

FOR IMMEDIATE RELEASE

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## **South Shore yoga instructor launches Phoenix Rising Yoga Therapy practice.**

DATELINE: SCITUATE, MASS...

Yoga instructor Kim Dwyer recently opened a Phoenix Rising Yoga Therapy (PRYT) practice at 36 Country Way in Scituate.

A unique form of body-mind treatment, Phoenix Rising Yoga Therapy (PRYT) combines classical yoga and breathing techniques with elements of contemporary psychotherapy. This enables the practitioner to connect emotional issues to the client's physical stressors, which they can then alleviate by assisting the patient through assisted yoga postures, stretching and breathing exercises.

"During my 15-plus years as a yoga instructor, I'd often notice students crying at the end of a session," said Dwyer. "When I asked why, they would typically say that a certain pose brought out an emotion or memory that virtually overwhelmed them. That connection led me to further research and that's when I discovered PRYT and decided to get my certification."

Dwyer received her certification from Phoenix Rising Yoga Therapy in Bristol, Vermont. Founded in 1986 by Michael Lee, Phoenix Rising Yoga Therapy requires its practitioners to complete 650 hours of classroom and instruction time. While there are some exceptions, PRYT practitioners are typically psychologists, yoga therapist and body workers (massage therapists).

"One of the benefits of going through the certification process was having other candidates doing practice sessions on each other," said Dwyer. "I thought I was in a pretty good place in life at the time, but I remember being a patient for one of the others in the class and having that session bring back vivid memories of giving birth to my last child that had me blubbering like a baby."

A typical PRYT session involves the practitioner assisting the client in the selection of yoga postures/stretchers and breathing that will lead to a deeper present moment experience. As the practitioner guides the client through these exercises a self-exploratory dialog begins. It's the combined effect of physical movement and focused dialog that enables the client to readily access self-information stored in his/her body. This connection leads to new insights into long-standing patterns of behavior and chronic physical conditions.

Phoenix Rising Yoga Therapy can:

- Release fears and anxieties that have a corresponding physical component.
- Enhance body awareness.
- Increase flexibility and fluidity of movement.

- Facilitate problem-solving and decision-making.
- Overcome self-limiting beliefs to increase creative energy.
- Reduce pain caused by tension, stiffness, etc.
- Promote personal growth and ongoing transformation in body, mind and spirit.
- Improve your ability to cope with daily stress.

A typical first PYRT session lasts approximately two hours, subsequent sessions are 90 minutes; the rate is \$85 per session. To schedule a Phoenix Rising Yoga Therapy session, please contact Kim Dwyer at 617-875-2652 or [kimadwyer@aol.com](mailto:kimadwyer@aol.com).

***About Kim Dwyer (any certifications to add?)***

For more than 15 years, Kim Dwyer has been practicing yoga. She is a certified Phoenix Rising Yoga Therapy practitioner. Kim is also a certified Kripalu Yoga Teacher with intensive trainings in mindfulness meditation and yin yoga and has a background in psychology.

It's Kim's mission to assist clients with introspection and to create balance in dealing with life's everyday demands.

Kim teaches yoga at her private studio in Marshfield Hills, as well as at the Cohasset Yoga Center in Cohasset, Massachusetts and Dragonfly Yoga in Marshfield. She's also available for private sessions.

To schedule a private session with Kim, please call 617-875-2652 or e-mail [kimadwyer@aol.com](mailto:kimadwyer@aol.com).