



**YOGA-MASSAGE-FITNESS**

FIND THE TREATMENT AND SUPPORT SERVICES THAT ARE RIGHT FOR YOU.

**Lee Carlson Wellness**



**Lee Carlson** is a prevention specialist who has been well established in the Sault and Surrounding Areas. She is respected for her expertise in Yoga, Thai Massage, and other prevention services. Lee comes highly recommended by many satisfied clients and community professional.

Yoga has tons of benefits. It can improve flexibility, strength, balance, and stamina. In addition, many people who practice yoga say that it reduces anxiety and stress, improves mental clarity, and even helps them sleep better.

Yoga is not only physical exercise, it is also a lifestyle practice for which exercise is just one component. Training your mind, body, and breath, as well as connecting with your spirituality, are the main goals of the yoga lifestyle.

The physical part of the yoga lifestyle is called **hatha yoga**. Hatha yoga focuses on **asanas**, or poses. A person who practices yoga goes through a series of specific poses while controlling his or her breathing. Some types of yoga also involve meditation and chanting.

**Service Population:**

- ◆ Eligible clients are enrolled members of the collaborating tribes and members of other Federally recognized, State recognized and Canadian tribes residing in the project service area, as well as Non-Native family members and descendants
- ◆ Male & Female
- ◆ Adult & Adolescent

**Care Categories / Services Offered:**

**Health and Global Wellness**

- ◆ Stress Management
- ◆ Yoga
- ◆ Thai Massage
- ◆ Fitness and Well-Being

**Peer Support and Relapse Prevention**

- ◆ Relapse Prevention
- ◆ Recovery coaching
- ◆ Substance Abuse Education
- ◆ Tutoring
- ◆ HIV/AIDS Education and Services

**Level of Care:**

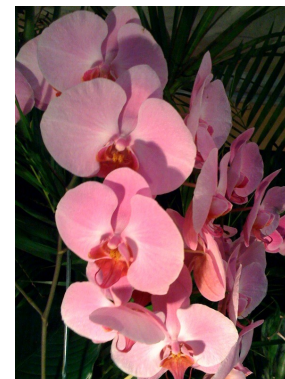
- ◆ Recovery Support

**Contact Information:**

**First Point of Contact: ATR**  
 Lee Carlson  
**906.632.3966**  
 Email: lcarlson@lssu.edu

**Hours: Vary**

Please call for an appointment



**Region Where Located:**

- ◆ Eastern Upper



**“Choose Recovery”**