



Clinic Sites

- Cranston*** 721 Reservoir Avenue
(401) 946-4250
- East Greenwich*** At Absolute Fitness
2727 South County Trail
(401) 946-4250
- East Providence*** At Healthtrax Fitness & Wellness
15 Catamore Boulevard
(401) 434-0200
- Pawtucket** In the Blackstone Valley Plaza
727 East Avenue
(401) 365-6800
- Providence*** At the Jewish Community Center
401 Elmgrove Avenue
(401) 490-9780
- Warren** 611 Metacom Avenue
(401) 245-9660

* Aquatic Therapy Offered

(877) RI-REHAB (747-3422)

P (401) 946-4250

F (401) 942-3960

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.RIRehab.com



721 Reservoir Avenue
Cranston, RI 02910



“Making Life Better...
One Patient At A Time.”



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YOGA THERAPY

RHODE ISLAND'S SOURCE FOR PHYSICAL THERAPY & WELLNESS PROGRAMS



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

Yoga Programs Tailored For: About Us

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

Rhode Island Rehabilitation Center (RIRC) has been serving Rhode Island for the past 20 years with locations in Cranston, East Greenwich, East Providence, Pawtucket, Providence & Warren. Rhode Island Rehabilitation's therapists are certified professionals with over 200 hours of course work from 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.