

## Everything you need to know is inside of you.

As we move through life our bodies internalize, process and filter our experiences – mostly without our conscious awareness. Our thoughts and feelings remain stored within us and are often the cause of stress, as well as emotional and physical pain or discomfort.

Phoenix Rising Yoga Therapy offers a way to explore the relationship between your body, your mind and your life in a private context with a certified, highly trained practitioner. Combining classical yoga techniques with elements of contemporary body-centered psychology, PRYT facilitates the release of physical, mental and emotional tension, often resulting in lower stress and increased energy.



bev johnson,  
ryt500 pryt

In twelve years of practicing yoga, Bev is increasingly amazed at how simply yoga can achieve powerful results.

Her personal experience with the therapeutic benefits of yoga drove her to build the experience and credentials that now enable her to share these benefits with others. Her 25 year corporate career and years of extreme sporting enhance her connection with the emotional and physical challenges faced by others. The uniquely client-driven approach of Phoenix Rising Yoga Therapy (PRYT) and her work-team coaching background combine to offer a subtle (“servant”) leadership style of engagement with clients – facilitating a safe, supportive, non-judgmental space within which to explore mind-body awareness, meeting clients wherever they are in the moment.

Bev’s goal is to share the benefits of yoga with others in the broadest sense possible. She practices PRYT and teaches PRYT/lyengar/Vinyasa-style Hatha yoga in both group classes and private sessions. She also offers yoga-like stress management tools and techniques in non-yogic terms for use in more traditional populations, such as corporate and medical communities.

Bev practices in her new hayloft studio on her 2-acre farm near the north end of Richmond, Virginia where she also lives with her husband, Steve, and their four lovingly rescued mutts – Annie, Bailey, Carly, and Diva.

Bev is a Yoga Alliance certified advanced yoga instructor and is certified in Phoenix Rising Yoga Therapy as practitioner, yoga teacher and group facilitator. She has 25 years of corporate experience, including managing stress.



stress less

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Phoenix Rising Yoga  
Therapy approach to  
transforming stress

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yoga and stress therapy



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## program overview

**stress less** is a Phoenix Rising Yoga Therapy group program focused on helping people cope with stress and stress-related symptoms. The program follows a progressive, thematic approach to awareness, choice and change and is effective for a broad spectrum of participants coping with stress or illnesses such as cancer, heart disease, high blood pressure, PTSD or addictions. The program is well suited to be offered through health institutions, educational organizations and human resources departments of corporations.

Stress may be defined as “wishing things were different than they are.” This program helps individuals discover their own inner truth, as opposed to others' truth that may be imposed on them. It helps them examine their process of choosing, the often subconscious mind-body patterns that drive the choices they make in life. Once they understand their own truth and learn to make choices from that place, they begin to align their life with their truth, ultimately reducing the differential between their truth and their life as it is, i.e., reducing stress.

## program structure

The **stress less** program structure involves four weekly sessions covering eight themes. After the first four themes (two weeks), an all-day silent retreat helps to take the work deeper in preparation for the last four themes.

The themes are key to facilitating inner exploration and include:

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- ♦ **Befriending your body** – noticing your relationship with your body and learning to listen to your body's wisdom
- ♦ **Awareness** – cultivating awareness of body experience in practice and in daily life and of the wisdom your body has to offer you
- ♦ **Acceptance** – noticing accepting and non-accepting experience, both as parts of your unique reality
- ♦ **Choice** – observing how you are with choice, noticing each choice as an opportunity to choose differently
- ♦ **Discernment** – discerning the layers in your awareness and experience, noticing and distinguishing one from another
- ♦ **Truth** – noticing that your own personal truth changes from moment to moment, and noticing what is really true for you now as opposed to what you may have thought was true before
- ♦ **Truth in Action** – putting your truth that you've discovered into action in your life – what supports that, what stands in your way?
- ♦ **Flow** – noticing the flow – of your body through postures, your truth from one moment to the next, your edges through life... this process, over and over again.

In addition to these eight main themes, the all-day silent retreat is an exploration of **relationship to self** and **relationship to others**, specifically being in relationship to other people and your environment without losing yourself in the process.

Each weekly session includes a Phoenix Rising Yoga Therapy style yoga practice – postures

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and flows accompanied by theme-based cueing and questions for inner inquiry. The yoga practice is followed by speaking circle, which is an opportunity to speak of the experience of that practice and be witnessed in safe, supported, non-judgmental space. Speaking circle offers the power not only of putting experience into words, but also of having those words witnessed by others.

The structure of this program is highly adaptable. As the time span is reduced, the level of intensity increases so while the format may be consolidated into a long four-day weekend workshop, it may be best delivered with processing time between themes in, for example, two two-day weekends.

## home practice support

The **stress less** program includes guidance for home practice that is organized to accompany the session structure. Four theme-based home practice CDs are provided as well as written material with recommended activities that enhance each theme.

At conclusion of the program, each alumnus is presented with a list of supporting services – discounted fees for repeat participation, alumnus retreat days and private sessions – to assist with integrating the practice into daily life.

Contact Bev for more information about joining a **stress less** group or about offering a group at your location or organization.

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