



Treating the Complete YOU

Our role is to listen to your needs & empower you or your loved one to connect, breathe, enjoy eating and conversing with the people most important to you.

WE BELIEVE IN

Pushing beyond traditional methods to build solid foundations. This sets a person, of any age, up for their most fulfilling experience breathing, sleeping, eating & communicating.

Combining evidence with sense for an approach that brings you to your highest potential.

Evolved is not your standard speech therapy.

EVOLVED PHILOSOPHY



Regulation as Foundation

All people need their body and brain to be regulated and centered for change to occur. This is paramount to every intervention & we have many tools to help



Connection & Joy

Every client deserves support to live their most fulfilled life. In our sessions is no shortage of laughs, smiles, sometimes tears and always complete acceptance of our clients.

CORE WORK

Breathwork

- Facilitates nervous system changes
- Supports health in a variety of ways.
- Increases ease & success in communication and eating

Safe & Sound Protocol

- Non-invasive vagus nerve stimulation
- 5 Hour listening protocol
- Nervous system support
- Improves outcomes in other therapies

Myofascial Release

- Gentle approach to manual treatment
- Muscle focus for respiratory support
- Techniques to address the jaw, head, neck, facial and oral muscle function

Holistic Advice

- Stemming from ayurvedic wisdom
- Preventative & practical
- Diet & lifestyle recommendations
- Tools to improve breathing, eating, speaking & overall well being.

