

Corazon Holistic Health Invites People in South Carolina to An Immersive Journey to Wellness through Yoga and Meditation

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Columbia, SC: In today?s turbulent world, many people seek ways to cope with their ongoing stress and anxiety. In response to this growing need for de-stress, Corazon Holistic Health has sprung up to meet the demands of the people in and around Columbia, SC, by including yoga and meditation in its holistic treatment model in order to promote physical, mental, and emotional well-being.

This local wellness center has crafted a unique journey toward achieving optimal health, by including the traditional philosophies and practices of yoga and meditation in its holistic treatment plan. Taking its name from the Sanskrit root 'Yuj' meaning "to unite or integrate," yoga is an ancient practice that links the body, mind, and spirit. Based on this concept of connecting the body, spirit and mind, the Corazon Holistic Health model aims to provide a comprehensive and immersive experience that quiets the mind, soothes the soul, and strengthens the body.

The goal of yoga practice is to reach a state of oneness and unity through breath work, physical postures, and meditation. Yoga and meditation programs should be led by experienced instructors who are passionate about helping others find peace and balance in their lives. As such, Corazon Holistic Health employs an E-RYT 200 Yoga Instructor and certified Mindfulness and Meditation Instructor through the School of Positive Transformation. Their yoga expert is deeply passionate about helping others heal from various physical, mental, or emotional obstacles in an integrative and holistic approach.

In addition to that, they offer virtual classes accessible to people of all levels, from beginners to more experienced yoga students. Beginner students can take advantage of the gentle and slow-paced classes, while more advanced students can explore the more challenging and dynamic classes. Each class focuses on stress and anxiety relief, pain management, and insomnia treatment.

Some of the most therapeutic forms of yoga are: Mindful Meditation - Utilizing breathwork, movement, and mantra, this type of meditation quiets the mind and provides relief from stress and anxiety. Gentle Vinyasa - This yoga practice helps align the body and mind with gentle postures and props to support the body. Yin Yoga - A slow-paced, meditative practice that focuses on stretching the connective tissues, allowing the body to open up and release physical and emotional tension. Power Flow Yoga - A more vigorous and dynamic practice that builds heat, increases strength, and improves flexibility. Fusion Yoga - A blend of different styles of yoga that creates a well-rounded practice. Flow & Restore - A class that begins with a flow to build heat and energy, followed by a period of restorative postures to relax the body.

Alongside providing yoga and meditation services, Corazon Holistic Health also serves as a retreat center that offers a variety of health and wellness programs. These include nutrition counseling, life coaching, and massage therapy. They aim to provide an all-encompassing experience that will leave participants feeling refreshed, rejuvenated, and empowered.

About Corazon Holistic Health:

Founded by Kimberly Kocak, Corazon Holistic Health is a local holistic health practitioner in Columbia, SC, that offers a range of services, including yoga, meditation, nutrition counseling, licensed coaching, and massage therapy. The Corazon Holistic Model and its varied services are designed based on the team?s dedication to providing comprehensive and immersive care to all people who need it. To book a yoga class or learn more about their services, please visit their website at https://www.corazonsc.com/.

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For more information about Corazon Holistic Health, contact the company here:Corazon Holistic HealthManager1 803-567-1217info@corazonholistichealth.comCorazon Holistic Health1631 Main St

Columbia SC 29201

Corazon Holistic Health

Located in Columbia, South Carolina Corazon Holistic Health addresses the root causes of individuals' needs for mental and physical wellness by treating the whole person with evidence-based practices.

Website: https://www.corazonsc.com/

Email: info@corazonholistichealth.com

Phone: 1 803-567-1217