

# YOGA THERAPY

Yoga Therapists are trained to work with clients with specific health conditions. They complete over 1000 hours of training and offer customized movement, breath work, meditation, and lifestyle practices to support you in achieving your wellness goals.



## ABOUT US

Be The Change Yoga is located in Old Town Irvine. We offer the highest level of Yoga Therapy Training in Orange County, CA. We offer group classes, workshops, community events, and private sessions.



# COURSE OFFERINGS

**Gentle Yoga for Cancer Care**  
Thursdays, 11:00 - 12:15 PM

**April 8th - Yoga Therapy for Restful Sleep**  
6-Week Course: Mondays, 3:30 - 4:45 PM

**April 12th - Yoga Therapy for Adrenal Health**  
Friday, 6:00 - 7:30 PM

**May 3rd - Yoga Therapy for Thyroid Health**  
Friday, 6:00 - 7:30 PM

**May 23rd - Yoga Therapy for Bone Health**  
Thursday, 11:00 - 1:00 PM

**May 20th - Yoga Therapy for Mental Wellbeing**  
6-Week Course. Mondays, 3:30 - 4:45 PM

**May 30th - Yoga Therapy for Bone Strength**  
Thursday, 11:00 - 1:00 PM

**June 7th - Yoga Therapy for Women's Hormonal Health.** Friday, 6:00 - 7:30 PM

**July 15th - Yoga Therapy for Graceful Aging**  
6-Week Course: Mondays, 3:30 - 4:45 PM

**August 15th - Yoga Therapy for Memory**  
Thursday, 11:00 - 1:00 PM

**August 29th - Yoga Therapy for Balance**  
Thursday, 11:00 - 1:00 PM

**September 9th - Yoga Therapy for Chronic Pain**  
6-Week Course: Mondays, 3:30 - 4:45 PM

**October 10th - Yoga Therapy for Bone Health**  
4-Week Course: Thursday, 11:00 - 12:00 PM

**October 28th - Staying Balanced During Holidays**  
6-Week Course: Mondays, 3:30 - 4:45 PM



## CONTACT US →

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

[hello@bethechangeyoga.com](mailto:hello@bethechangeyoga.com)

(949) 551-5300

14988 Sand Canyon Ave,  
Studio 5. Irvine, CA 92618

