

YOGA THERAPY FOR SPORTS INJURIES

Are you recovering from a sports injury and want to improve healing, strength, and mobility? And perhaps prevent the injury from happening again? Dr. Melissa is offering a 75-minute yoga class dedicated to injured athletes who want to stay active and get back to their sport/activity. She will tailor the class to attendees and their injuries - offering posture modifications and insights on how to support repair and prevent re-injury.

WEDNESDAY, MAY 21ST
6:30pm - 8:00pm

LOCATED IN STUDIO 1

FEE: \$30 FOR MEMBERS. GUEST FEES APPLY.



Dr. Melissa S. Barber, ND, MSc, E-RYT 500, NTP is a naturopathic doctor and yoga therapist who is passionate about helping patients move beyond symptom management to true healing. She specializes in treating musculoskeletal issues—such as back, neck, and knee pain—as well as immune, endocrine, gastrointestinal, and neurological conditions. Her approach is integrative and results-driven, with focus on restoring function, returning to activity, and improving quality of life. Dr. Melissa is an Experienced Registered Yoga Teacher (E-RYT 500) with over 2,000 hours of teaching experience, trained at the Kripalu Center for Yoga & Health in Massachusetts and Rishikesh YogPeeth in India. She is a clinical provider at Wild Oak Medicine at the Airport Club and offers a wide array of therapeutic options to her patients, including regenerative injection therapies

Sign up at the Service Desk or call 707.528.2582