



Self-Illumination as Self-Care: Managing the Waves of Life through LifeForce Yoga

With Deb Lubetkin, Psy.D., C-IAYT

Join Deb for this 2-hour workshop to explore and co-create practices for radiant self-care; the practice of illuminating the highest self. We all get caught in the waves of life. Sometimes these waves feel like tidal waves; at others perhaps just ripples. Either way, when we can learn to lean IN to these experiences and connect with our highest self each and every day, we are able to find balance, stay grounded and more easily ride the waves of emotion that inevitably arise in our lives. In this workshop, Deb will share her own personal blueprint for approaching and illuminating the self each and every day.

This workshop will include some LifeForce Yoga-informed asana practice, pranayama, mudras, meditation, journal writing, and partner experiences. We heal and transform WITH others, and IN connection.

I invite you to set an intention around rising up to YOUR highest self by joining me for this NEW workshop.

When: Sunday, October 14 from 4-6pm

Where: Vastu Yoga, Verona NJ

Registration: www.theVastuYoga.com

Bring: journal, shawl

*This workshop is for ALL levels and no prior yoga experience is required



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