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Awaken Your Inner Pharmacy: LifeForce Yoga for Mood Management

Filed under [Bodywork and Movement](#), [Events](#), [Holistic Health](#), [New Classes This Season](#), [Yoga](#).

October 2, 2011
10:00 AM to 5:30 PM

REGISTER



Amy Weintraub, MFA, E-RYT 500

Balance your biochemistry and your mood with self-empowering yoga practices that are rarely taught in regular classes. Learn from the author of *Yoga for Depression* and *Yoga Skills in Therapy* (forthcoming from Norton Professionals) evidence-based yoga breathing, toning, mudra and meditation practices that anyone can do in any setting, with or without a yoga mat. LifeForce Yoga interweaves the power of an ancient discipline with current scientific findings to help you release what's no longer serving you—without a story attached!

Along with these easy to learn and teach techniques, we'll learn and practice a Nondual meditative self-inquiry and a mood balancing Yoga Nidra relaxation. By days end, you'll feel more spacious and expansive, ready to brave new worlds with a clear mind and a courageous heart.

We'll practice:

- * Pranayama and kriya breathing techniques that regulate the emotions
- * Meditations that lift the mood
- * Creating Affirmation (sankalpa)
- * Guided Visualizations (bhavana)
- * Tones that regulate the emotions (mantras)
- * Hand gestures that affect different areas of the chakra system and the body (mudras)
- * Accessible Yoga asanas suitable for all levels

You'll leave feeling refreshed and renewed, with ancient strategies to revitalize your practice and manage your mood. Psychotherapists, health professionals, and yoga teachers will learn techniques they can use to help their clients focus, relax, and have greater access to their feelings.

Note: Suggested Reading: *Yoga for Depression*.

A ONE-DAY WORKSHOP

Sunday, October 2, 10am-5:30pm

11FBY54S For CEUs click [here](#)

Members: \$120 / Nonmembers: \$130

Program Calendar

« Sep Nov »

October 2011

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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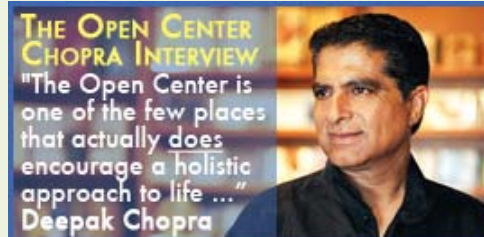


REGISTER

Amy Weintraub, MFA, E-RYT 500

Amy Weintraub, MFA, E-RYT 500 is the author of *Yoga for Depression* and an award-winning, evidence-based series of audio visual yoga tools for optimum mental health. She is the founder of the LifeForce Yoga Healing Institute and offers professional trainings and speaks at medical and psychological conferences around the world. www.yogafordepression.com

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