



**Microdosing Yoga to Support Emotions and Immunity: A
Virtual Class
...with Deb Lubetkin, Psy.D., C-IAYT**

In this virtual class, students will learn to “Microdose” specific yoga practices to help support emotions and immunity when the waves of life draw us away from our embodied, truest self. Students will acquire practices to “choose and use” in daily life to reset mood and energy. This is a 30-minute, seated practice incorporating breath, affirmation, energetic practices, intention, and meditation.

When: Mondays, 12-12:30 pm; Pre-register and check for schedule changes at www.QwellMeditationStudio.com , under VIRTUAL classes

Where: Live on Zoom; you will receive a link by email shortly before the class begins

Accessibility: Open to everyone; no prior yoga experience required

Questions for Deb: www.DrDeborahLubetkin.com,
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