

## **Yoga RX**

### **Description:**

Caroline has been practicing yoga for 15 years, but it became more of an interest to her after her own breakthrough of bulimia.

Caroline found that psychotherapy and her yoga practice was the perfect combination for her own healing. With that discovery, she became passionate about helping others like herself in the world; people with false perceptions about themselves that come with body image obsessions and disordered eating patterns. Yoga was the vehicle for healing.

Teaching yoga classes and private session is Caroline's way of helping people get more in tune with their body.

The fixation with body image distracts us from greater endeavors. Let us stop pre-occupying our time with wars against our bodies and come into our "Selves."

The body is a form of the "Self." With age, injury, and disease, the form changes but there is a singular presence that continues. Thus, the body is a vehicle for transformation.

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