

## **LifeForce Yoga® Meets Mind-Body Psychology to Manage Mood**

Join Penni Feiner, ERYT, Certified LifeForce Yoga® Practitioner and Executive Director of "Kula for Karma" 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.

### **"From Darkness to Light," Asatoma Sadgamaya**

During this 3-session series, we explore ways to move from the reactive mind to the intuitive mind. Yoga philosophy teaches that we become symptomatic when we attach to negative thoughts and beliefs, blocking the mind-body from reaching its' most authentic potential. Group members will have the opportunity to design their own home practice focused on cultivating balance of the whole self.

~Includes lecture, discussion, breath work, meditation, sound/chanting, and LifeForce Yoga® asana practice



### **Details:**

3 Mondays, from 10:00 am-11:30 am March 5, 12, & 19 2012  
The Wellness Studio, 749 Bloomfield Ave., West Caldwell, 07006  
Fee: \$240 for the series (many insurance companies will reimburse-check your coverage)

Bring your own mat and water-other props will be supplied; wear comfortable clothing; no yoga experience is 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***