

The Kripalu Centre

Live fully, with compassion



Yoga



Meditation



Master
Classes



Workshops



Seminars



Concerts



Tai Chi

LifeForce Yoga® to Manage Your Mood with Amy Weintraub First time in the UK!

author of *Yoga for Depression*

www.yogafordepression.com

Kripalu Yoga Centre

June 12 – 14, 2009



LifeForce Yoga® interweaves the power of an ancient discipline with current scientific findings to provide an evidence-based practice for mood management. You will learn yogic strategies to begin or enhance your regular yoga practice that can help alleviate both depression and anxiety along with methods to safely release chronically held tension and repressed emotion in the physical and emotional body.

You will leave feeling refreshed, renewed, and excited about your home practice with new tools to work with your mood or to help your clients and students manage theirs.

The Warehouse, South House, 21-37 South Street

Dorking, Surrey, RH4 2JZ

£150 or £20 Friday Eve Only

Amy Weintraub, MFA, E-RYT 500, author of *Yoga for Depression* and founder and director of the LifeForce Yoga Healing Institute, is a leader in the field of yoga and mental health and leads professional trainings internationally. She is featured on the award-winning, evidence-based video series to address mood, *LifeForce Yoga to Beat the Blues*-Level 1 & 2 and the LifeForce Yoga® CD practice series that includes *Breathe to Beat the Blues*, *Yoga Nidra* & *Yoga Bhavana*.

www.yogafordepression.com.

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