



Learn critical techniques for self-regulation



Reconnect with your inner power



Instruction available in multiple languages

*Therapeutic Practices
for the Body, Mind
and Soul Inspired
by Global Energy
and Yogic Wisdom*

LEARN TO OVERCOME

APPRENDRE À SURMONTER APRENDER A SUPERAR



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Evidence-based, natural and holistic education, tools and techniques for regulating our bodies, emotions and behaviors.



instruction également disponible en français



instrucción también disponible en español



Meet Dhyana

Programs are led by Dhyana Delatour, who is a certified international yoga therapist (C-IAYT), a trauma informed yoga therapist (TIYT) and a licensed clinical facilitator. The Overcome Program may be offered in collaboration with mental health or other health care professionals. In addition, Dhyana provides online instruction in therapeutic yoga such as adaptive yoga therapy, restorative yoga, yoga for the special child and vinyasa yoga.



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The Overcome Program is both educational and empowering; it provides an understanding of the origin of anxiety and teaches liberating self-healing practices. When anxiety becomes chronic, the protective mechanisms of the nervous system such as fight/flight/ get stuck. Explore and experience conscious self-healing tools that are profoundly effective in calming anxiety and getting unstuck. Overcome provides a holistic method that shifts habitual patterns from REaction to anxiety to healthy and empowering self-actualizing responses.

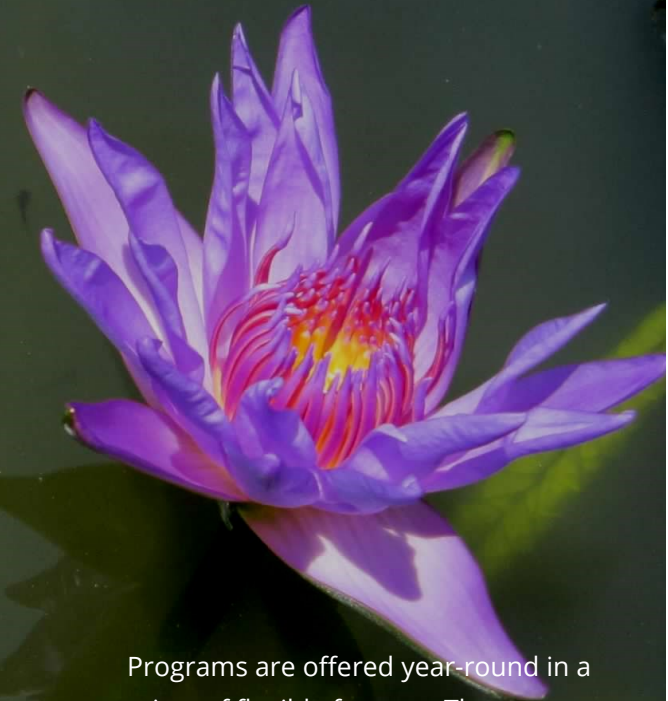


The Overcome Program has been developed, researched, and refined over 20 years through collaboration of health care providers, scientists, yoga instructors, and thousands of participants feedback.

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Program includes:

- Affirmations
- Introduction to yoga
- Mudra practice
- Breathing exercises
- Guided relaxation
- Self-regulation toolbox
- Tips for healthy living
- Access to online videos, and downloadable references



Programs are offered year-round in a variety of flexible formats. The program consists of approximately 4 sessions of 60-75 minutes each. Group and individual programs are available.

Instruction is provided in either English, French or Spanish.