

## **LifeForce Yoga®: For Emotional Healing and Mood Management**

**Penni Feiner, ERYT and Deborah Lubetkin, PsyD**

In this class we will delve deeply into the ancient and evidence-based practice of Life Force Yoga® to naturally manage imbalances of mood. Whether these imbalances are related to stress, loss, anxiety, depression, trauma, or hormonal changes, we will learn to calm the reactive mind through the weekly practices of LFY. Each class will include calming and energizing breath practices, chakra clearing meditations, uses of mudra and mantra (sound), and therapeutic asanas, and will end with Savasana (deep relaxation) accompanied by the blissful chanting of Penni. We will leave this class deeply relaxed and revitalized and with a home practice to meet our individual needs and goals.

*A WEEKLY COURSE*

**(5 sessions) Wednesdays, April 4–May 9, 6–7:30pm**

*No class on April 11.*

**12WBY58T (See below for CEUs\*)**

**Members: \$110 / Nonmembers: \$120**

\*CEUs may be available through your professional accrediting organization. Certificate of attendance given on request for a \$15 fee.