

A Holistic Approach

Description:

As a Licensed Marriage & Family Therapist, I work with a wide range of emotional and behavioral issues providing services that span from therapy for depression, anxiety and eating disorders to parenting support, couples counseling and beyond. In a comfortable and supportive atmosphere, I offer a highly personalized approach tailored to each of my clients individual needs to help attain the personal growth they're striving for.

In my Psychotherapy practice, I incorporate yoga poses and meditative breathing. The idea is to allow yoga to empower people while priming them to access their deepest emotions. With a special interest in Yoga for Women who struggle with self esteem and body image, I use yoga to relieve stress, anxiety and depression, in a safe, non-competitive environment. The purpose is for clients to get in touch with their breath, helping them reconnect to their bodies, bringing about complete self acceptance.

Address Line 1: 1151 Dove Street Suite 105

Country: USA

State: California

City: Newport Beach

Zip: 92660

Website: <http://www.mftandyoga.com>