

LifeForce Yoga® Meets Mind-Body Psychology to Manage Mood

Join Penni Feiner, ERYT, Certified LifeForce Yoga® Practitioner and co-founder of "Tejase, the Yoga of Liberation" and Deborah Lubetkin, Psy.D., Licensed Psychologist and Certified LifeForce Yoga® Practitioner, on a journey to discover the ancient, yet evidence-based practice of LifeForce Yoga® to manage mood imbalances. Whether these imbalances are related to stress, anxiety, depression, trauma, loss, or hormonal changes, you will learn easy, effective ways to help regulate your mood naturally.

Yoga and the Body:

- *increases your body's own "feel-good" hormones
- *decreases levels of stress hormones
- *regulates natural diaphragmatic breathing
- *reduces chronic muscle tension
- *improves oxygen absorption and carbon monoxide elimination
- *promotes the relaxation response

Yoga and the Mind:

- *elevates the mood
- *develops greater self-awareness
- *promotes a state of calm alertness
- *provides tools to address unresolved feelings
- *energizes and relaxes
- *enhances personal psychotherapy

Structure:

- *First hour-Psycho-educational/experiential including lecture, discussion, breath work, meditation, and journal writing



- *Second hour- LifeForce Yoga® asana practice

Details:

3 Mondays, from 9:30 am-11:30 am September 20, 27, October 4

Location: New Jersey Center For Healthy Living

292 Bloomfield Ave. 2nd Floor, Montclair, New Jersey 07042

\$195 for the series (many insurance companies will reimburse-check your coverage) Bring your own mat-other props will be supplied; wear comfortable clothes

No yoga experience necessary

please contact Deborah Lubetkin, Psy.D. at 973-276-1880 for questions and enrollment

"My beloved child break your heart no longer... each time you judge yourself, you break your own heart." ~Swami Kripalu