



Melinda Atkins

With more than 6,500 hours of documented Yoga teaching experience, Melinda Atkins is the founder of AUM hOMe Shala, a Yoga Alliance-registered School in Coconut Grove, Florida, where she certifies Yoga teachers and conducts a private Yoga Therapy practice. Completing Clinical Yoga Therapy certification at Loyola Marymount University in Los

Angeles, CA, Atkins was a member of the first graduating class of the only university-based yoga therapy program in the nation. A professional-level Yoga teacher E-RYT 500, Melinda received her 500-hour Yoga teacher training certification from Kripalu Center for Yoga and Health in Lenox, Massachusetts. Diagnosed with scoliosis in her early teens, Atkins began the study of Yoga in an effort to avoid back surgery. That effort was successful, and inspired Atkins to train as a Yoga teacher. Also a veteran high-school English teacher, Atkins recognized yoga's ability to improve students' focus and performance; the yoga curriculum she designed has been taught for almost a decade at a South Florida prep school. As a component of AUM hOMe Shala Yoga teacher training, Atkins calls on her background in Yoga Therapy to create programs for hospitals, universities, and schools (K-12). Her work at Miami-Edison Middle School earned AUM Home Shala a grant from Kripalu Center's Rachel Greene Memorial Fund, supporting Yoga teachers working in underserved schools. Atkins holds a B.A. and an M.Ed. degree from the University of Florida, and is a member of the National Yoga Alliance, the Kripalu Yoga Teachers Association (KYTA), and the International Association of Yoga Therapists (IAYT).

**Consultation by appointment at
info@aumhomeshala.org**

Initial In-Take Session: \$125
90 minute Session: \$90
Minimum 2 Sessions/Month

AUM Home Shala Yoga Therapy
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WHAT IS YOGA THERAPY?

Yoga therapy adapts and integrates traditional Yogic techniques with Western medical knowledge to create a modern day Holistic approach to individual health care. Preventative and restorative in nature, studies show that Yoga Therapy is particularly effective in treating many chronic conditions that persist despite conventional medical treatment. With a goal of optimum health, a Yoga therapist focuses on the physical, psychological, and spiritual level of the individual and prescribes specific protocols for persistent health challenges.

Yoga Therapy has the ability to assist individuals faced with health challenges to manage their condition, reduce symptoms, restore balance, and increase vitality.

WHAT IS A PRIVATE YOGA THERAPY SESSION?

Private sessions are based on the therapeutic needs of the individual. Whether an illness or injury related condition, Yoga Therapy is a customized, specific protocol of Yoga asanas (postures), breathing, relaxation and meditation designed for the individual's improved being. Through in depth in-take procedure, the Yoga Therapist focuses on life-style changes and feedback process to enhance Yoga Therapy protocol. A Yoga Therapy Session is typically 90 minutes in length.

Musculoskeletal System:

Spinal Stenosis, Scoliosis, Spondylolisthesis (mild to moderate degrees) and other issues related to the cervical, thoracic and lumbar spines; Shoulders, Hips, and Knees

Circulatory System:

Hypertension, Heart Disease

Digestive System:

Indigestion, Heartburn, Irritable Bowel Syndrome; Celiac Disease

Nervous System:

Chronic Pain; Fibromyalgia; Headaches; Parkinson's Disease, Multiple Sclerosis

Endocrine System:

Diabetes, Obesity, Infertility; Menopause

Respiratory System:

Asthma, Allergies, Bronchitis



AUM hOMe Shala

501 (c)(3) Non-Profit



**CLINICAL
YOGA
THERAPY**

**MELINDA ATKINS
M.ED. ERYT 500**



AUM hOMe Shala

Therapy

Olympic Gold Medalist Magnus Liljedahl on getting old...

"I thought that my athletic career had come to an end as chronic pain from arthritis in my shoulders and hip along with a nagging pain in my right ITB became increasingly worse. Adding to my misery were issues with my spinal cord, both in the cervical and lumbar regions. I tried massages, sports medicine, a couple of chiropractors and even acupuncture, but nothing seemed to help. This is when I turned to Yoga Therapy, a last ditch effort to cure my problems and it did. At 56 I'm back racing sailboats again. My Ultimate goal is the 2012 Olympics and I know that I can do it with the help of Yoga Therapy".

Yoga Teacher Tony Connell:

"Diagnosed with nephritis and hypertension at the age of 10, my life drastically changed. For six years I took prednisone, an anti-inflammatory with a side effect of weakening my bone structure and causing the onset of early osteoporosis. An inability to participate in physical activities at school changed when I found Yoga! As the only form of exercise that my bones were able to stand, Yoga made me feel less like a sick child. Depressed as a result of the disease, Yoga was one of the few things that brought me joy, helping me to overcome emotional scars. Today I am healthy and attribute my Yoga Practice to my improved success. My mat has always been there for me".

Yoga Teacher Lucy Marciani on digesting Yoga...

"With undiagnosed Irritable Bowel Disease and severe anemia, in 2007, I started my Yoga Teacher Training in the worst shape of my life. Melinda Atkins taught me asanas to help counter the vast side effects I had on a daily basis. Through asana and meditation, my body and mind began a journey of change and healing. Throughout the day I often found myself in Yoga poses to ease my pain. Diagnosed in 2009 with Celiac disease, with treatment I began to feel better, stepped up my Yoga practice and began teaching more. Although I still have symptoms from this disease that linger when I get sick, Melinda has taught me techniques to help my body heal. Yoga Therapy has enabled me to teach Yoga at a private school working with children ages three through thirteen and I have recently extended my Yoga teaching to the faculty as well!"

