



# Yoga Therapy With Kat



949- 633-1301



yogakat1964@gmail.com

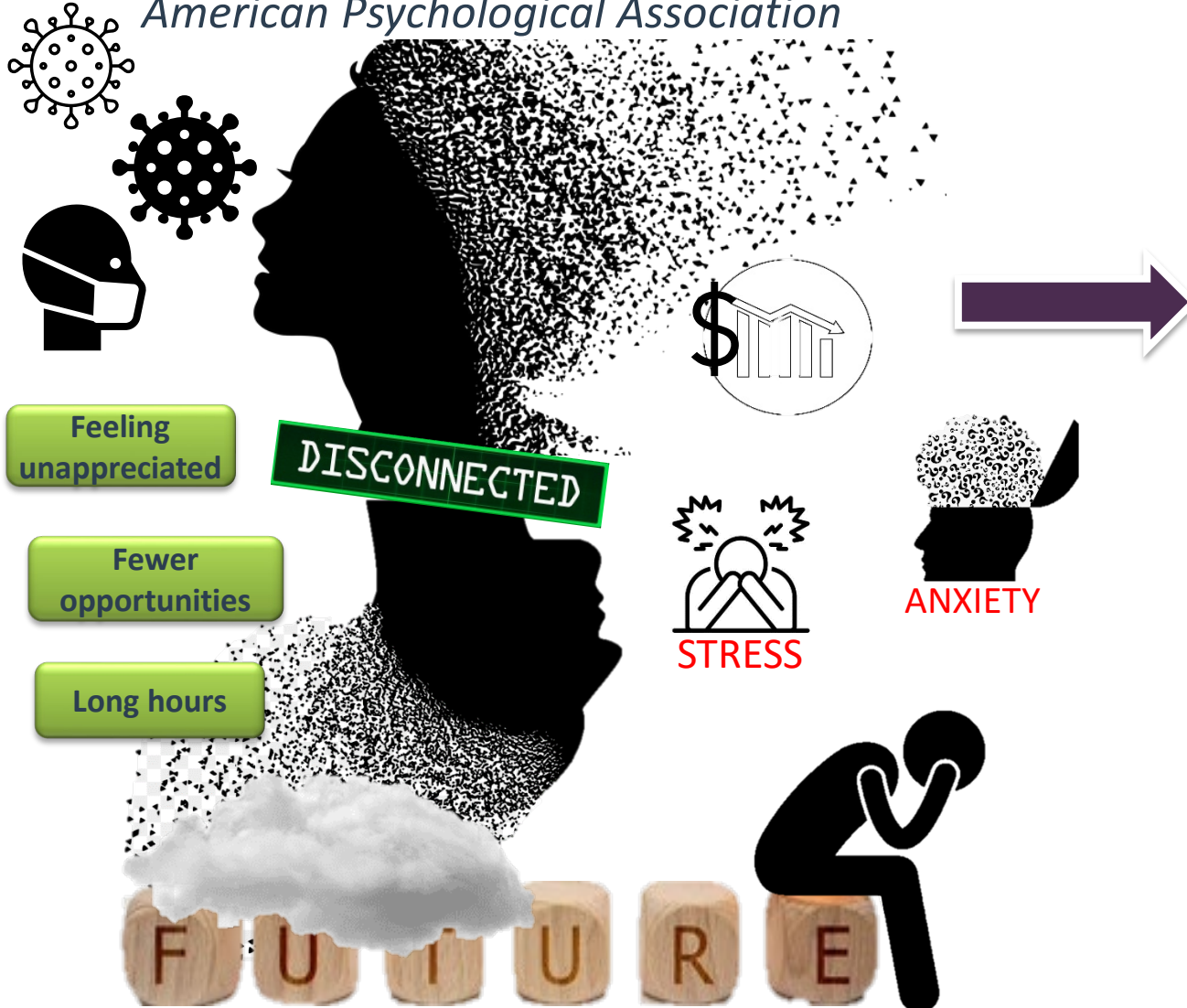


[www.yogatherapywithkat.com](http://www.yogatherapywithkat.com)

