

Clinic Sites

Cranston: 721 Reservoir Avenue
Cranston, RI 02910

P (401) 783-5500
F (401) 942-3960

South County: Crossing At The Towers
3045 Tower Hill Road
Bldg A - Unit 2
Saunderstown, RI 02874

P (401) 783-5500
F (401) 783-5570

Hours & Payment Info

Appointments are available
Monday through Friday.

We offer early morning and evening visits to
accommodate work schedules.

We accept most major insurances
and offer affordable self-pay rates.

www.RITWW.com

RI THERAPY & WELLNESS
FOR WOMEN
3045 Tower Hill Road | Bldg A - Unit 2
Saunderstown, RI 02874



“Integrative Care...
for Women, by Women.”



www.RITWW.com

YOGA THERAPY



THERAPY & WELLNESS FOR WOMEN

Yoga Programs Tailored For: About Us

What Are The Benefits of Yoga?

Increases: Flexibility, Strength, Balance, Peacefulness, Energy, Bone Strength, Elasticity of Lungs

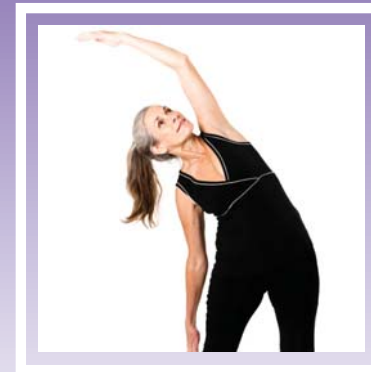
Improves: Circulation, Digestion, Posture, Breathing, Pain Management, Sleep, Flat Feet

Inspires: Mindfulness, Confidence, Clarity, Stress Reduction

Relieves: Asthma, Arthritis Pain, Menstrual Irregularity & Pain, Headaches

- Pre and Postnatal
- Pain Management
- Oncology Patients
 - Athletes
 - Osteoporosis
 - Seniors
- Migraine Sufferers
 - Asthmatics
- Digestive Disorders
- Individuals with Stress

Rhode Island Therapy & Wellness for Women (RITWW) combines the benefits of traditional physical therapy with holistic treatments to fully recognize the mind-body-spirit connection within each of us. RITWW's therapists are certified professionals with over 200 hours of course work for accredited programs. Yoga instructors are experienced in medically targeted yoga, Kripalu, Iyengar, and restorative yoga.



We Offer Medically Targeted Yoga In Group Classes & One-On-One Sessions

Group classes are small to allow for individual attention and a supportive environment. One-on-one sessions utilize yoga based physical therapy that is personalized for specific needs, physical condition, and goals. Learn

how to perform yoga safely, and work with pain or injury, not against it. Postures, poses, breathing and meditation are tailored for specific musculoskeletal issues, pain, post-surgery healing, areas of

weakness, and particular muscle groups that may require stretching and/or relaxing. Experienced instructors will show you how to incorporate yoga into your plan of care.