

Yoga for Emotional Balance

Do you want to feel energized? Are you looking for ways to calm your mind and body?

This workshop teaches empirically-supported approaches to reduce stress, improve mood, sleep and maintain emotional balance. This workshop will include the following practices to help you to achieve equanimity in your mind, body and spirit:

- ~ Breathwork to regulate mood ~
- ~ Yoga postures to energize the body ~
- ~ Mindful movement to develop “presence” ~
- ~ Guided meditation to relax and restore ~
- ~ Guided somatic imagery to manage difficult feelings ~
- ~ Yoga nidra for deep relaxation & improved sleep ~
- ~ Sounds & hand gestures to seal practices, energize & relax the nervous system ~



A mindful lunch will be served. You will learn everyday practices that you can use on your own. All experience and levels welcome!

For more information and to register call at (619) 275-2286

