



Deborah E. Lubetkin, Psy.D.

LifeForce Yoga® for Illumination of Mind, Body, and Spirit

Join me and dive in to a 4-week series in the practice of LifeForce Yoga and more! This series of classes is designed to help you reach your highest, most authentic self. The practice of LifeForce Yoga, held within a spiritual framework that I have developed over the years of my practice as a Psychologist and Yoga Teacher will help you to create a practice that honors who you truly are, beneath whatever mood or circumstance may be showing up in your life.

Illumination of Self involves utilizing ancient LifeForce Yoga and other Yoga practices to clear the space in the mind-body that has become obstructed over the years of living our lives. The journey is one of discovering your highest, truest self and letting it shine! Each class will involve Yoga Asana (postures), Pranayama (Breath Work), Mudra (Energetic holds), Mantra (Tones & Chanting), Bhavana (Visualization), and Meditation (varied practices), and Yoga Nidra. *This series is open to all, including Beginners. Bring a mat, water, and a shawl for meditation.

Where: The Yoga Ground, 96 Washington Street, West Orange, NJ

When: Fridays, 11:00-12:30 March 8, 15, 29 and April 5

Registration: www.theyogaground.com

Information: DLubetkin@drdeborahlubetkin.com or **Phone:** (973)783-0351



For more information about Deb Lubetkin visit www.DrDeborahLubetkin.com .

Deb Lubetkin is a Licensed Psychologist (Psy.D.) in Private Practice for over 20 years. She is a Kripalu Yoga Teacher (RYT-200), Certified LifeForce Yoga Practitioner & Mentor, and a Certified Yoga Therapist (C-IAYT).