

YOGA THERAPY with Heena

Heena Raikar was born in India. Her great grand father was a sadhak of nada yoga. (Disciple of classical music). Heena was introduced to yoga at the age of 17 and trained at the Yoga Institute, Mumbai and at the Kaivalyadham Institute, Pune in India, both well known for teaching therapeutic use of yoga. Heena migrated to Australia with her family in 2003 and completed her Advance Yoga Teachers Training at the Nature Care College in Sydney. She holds a Bachelors Degree in Nutrition and Dietetics as well as a Masters in Social Work.



Heena has developed her own unique style of teaching yoga which includes therapeutic use of yoga in combination with psychotherapies giving it a holistic health perspective. She aims to spread the message ***‘Yoga is not only for people who can twist themselves in a knot inside out, but for common individuals who have there daily responsibilities and who are not in their best health’.***

She aspires to teach yoga for a therapeutic purpose to benefit people coping with chronic health conditions like cardiac conditions, depression, anxiety and are struggling to manage their health.

Heena has developed a program to benefit children with Attention Deficit Hyperactive Disorder (ADHD) . Attention Deficit Hyperactivity Disorder (ADHD) affects children which results in poor concentration and can affect their learning and social skills, as well as family functioning. This program has been designed to address the common side effects of medication such as decreased appetite, insomnia, increased anxiety and/or irritability, weight loss, delayed puberty, mild stomach aches or headaches and hallucinations.

Heena truly believes what Yoga master Swami Shivananada said, “yoga is not in competition with science but it compliments science”.

Yoga therapy is conducted in one-on-one sessions and small classes. Although it can be challenging, it is also gentle and nurturing. Yoga practice involves focus on awareness, and relaxation. The approach is hands-on, tailored program for individual needs which will have a home practice component along with cleansing practices (Kriyas), and diet changes when appropriate.

Further information please call Heena on 0404 837809 or email heenaraikar@yahoo.com