

Heart Tree Yoga & Myofascial Release LLC offers a unique approach to help individuals enhance overall wellbeing and enrich a sense of inner freedom and resilience. This approach combines myofascial release manual therapy with yoga therapy and movement education to help individuals to reduce pain, strain, tension, and tightness, find greater ease of movement, flexibility and balance, build stability and strength in an integrated way, and relieve stress and enhance relaxation, and improve mental clarity and balance mood.

Since treatment sessions are generally a mix of myofascial release body work as well as movement-based therapy, clients wear comfortable, loose-fitting clothing. Myofascial release is performed on dry skin, without any oils, creams or lotions. Myofascial release is a tool to release long-standing tension holding and bracing patterns in the body, while yoga improves awareness and the mind-body connection. Movement reeducation helps re-patterning so that old tension producing habits can be quieted down and better, more easeful movement habits can be nurtured.

I am the owner of Heart Tree Yoga & Myofascial Release LLC. I have had a Town of Vienna business license since 2013, previously issued in the name of Heart Tree Yoga LLC. With this previous business, I have provided yoga instruction and yoga therapy to private clients out of a basement studio in my home. The home studio space is accessed through a side basement door with ample street parking. I recently obtained a Virginia massage license in order to have authorization to touch for manual treatment so that I can incorporate, specifically and solely, myofascial release (MFR) as an additional modality in conjunction with already providing functional movement yoga therapy. MFR is different from traditional massage. There are no oils or lotions. Clients wear loose comfortable clothing and do not disrobe. The only change to the use of my already permitted home space is a portable table that is set up or taken down in under a minute as needed prior to or during a client session.

As part of my overall updated business license, I will also be seeking to offer services at locations other than my home, which I have also done since 2013 under my existing/previous business permit. These services in part will be offered out of leased room at Body Grace Fitness and Yoga LLC, where I have been a yoga teacher since 2014. Body Grace Fitness and Yoga is located at 215 Mill St. NE in Vienna.

I have been a Town of Vienna resident, at 605 Upham Pl NW, since 1995. Here my husband and I have raised two boys, who are now grown. During the years raising our sons, I volunteered extensively at local Vienna schools, scout troops and sports teams. I have also worked in Vienna both as a yoga teacher at Body Grace since 2014 as well as for many years as a preschool teacher for Appletree II Preschool from 2005 to 2016. I have many ties to our beloved community.

I hope to continue offering business services in Vienna as part of Heart Tree Yoga & Myofascial Release LLC for many years to come! For more information about this business, please see <https://www.hearttreeyoga-myofascialrelease.com>.

Thank you,  
Carolyn Black-Bagdoyan