



**Charley Hickey, C-IAYT**

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IAYT Member: 33261550

## Yoga Programs For Your Patient – Applecross, Bateman & Fremantle

Thank you for helping your patient to decide if our yoga programs are right for them based on their current state of health.

Charleyyoga specialises in teaching gentle, safe and easy to modify yoga. With an evidence-based approach, we teach a mix of traditional yoga practices including gentle movement, breathing and meditation.

We don't teach any 'extreme' postures e.g., headstand and are mindful that not all techniques are right for every person.

Classes are open to anyone but are particularly suited to **older adults**, those suffering from **chronic conditions, injuries or persistent pain** that make vigorous movement classes difficult. We've been doing this for two decades and are confident in making classes inclusive and safe. New students complete a health screening and can discuss any concerns before their first class.

Teachers are registered with Yoga Australia (Peak body for yoga in Australia) and have completed further training in both standard First Aid and Mental Health First Aid.

We have an extensive cross referral network with physiotherapists, chiropractors, occupational therapists, psychologists and GPs and happy to take new referrals. When referring, please tell your patient (or us) if there is anything we need to be mindful of to help keep them safe.

Subsidised group spaces are available through our community yoga program for those experiencing genuine financial hardship. Private one on one sessions are also available with me by appointment.

You can find out more about us here [www.charleyyoga.com.au](http://www.charleyyoga.com.au) and are welcome to contact me directly at [charley@charleyyoga.com.au](mailto:charley@charleyyoga.com.au)

Charley Hickey C-IAYT  
Owner, Yoga Therapist & Meditation Teacher

