

**Do You Have Chronic Pain? Depression? Anxiety? Any Disease Or Imbalance?**

**Therapeutic Wellness Sessions may be the answer you have been searching for!**



Sessions with Kat can manage and many times, heal symptoms and root causes with simple practices and techniques, both Eastern and Western. Deep breathing methods, meditation, movements and actions are applied to manage any condition.

With a Master's Degree in Psychology and a special Certification in yoga therapy, Kat is able to determine where you are in your healing journey, meet you there and design a practice specifically for you. Kat has been teaching and serving in Orange County since 2006.

Private sessions as well as group or small group sessions (small group: with same condition/imbalance only) Available now!

\*Where: WildSide Yoga: 18071 Magnolia St., Fountain Valley, CA. 92708

\*OR: Jazzercise in Westminster: 6172 Garden Grove Blvd. Westminster, CA. 92683

\* OR: (Private and small group only) The Center for Integrative Health and Healing of Seal Beach: 13001 Seal Beach Blvd. Ste 360, Seal Beach, CA 90740

\*Cost: Group classes only: General therapeutic movement- Mondays 12pm, (WildSide Yoga) or: Mondays 7:30pm (Jazzercise) or: Tuesdays 10:15am (Jazzercise) **\$12 per person, cash only please**  
Private Sessions: \$115 (Packages & Gift Certificates available) Small Group Sessions: \$125

Ask about our **Wednesday Night Meditation class** (Donation only) **returning soon!**

**BENEFITS OF THIS HEALING MODALITY INCLUDE:**

**Relief from chronic back or joint pain.**

**Relief from stress, depression and anxiety.**

**Calm nervous system for overall wellness.**

Please "Like" us on FB to **follow the schedule: West Coast Yoga and Sports Therapy**

**Contact Kat to schedule your session today.**

**Kat Tillinghast, M.S., E-RYT 800, Certified Yoga Therapist (949) 633-1301**

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