

## Overlap Healing

Overlap Healing is a series of daily sessions that can provide fast and powerful healing with a minimum of relapse (or none).

Overlap Healing is recommended for conditions or problems that need accelerated and maximum healing. The sessions are concentrated to provide deep and rapid change and then tapered off slowly to allow the body to adapt. Sessions are structured in the following ways:

### **9 Sessions (minimum duration)**

1 session per day for 3 consecutive days, followed by  
1 session every other day for 6 days, followed by  
1 session every third day for 9 days  
(for a total of 9 sessions over 18 days.)

### **15 Sessions**

1 session per day for 5 consecutive days, followed by  
1 session every other day for 10 days, followed by  
1 session every third day for 15 days  
(for a total of 15 sessions over 30 days.)

### **30 Sessions**

1 session per day for 10 consecutive days, followed by  
1 session every other day for 20 days, followed by  
1 session every third day for 30 days (for a total of 30 sessions over 60 days.)

While healing can be jump started by Svaroopaa® Yoga Therapy and/or Embodiment®, the real healer is you. Healing takes place from the inside out. You will find that the healing continues long after your treatment has ended and can help clear up long standing conditions that yoga poses in a typical Svaroopaa® Yoga class can't reach fast enough.