

New Class Coming Soon!

Accessible Practices to Balance the Mood: LifeForce Yoga® and
MORE

Learn to meet your mood and energy each day with specific and accessible practices to find balance when the waves of life draw us away from our embodied, truest self. Through flow, breath, intention, visualization, chakra balancing, healing tones and meditation, students will acquire practices to use in daily life to reset mood and energy. Come home to your true nature, each and every day. *All levels welcome.

With Deb Lubetkin, Psy.D., C-IAYT

Mondays, 12-1 pm

Starts October 21

Qwell Meditation Studio

www.Qwellmeditationstudio.com

www.DrDeborahLubetkin.com

Psychotherapy4Illumination