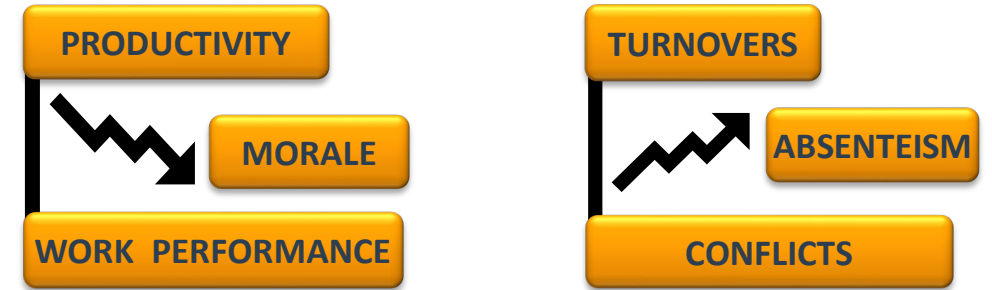
# It's a Mad, Mad World...

"We are facing a national mental health crisis..."

*American Psychological Association*



...creating havoc in the workplace...



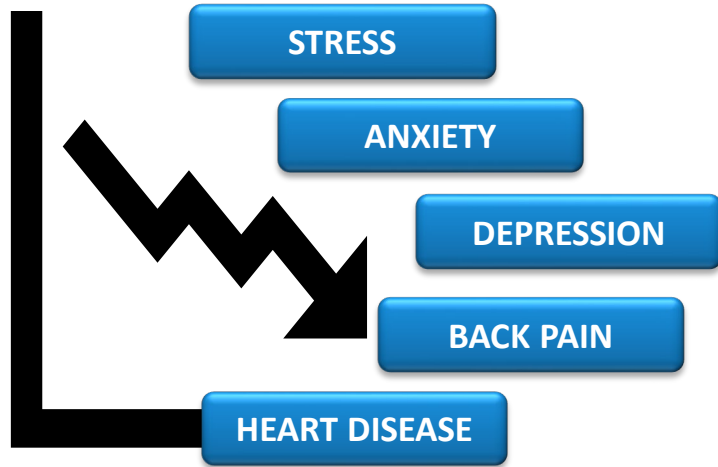
**YEARLY ESTIMATED COST:**

500 billion/year **+** 1 Trillion/year  
*according to Inc.* [www://](http://www://) *according to Gallup* [www://](http://www://)

**It is time to take a deep breath.**

**Yoga**, an over 5000-year-old proven mind and body practice, can help everyone in a company manage today's challenges and maintain a healthy physical and mental balance.

## HEALTH BENEFITS OF YOGA:



In surveys of Yoga practitioners, respondents stated that Yoga benefited their health by:

- Encouraging them to exercise more
- Inspiring them to eat more healthfully
- Improving their sleep quality
- Reducing their stress levels
- Motivating them to reduce alcohol use and smoking



