



Yoga is the journey of the self, through the self, to the self. - The Bhagavad Gita

Yoga does not just change the way we see things, it transforms the person who sees. - B.K.S. Iyengar



**BELLE  
HERNANDEZ**

CIAYT

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**AGAPE IN ACTION  
YOGA THERAPY**

CIAYT

Public and private sessions  
available

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## What is Yoga Therapy?

The use of Yoga practices and principles to improve health and well being. Yoga Therapy can be used to treat a variety of conditions including: chronic conditions, illnesses, pregnancy and child birth, psychological and somatic dysfunctions.

Yoga Therapy can include meditation, imagery, textual study, Asana guided or supported, Breath Therapy and so much more.

## Benefits Of Yoga Therapy

Personalized healing for your needs

Stress relief through calming practices

Management of depression & anxiety

Emotional resilience and inner balance

Develop a strong sense of purpose and clear thinking

## Belle's Bio



Yoga Therapist and Dog Mom

Belle, a dedicated Hypnotherapist, Past Life Regressionist, Life Between Lives explorer, and Certified International Association of Yoga Therapists (CIAYT) Yoga Therapist, embarked on a deeply transformative journey following the toll of a high-stress career in 2014. Her profound passion for guiding others on their path to peace and holistic transformation led her to explore the profound healing potential of Yoga Therapy, complementing her expertise in Hypnotherapy, Past Life Regression, and Life Between Lives. With a steadfast dedication, Belle harnesses her diverse skill set to empower clients in overcoming trauma and consciously shaping their lives, promoting a holistic approach to wellness and inner harmony.

## Client sessions price

Individual 90 min session \$150

Package of 3 90-minute sessions \$390

Package of 10 90-minute sessions \$1200

Join Belle on the mat at Spirit of Yoga For a group I Am Yoga Therapy experience Thursday Mornings at 930AM

## Yoga Therapy is for you if:

You seek a holistic approach to healing that encompasses the mind, body and Spirit.

You desire personalized, one on one guidance tailored to your unique health and wellness needs.

You are looking to address specific physical, emotional, or mental health challenges through gentle, therapeutic yoga practices.

You are ready to embark on a transformative journey towards greater self-awareness, resilience, and inner balance.

You are ready to stand in your power to create the life of your dreams.

