

LifeForce Yoga® Meets Mind-Body Psychology to Manage Mood

Join Deborah Lubetkin, Psy.D., Licensed Psychologist and Certified LifeForce Yoga® practitioner and Penni Feiner, Certified LifeForce Yoga® Instructor and co-founder of "Tejase, the Yoga of Liberation", on a journey to discover the ancient, yet evidence-based practice of LifeForce Yoga® to manage the mood imbalances so common to many people. Whether these imbalances are related to stress, depression, anxiety, hormonal changes, or life transitions, you will learn easy, effective ways to help regulate your mood naturally.

Yoga and the Body:

- *increases your body's own "feel-good" hormones
- *decreases levels of stress hormones
- *regulates natural diaphragmatic breathing
- *reduces chronic muscle tension
- *improves oxygen absorption and carbon monoxide elimination
- *promotes the relaxation response

Yoga and the Mind:

- *elevates the mood
- *develops greater self-awareness
- *promotes a state of calm alertness
- *provides tools to address unresolved feelings
- *energizes and relaxes
- *enhances personal psychotherapy

Details:

~6 Wednesdays, from 9:30-11:30 am, February 24, March 10, 17, 24, 31, April 7.

~Location: The Annex at 100 Valley Road, Montclair, NJ 07410.

~\$75 per session (many insurance companies will cover this-check your coverage).

~Bring your own mat-other props will be supplied; wear comfortable clothes.

~No yoga experience necessary.

~please contact Deborah Lubetkin, Psy.D. at (973)276-1880 for questions and enrollment; class is limited to 10 people.

"My beloved child break your heart no longer... each time you judge yourself, you break your own heart." ~Swami Kripalu