiratory disorders**
- **Improvement in general strength, flexibility, focus, and self-care**
- **Prenatal (pregnancy yoga) and post-natal well-being**



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The Practice of Yoga Therapy includes:

- **Gentle yoga postures that enhance flexibility and strength, and improve anatomical misalignment, - so its great for all kinds of musculoskeletal issues!**
- **Breathing practices that help to reduce stress and improve mood by working directly with the nervous system.**
- **Meditation practices to support focus, deep relaxation, and better self-awareness giving you a sense of ease and peace as well as a greater sense of control over**

Please note yoga therapy is not able to diagnosis conditions, you most refer to your GP for such assessments.

What happens at the clinic?

Once you contact us, we will send you an application form to assess your individual needs and then you will be booked for a private consultation at our clinic.

When you arrive at the clinic your yoga therapist will discuss your treatment plan, teach you relevant yoga practices, and offer a home prescription.

Future sessions will include review of your practice and involve the development of a long-term comprehensive yoga therapy treatment plan to help you in the process of healing and well-being.

Rate: **15 pounds**
Session length: **45 pounds**
Location: **E15 in Stratford**
Website: **www.themindedinstitute.com**
Contact: **email@themindedinstitute.com**
Phone number: **0798821323, 07910229164**

About the Therapists

Heather Mason

Founder

Heather Mason is the founder of the Minded Institute. She is a yoga therapist and senior yoga teacher with graduate degrees in Medical Physiology, Psychotherapy,



Buddhist studies and a background in Neuroscience. Heather lectures and treats clients around the world, is the senior lecturer on the Minded 500 diploma, creates programs at medical schools regarding the use of mind-body therapy and lobby's for yoga's inclusion in healthcare.

She is also a mindfulness teacher and specialises in treating mental health issue, respiratory, and cardiovascular issues.

Raquel Chinchetru

Senior Therapist

Raquel Chinchetru is senior yoga therapist a qualified with both the yoga biomedical trust and the Minded Institute.



She also trained with Mukanda Stiles in Yoga and Ayurveda, Well-Woman Yoga with Francoise Freedman, Pregnancy and Postnatal yoga with Uma Dinsmore -Tuli, and Yoga for Post-Traumatic Stress Disorder with the Boston Trauma Center.

Raquel also holds a degree in Psychology, a MSc in Human Resources and a MSc in Health Psychology from the University of Westminster. Raquel has recently finished a degree in Fine Art. Her work is a fusion of years of structured practice punctuated with unique creativity and compassion.

More information available at: www.themindedinstitute.com