



About Dea

Dea Bozzo is a Certified Yoga Instructor RYT and experienced counselor with a decade of work serving people of all ages and abilities. Her work with victims of abuse has prompted her to incorporate yoga as a powerful tool in providing a holistic approach to healing.

Kripalu Certified in Trauma Sensitive Yoga, and Therapeutic Senior's Yoga, Dea is able to provide a safe space for individuals to build a new reality of health and wellbeing.

Beyond Trauma

People suffering from Post Traumatic Stress Disorder (PTSD) often become disembodied and dissociated from their bodies. Yoga is one method that helps alleviate these symptoms and bring relief from the chronic state of anxiety.

How Yoga can help:

Yoga offers a safe and gentle way for people to learn deep relaxation and breathing techniques, allowing the body to return to a natural, calm state of being.

It promotes self-awareness, self-acceptance, and empowerment, all of which are essential in befriending the body. Once confidence and equilibrium have been restored in the body, healing and wellness can begin.

Live an inspired life ...

"Yoga is not about talking about your trauma, it's about you and your relationship to your own body."

Dr. Bessel van der Kolk, lead researcher and medical director of the Trauma Center in Massachusetts.

Call today!

