

Yoga Classes! (Physiotherapist led)
First Yoga class is free!
100\$ for 8 yoga classes
(\$12.50 per class or \$15 drop in)



Hours of Operation

Day	Hours
Monday	7:30am - 7:30pm
Tuesday	7:30am - 7:30pm
Wednesday	7:30am - 7:30pm
Thursday	7:30am - 7:30pm
Friday	7:30am - 7:30pm
Saturday	8:30am - 3:00pm
Sunday	Closed

Call us today! Book online on our website or call the number below!
204-691-0097

Zen Physiotherapy

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admin@zenphysiotherapy.com



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About Us

East Meets West

Offering a unique eastern meets western holistic approach to health & wellness. At Zen Physiotherapy there is no one size fits all model to health & wellness. Each client receives a unique individualized assessment and rehabilitation program to suit ones' needs. Our team offers a wide range of specialties and expertise to help each client obtain their goals.

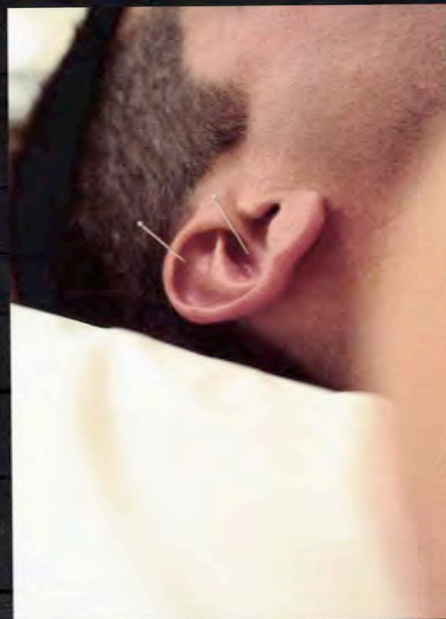
Physiotherapy Services

Physiotherapy is for a wide range of orthopedic injuries (joint/muscle/nerve related problems). Chronic diseases and illnesses are often complimented with physiotherapy if deemed appropriate (i.e: arthritis, obesity, osteoporosis and much more).

A Physiotherapist is highly trained to assess and treat your injuries through a wide range of hands on techniques and prescribing an individualized exercise based home program.

Our Services

- At Zen Physiotherapy we offer thorough 1 hour assessments and longer follow up times
- Our Zen Physiotherapist Nick Chiu is fluent in Cantonese
- Mobile Physiotherapy (home visits, Physiotherapy & Yoga Therapy)
- Physiotherapist led group yoga & mindfulness/meditation classes
- Functional Dry Needling
- Acupuncture
- Taping
- Orthotic Casting
- Exercise programming and return to work reconditioning



Yoga

Physiotherapist led yoga classes with a focus on injury modification/adjustments:

Restorative: Longer holds in postures 30sec-5min with slow easy transitions, and some gentle core work. Emphasis is on breath work and opening and closing meditations 5-10 min each.

Slow Flow: Moving the body with the breath through postures. In each posture a few options will be given to include all levels from beginner to the advanced yogi. Expect to get your heart rate going, gently work the body, but stretch and relax the body and mind through these fun classes.

Yoga Therapy

Yoga Therapy is a service that provides 1:1 assessment of a client for their physical, emotional or mental imbalances. Intervention includes treatment through yogic intervention (poses, breath work, meditation, study). This service is still unique to Winnipeg.