



As a Registered Public Charity and 501(c)3, our primary mission is to share the many benefits of therapeutically-oriented yoga with individuals who are facing health and wellness challenges.

We provide integrative and complementary outreach programs delivered in the form of **Yoga Therapy**.

Yoga Therapy is first and foremost yoga — a long-established, holistic discipline that acknowledges the multidimensional nature of the individual and can provide a transformative approach to health and healing.

Yoga, Meditation & Mindfulness Sessions are offered 1-on- 1 and in small groups by appointment. They are adaptive and customized, making them accessible to anyone.

www.FifthElement.Yoga
508.335.4616



Our focus is serving individuals who are facing health and wellness challenges such as Cancer, Parkinson's, Trauma, Arthritis, MS, Alzheimer's, Anxiety, Addiction, and Chronic Pain.



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1-on-1 Yoga Sessions focus primarily on Yoga Therapy, Meditation and Mindfulness to meet the unique needs of the individual.



Small Group Yoga Sessions are offered on a case-by-case basis with a focus on weekly themes customized to the needs of the small group.





Frequently Asked Questions

What was the inspiration for the name Fifth Element? What is the Fifth Element?

The answer is a bit complicated because it has to do with yoga philosophy and the science of yoga - but the simplistic answer is “The Fifth Element” is one’s true nature or state. Some describe it as Serenity, Peace, Bliss, Oneness, their “Happy Place.”

... and, for the record, it has nothing to do with “The Movie”, Korben Dallas, LeeLoo, Ruby Rhod or the Diva.

Do I need to register for a 1-on-1 or Small Group Session?

YES. All sessions **require** pre-registration. Please contact Will at 508.335.4616 or will@FifthElement.Yoga

What should I bring to the Session?

If you have your own items, you can bring them. If not, we can provide you with everything you’ll need for the Session: soft blanket, yoga mat, blocks, straps, bolsters, chairs, etc. Please wear comfortable clothing. Some participants prefer to wear socks rather than participating without them.

Why do you offer Private, One-on-One or Small Group Sessions?

In order to develop a therapeutically oriented Yoga program that is personalized, customized and adapted to meet the unique needs of each individual, we offer both visit types to suit the varying needs of our participants.

Do I need a note or referral from My Doctor?

A note is not required, however, you should obtain permission from your doctor to participate in Yoga & Meditation and discuss specific limitations, modifications or restrictions.

How much does each session cost?

While there is no designated cost for each session, they are offered and funded through Individual, Private, and Corporate Donations and Sponsorship to support Our Mission.

Why is there emphasis on breath?

It has been shown and reported that breath and the way an individual breathes has a direct impact on an individual's health & wellness experience during our Yoga Therapy sessions. Breath has a significant effect on the Central Nervous System, the impact of which, can affect almost every major system in the body. Coupled with movement, the positive impact is even more pronounced in many cases.

For example, we have seen significant reduction in chronic pain associated with chemotherapy or radiation induced neuropathy and have captured feedback during the integration phase of the Yoga Therapy session in the form of Creative Art Therapy by having the Yoga Therapy participant color a "Before" and "After" drawing that summarizes their experience.



Our Greatest Challenges

On March 6, 2018, Fifth Element Health & Wellness & Will Jaquith-Houston were presented with a Certificate of Special Mayoral Appreciation by Joseph M. Petty, Mayor of The City of Worcester, in recognition for our mission driven activities.



Although we are focused and mission driven, our organization faces sustainability challenges. The challenges are two-fold: Donor Support & Volunteers.

Our greatest challenge is sustainability for our existing 1-on-1 and small group populations. Second to that is our ability to expand to other populations and locations for those populations where we can offer 1-on-1 and small group sessions.

Donations: Individual & Corporate Financial Contributions, Donations and Sponsorship

Volunteers: Experience: Marketing Communications Advocate, Grant writing, Social Media Outreach, Technical Writing, and Fundraising to name a few

New Locations: Dedicated Rooms / Locations
Yoga, Meditation & Mindfulness Equipment
Fair Compensation to Yoga Therapists to sustain programs

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About Will Jaquith-Houston

Will Jaquith-Houston is both Founder & Executive Director of Fifth Element Health & Wellness, Inc., a 501(c)3 Non-Profit and Registered Massachusetts based Public Charity.

Fifth Element Health & Wellness, Inc. was founded to share the many benefits of Yoga with people living with some of life's most challenging conditions, including, but not limited to Cancer, Parkinson's, Trauma, Depression, Stress, Anxiety, and Chronic Pain, Addiction, and Trauma.

On March 6, 2018, Fifth Element Health & Wellness & Will Jaquith-Houston were presented with a Certificate of Special Mayoral Appreciation by Joseph M. Petty, Mayor of The City of Worcester, in recognition for their mission driven activities.

Will Jaquith-Houston is a Yoga Therapist with over 20 years experience practicing and teaching yoga, meditation & mindfulness and holds specialty certificates & certifications, including Yoga for Cancer, Functional Yoga Therapy Intensive, Trauma Sensitive Yoga Facilitator, Ayurveda Principles & Practices in Yoga Therapy and received advanced Teacher of Yoga Therapy training at Kripalu Center for Yoga & Health.

Will shares the benefits of Yoga, Mindfulness & Meditation with others through Fifth Element Health & Wellness because Yoga profoundly impacted his quality of life and provided tools for healing, healthy living, and a greater sense of well-being and personal transformation following a traumatic motor vehicle accident in 2008. The trauma resulted in multiple surgeries, extensive rehabilitation and long-term effects.

His teaching style and approach is customized to the individual or group and draws upon the Integrative Yoga Therapy (IYT) process model & methodologies. Yoga philosophy is theme based, and often incorporates the principles and practices of Ayurveda to deliver gentle, adaptive and therapeutic programs thus making Yoga, Meditation & Mindfulness accessible to anyone.

Focusing almost exclusively in 1-on-1 Individual Sessions and Small Groups, his gentle and integrative approach helps those he serves to better manage and/or find relief from symptoms and/or side effects stemming from lifestyle, treatments, medications, medical conditions and/or other limitations.

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