

SOUTH SHORE ENTREPRENEUR: Kim Dwyer offers Phoenix Rising Yoga Therapy

Phoenix Rising Yoga Therapy instructor combines poses and stretches with talk therapy

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Kim Dwyer was recently certified as a Phoenix Rising yoga therapy instructor, and she now practices out of a studio in Scituate. She works with Mary-Jo Wildes, Marshfield Thursday July 22, 2010.

By Ashlee Fairey
The Patriot Ledger
Posted Aug 03, 2010 @ 06:00 AM

SCITUATE — Kim Dwyer sat on a yoga mat across from her client and urged her to relax. “Let go of your morning,” Dwyer said. “Reconnect with your breath. Notice how you feel in your physical body today.”

Tending to the physical body is merely one aspect of Phoenix Rising Yoga Therapy, said Dwyer, who began her practice in Scituate three months ago. This form of yoga therapy also concentrates on the emotional, mental and spiritual body.

Phoenix Rising Yoga Therapy was started in 1986 by Michael Lee after studying the emotionally therapeutic benefits of yoga. There are about 1,000 practitioners worldwide.

Phoenix Rising combines classic yoga poses and stretches with contemporary talk therapy, Dwyer said. As she gently coaxes her clients into a position, she encourages them to talk about both physical and emotional issues.

“The difference between me and a therapist is that I don’t give any advice,” Dwyer said.

Instead, she serves as a sounding board for her clients, so that they can listen to their own words and come to a conclusion independently.

Dwyer first became interested in yoga therapy after feeling weepy while practicing yoga. “There is a lot of emotion held in the physical body,” she said, so it is not uncommon for yoga teachers to see students cry after completing a pose.

Dwyer became a certified yoga instructor six years ago, and had earned her master’s degree in psychology. She was considering becoming a therapist, but as a therapist, “you can never touch your client in any way,” she said, “and I believe in the mind-body connection.”

Dwyer, who lives in Marshfield, has been teaching yoga at the Cohasset Yoga Center for five years and the Dragonfly Yoga Studio in Marshfield for the past few months. Due to the popularity of yoga, instructors are now cropping up all over the South Shore. Being able to offer Phoenix Rising sessions in addition to more traditional yoga classes will give her an edge in a competitive market, she said.

Dwyer has performed about 50 Phoenix Rising sessions, attracting clients from her yoga classes and through word-of-mouth.

She conducts her Phoenix Rising sessions out of a small Scituate studio owned by Mary Norton, also the owner of Cohasset Yoga Center. Norton rents the studio to yoga instructors looking to offer private sessions.

“I never actually wanted to own my own yoga studio,” Dwyer said. “I know an awful lot of stressed-out yoga teachers trying to pay rent.”

Dwyer will offer Phoenix Rising sessions on Mondays, Tuesdays and weekends. Sessions usually last an hour and a half and cost \$85.

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