Lipoedema and Lymphatic Yoga

Lipoedema is a fat and lymphatic disorder mainly ignored by the medical establishment. It’s time to change it!

Conversation and practice with Lymphatic Yoga Expert Edely Wallace. Come and be part of the change:

- What is Lymphatic Yoga
- Why we should practice it
- How it can affect Lipoedema conditions
- Lymphatic Yoga practice
- Q & A

Edely Wallace, MLD, CDT, 500E-RYT, MT, is both an internationally trained Lymph Therapist - by Foldi Clinic and Dr. Vodder School - and Master Yoga Teacher. She is the founder and creator of “Lymphatic Yoga,” a system that specializes in the therapeutic application of Yoga to the conditions of the Lymphatic System. [www.lymphaticyogaexpert.com](http://www.lymphaticyogaexpert.com)

She is an inspirational speaker with over twenty-five years of national and international teaching experience. She is the Founder and Director of “Yogamatrix Studio” in Orlando and “Lymphatic Yoga Expert” blog. Edely, against the odds recovered from a serious highway accident through Yoga and Lymph drainage techniques combined, which later on she developed into “Lymphatic Yoga.” She is the author of “Lymphatic Yoga” Book I. She can be seen on the DVD “Lymphatic Yoga for Lipoedema.” Her focus is on transforming through education and movement.