

*Whether you are sick or weak, young, old or even very old, you can succeed in yoga if you practice diligently. ~* Svatmarama (Hatha Yoga Pradipka)

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***Josie Hanson, RN, YTT, LMP***

Hi there, I’m Josie!

Let me ask you, are you living with stress, anxiety, pain, or suffering?  Are you experiencing dysregulation of your nervous system i.e.  the feelings of overwhelm, anxiety that grips you, the effects of trauma and/or grief?  Do you simply feel stuck and do not know where to start your self-healing? Are you aware of imbalances in your physical, mental, or emotional health? If this sounds like you, you are in the right place. I assist clients on their self-healing journey: on and off the mat or chair; on Zoom or in person.

Working as a Registered Nurse, medical massage therapist for the past 30+ years, I have witnessed the devastating effects of stress, trauma, grief, and lifestyle choices. My own personal self-healing has been a priority.  Now it is time for you to benefit from what I have learned on this path.

Several years ago, in my quest for a more integrated, holistic approach to provide care I finally pursued yoga teacher training, of which I had been a student of for multiple decades. To support a more comprehensive, integrated approach, I acquired health coaching certification and multiple other certifications in meditation, aromatherapy, mindfulness and energy healing. I am honored to combine my extensive background in healthcare with passion for whole person modalities and care.

According to R. Sovik and Ab Bhavanani in The Principles and Practice of Yoga in Health Care, “Yoga is both a process and a goal. It is a teaching leading to gradual freedom from the various forms of human suffering. Yoga is derived from the Sanskrit verb root *yuj*, which means to your, unite, or bring together.”   Thus, yoga assists in restoring harmony in body-mind and reunites individual with their innate spirit.

*“Yoga is quite simply the most powerful system of overall health and well-being I have ever seen.”*  ~Dr. Timothy McCall

I utilize yoga forms and poses, breathing practices, meditation, and visualization to optimize your neuroendocrine immune system to develop greater capacity for health and wellness. I draw upon the knowledge of nursing to formulate and develop strategies and wellness plans. If you living close enough, I provide therapeutic massage services with an emphasis on lymphatic decongestion massage. Additionally, I implement and weave the skills of coaching throughout my practice and interactions.

 Yoga forms, poses and movement provide a framework for easing, rehabilitating and addressing pain messaging. They can also develop mental and physical strength which could lead to a more comfortable body and appreciation for your amazing body.

Breathing practices may assist in calming anxiety, and slow down overactive thinking processes thereby cultivating an increased sense of presence and mental clarity.

Often, as a result of yoga practices, there is improved mood and increased self-esteem and self-appreciation. These qualities, and more, filter their way into your daily life. For some, these practices create a sense of personal empowerment in one’s overall well-being.

 Healing is the body’s natural, inevitable force. You and your body do the work.  I am a guide in your healing process and journey. My mission is to empower, inspire and coach those seeking a holistic, integrated, practical approach to healing. I offer support, accountability and many tools to clients committed to adjusting their mindset and lifestyle in the process of taking control of their own health and well-being.

It is a pleasure to meet you and thank you for stopping by. Until we meet again, Josie

 **CREDENTIALS:**

Registered Nurse (Tacoma Community College)

B.S. - Sociology (Mankato State University)

Medical Massage Therapy Certification (Clover Park Technical College)

Yoga Teacher Training (My Vinyasa Practice)

Yoga Fit Training (Yoga Fit Levels One, Two, Three)

Subtle Yoga Training (Subtle® Yoga Kristine Weber)

Certified Health Coach (Health Coach Institute)

Trauma Informed Yoga (My Vinyasa Practice, Subtle® Yoga, Irina Diyankova, PhD. RYT-200)

Yoga for Cancer (Tara Prinster and Be Well Yoga for Cancer)

Certified Grief Yoga Teacher (Paul Denniston – Grief Yoga®)

Certified Grief Educator (David Kessler)

Reiki Practitioner – Usui Tradition (Kelly Morrison, Reiki Master)