



Red Mountain Institute of Yoga Psychology

Yoga Psychology for Individuals and Couples

Yoga Psychology empowers you with practical, profound, progressively-applied tools for positive personal transformation. These tools enable you to grow and change on all levels including emotionally, intellectually, physically, and spiritually. In this way, you create dramatic, lasting results that flow into all areas of your life. (Toward the end of this document you will find examples of issues that can be addressed.)

In your sessions with Deborah, you learn how to integrate the tools of Yoga Psychology into your daily life. Evolving and growing in a balanced, holistic way, you support your process with an adaptable session framework that works for you.

During your complimentary initial consultation, you and Deborah will determine the best possible way to begin the work based on your unique needs and goals. Whenever needed, you can change your session structure among our many different choices.

Here are some of those choices explained:

- 1) **30-Minute Session For Individuals (Not For Couples):** You may schedule a 30-Minute Session to get a feeling for the work and decide if you think this will be a good fit for you. You can also schedule a 30-Minute Session for a “check-in” or a “tune-up”.
- 2) **50-minute Session For Individuals (Not For Couples):** These are “the standard” that many people schedule because this amount of time each session can help you truly develop your skills at applying the tools you learn to “real-life issues” as they arise. After you become relatively skilled at that, then frequency can range from once in a while, to 3 times a week if in “crisis mode”, to simply knowing that you can schedule a session again if you want but feeling like “you’ve now got this” on your own.
- 3) **75-Minute Session For Couples:** For Couples this is the starting framework to ensure enough time and space for each partner to feel heard, understood, and that their concerns are being addressed. Generally, couples work starts with 75-minute sessions once a week for between one to three weeks. Then, as soon as it feels right, sessions move to every other week, once a month, or whatever interval works best for the couple’s needs and schedule.

- 4) In-Studio Session: Deborah's funky boho "little jewel box" office at our Oceanside studio. The professional office has a welcoming feeling of warm, lush, exotic colors and textures. These qualities resonate with the deep work we do together.
- 5) Phone Session: These are especially appreciated when different time zones and geography are involved. Lots of scheduling flexibility. Maximum Anonymity.
- 6) FaceTime Session: Same ideas as Phone Session but we can see each other via FaceTime.
- 7) Daybreak Beach Walk Session: In Yoga Psychology, this is considered a highly spiritual time of day. These special sessions can accelerate your progress, help you access deeper emotions sooner, and provide you with nature's energetic support. A limited number of these sessions are offered.

In addition, you may want us to integrate some BlissBouncing® into your sessions. Deborah created Blissbouncing® as a Yoga Psychology-based rebounding program (on personal trampolines) that helps you in the following ways:

- Balance Your Energy By Increasing Your Energy Level When You Are Too Low And/Or Calming Your Energy Level When You Are Too High.
- Create A More Positive Outlook.
- Sustain Feelings Of Gratitude And Joy.

At Red Mountain, we are continually creating tools and designing programs to help people lead happier, healthier lives. We understand the deep link between physical and emotional health and we know that there are safe, simple, specific practices that will change not only the chemistry of the body/mind complex but also how that body/mind complex perceives reality. The ancient Yogis were masters of this. Deborah created BlissBouncing® and Yoga Psychology Play Dates with these principles in mind.

Yoga Psychology understands that challenges, discontent, suffering, and the desire for self-actualization manifest in a multitude of physical, mental, emotional, and spiritual issues. It addresses the origins of those challenges, that discontent or suffering, that desire for self-actualization. Yoga Psychology promises that if you diligently practice your customized program, then you can navigate through your issues and experience healthy acceptance, peace, and power in your relationship with yourself and others. It also promises you can achieve your desire for self-actualization.

Examples of areas that can be addressed include:

- Mild, Moderate, And Intense Mood Imbalances such as depression and bipolar disorder
- Personality Challenges such as when the relatively fixed way someone perceives and filters the internal/external world creates repetitive suffering
- Energy Management Issues including attention deficit, distractibility, anxiety, worry/nervousness, insecurity, and fear

- Relationship Issues including partner/marital, familial, parenting, and/or caretaking
- Life Stages and Purpose
- Gender Issues
- Sexuality
- Addictions
- Social Skills
- Body Image and Relationship to Food
- Stress Management
- Decision Making/Procrastination such as career, relationships, avocational endeavors, and geographic move
- Yogic Diet and Nutrition
- Spirituality and Meaning

For session fees and how to get started, please select/click webpage icon:

[YP for IC Getting Started](#)

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