



Frequently Asked Questions

How is Queenie's Physio Yoga Program different from a regular yoga class or routine that I find online?

- Instead of a class, Queenie works with you one-on-one.
- Queenie provides you with video-demonstration, direct cueing and feedback in realtime during the session.
- Online content is not designed specifically for you. Queenie's programs are personalized for your body and your health.
- As a physiotherapist, Queenie designs you a unique physio yoga routine based on your movement assessment, health history and goals. No two routines are identical!
- It's not about achieving a perfect pose or posture. It's not about comparing with other people. There are multiple modifications and progressions for each pose.
- Queenie's programs empower you to move mindfully, heal and prevent injury.