

ENERGY CLARITY SERENITY

MOVING BEYOND ANXIETY AND DEPRESSION

A SERIES OF FOUR WORKSHOPS, THREE HOURS EACH, TO EXPLORE HOW YOGA HELPS INDIVIDUALS FOR WHOM ANXIETY AND/OR DEPRESSION ARE LIFE PROBLEMS. THE PROGRAM IS STRUCTURED AS A SERIES; YOU MAY ATTEND ONE OR ALL OF THE WORKSHOPS. PRIOR YOGA EXPERIENCE IS NOT NECESSARY.

EACH WORKSHOP INCLUDES GUIDED PRACTICE IN:

*MEDITATION
YOGA POSTURES
BREATHING TECHNIQUES
RELAXATION*

THESE TECHNIQUES ARE PROVEN SOLUTIONS FOR PROBLEMS OF ENERGY MANAGEMENT AND EMOTIONAL STABILITY. THOSE WHO USE THESE TECHNIQUES BECOME SKILLED IN CALMING THE MIND AND EMOTIONS AND IN ENERGIZING THE BODY SO THAT ANXIETY AND DEPRESSION ARE NO LONGER CENTRAL LIFE CONCERNS..

IN THE HOPE THAT THOSE WHO ATTEND WILL INTEGRATE WHAT THEY LEARN INTO THEIR DAILY LIVES, MATERIALS SUPPORTIVE OF A HOME PRACTICE WILL BE PROVIDED. THE COST OF THESE MATERIALS IS INCLUDED IN THE PROGRAM FEE.

TIME: *1:30-4:30 PM*

DATES: *SUNDAY, FEBRUARY 7, 2010
SUNDAY, MAY 2, 2010
SUNDAY, SEPTEMBER 12, 2010
SUNDAY, DECEMBER 5, 2010.*

PLACE: *EAST MEETS WEST YOGA*

TEACHERS: *RENEE SZAROWICZ AND ATHALIE JOY*

COST: *\$25. PER WORKSHOP SESSION*

TO REGISTER: *SEND A CHECK TO: EAST MEETS WEST YOGA , 758
ELMWOOD AVE. BUFFALO 14222. SPACE IS LIMITED*

FOR MORE INFORMATION CALL ATHALIE JOY, 716-830-6900

EAST MEETS WEST YOGA
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