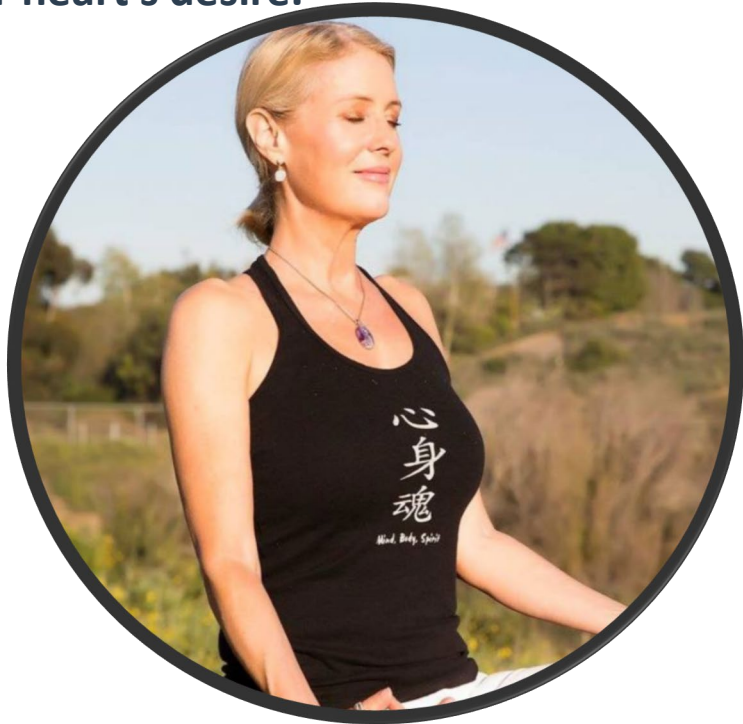
**Healthy employees build better companies.**

Yoga Therapy  
With Kat



# MISSION STATEMENT

To guide you through a group or personal practice that helps you to find freedom from pain or any obstacle holding you back from your heart's desire.



**Kat Tillinghast, MS, Trained Yoga Therapist**



Kat has been teaching corporate and private Yoga since 2006. Kat has taught on-site corporate classes all over Orange County California, including KIA Motors, Kingston Technology and Disneyland among others. She specializes in Yoga Therapy. Yoga Therapy is a breath-based, healing modality for all types of people, in all types of physical and emotional situations and conditions. Her specialty is in working with people who:

- Have physical pain throughout the body, and specifically back problems
- Need help in managing debilitating stress, anxiety and depression
- Experience a lack of clarity with personal and professional goals
- Require help with imbalances on a physical level as well as on an emotional and psychological level.

Kat holds a master degree in psychology, and studied Yoga Therapy extensively by attending the Yoga Rx program at Loyola Marymount University with Larry Payne, Ph.D. Kat has studied with many Yoga greats and Masters, to include Donna Farhi, Seane Corn, Rod Stryker, Richard Miller, Manouso Manos, Elise Miller and Max Strom. She completed 800 hours in Yoga Rx and continues the study of Yoga Therapy with Amy Wheeler, Ph.D.



Kat and her Team of professional teachers offer group and private sessions with various class styles and levels to include:

- Beginner s' Yoga
- Intermediate Yoga
- Yoga for pain
- Yoga and Meditation for stress

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60-minute session per week: **\$125**  
 20-minute Meditation session per week: **\$65**  
 Package rates available upon request  
 Schedules to be determined based on your availability

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60-minute session per week: **\$150**  
 20-minute Meditation session per week: **\$75**  
 Package rates available upon request  
 Schedules to be determined based on your availability



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One-on-one 60-minute session per week: **\$150**  
 One-on-one 20-minute Meditation session per week: **\$75**  
 Package rates available upon request  
 Schedules to be determined based on your availability



\* Terms of payment: Monthly billing – Net 15 from date of invoice

For scheduling and additional questions, call 949- 633-1301



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**Yoga Therapy  
With Kat**





*"It has been over two years now that you have worked with me, and on me. The results have been immeasurable. You have helped me balance my life and strengthen my personal resolve to feel better and be a better person..."*

**Ray Biggerstaff, President and CEO, Biggerstaff Insurance Services, Inc.**

*"Kat is an excellent Yoga Therapist. She is well-trained, as you can see from her list of certifications. She has years of experience working with people in chronic pain (physical and emotional). But the thing that really stands out about Kat is her heart. She has a way of being very present to her clients..."*

**Amy Wheeler**

*"Kat Tillinghast is a talented and intuitive teacher and therapist. I often refer yoga students to her for individual and skilled attention. Her skill in working with individuals and honing into their needs is remarkable".*

**Randy Allard, instructor & Teacher Trainer, Yogaworks**

\* Additional references available upon request