

threeOMs Yoga Therapy

WISHING YOU HEALTH, HAPPINESS AND ABUNDANCE IN 2025!!

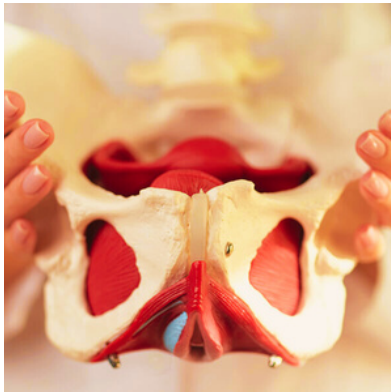


NEWS & UPDATES



YOGA THERAPY FOR ATHLETES-- COMING IN SPRING 2025!

One on one specialized yoga therapy services for athletes wanting to accelerate performance, prevent or recover from injuries and to maintain balance on and off "the field, ice or mat"!



YOGA THERAPY FOR PELVIC FLOOR SUPPORT

I have over ten years of experience working with pelvic floor issues during pregnancy, postpartum and beyond! I like to work in tandem with pelvic floor recovery specialists to ensure that the yoga therapy care synergies with other treatments.



DO I NEED TO BRING MY OWN YOGA MAT TO YOGA THERAPY?

Clients can choose to bring their own yoga equipment to sessions; however, threeOMs Yoga Therapy has available all yoga equipment for client use (FREE of charge, of course!)- from mats, blocks, and blankets to more specialized props and assists.



KRISTI ROKOSH, C-IAYT, PRYT, RYT
SERVING SHERWOOD PARK & THE
GREATER EDMONTON AREA!

