

Home Study in Place of LifeForce Yoga Weekend Workshop

This list will help you to prepare for the LifeForce Yoga Practitioner Training. This is for individuals that are unable to make it to a weekend workshop. Please complete the following:

- Read *Yoga for Depression* and *Yoga Skills for Therapists*, both by Amy Weintraub
- Practice with both *LifeForce Yoga to Beat the Blues Level 1* and *Level 2* DVDs
- Practice with the following CDs
 - *LifeForce Yoga Chakra Clearing Meditation*
 - *Breathe to Beat the Blues*
 - *LifeForce Yoga Bhavana – Say Yes to Yourself*
 - *LifeForce Yoga Nidra*
- Read and complete the practices from the yogafordepression.com website:
 - Supporting Psychotherapists: Yoga for Depression in a Clinical Setting
 - yogafordepression.com/supporting-psychotherapists-yoga-for-depression-in-a-clinical-setting/
 - Clearing Conflict Within
 - yogafordepression.com/clearing-conflict-within/
 - Break Your Heart No Longer: An Exercise to Reduce Shame
 - yogafordepression.com/break-heart-longer-exercise-reduce-shame/
 - Our Connection is Compassion: A LifeForce Yoga Meditation to Remember
 - yogafordepression.com/connection-compassion-lifeforce-yoga-meditation-remember/
 - Empowering Practice for Managing Your Mood
 - yogafordepression.com/bhavana-calm-strength-image/
 - Simple Practice for Anxiety & Depression
 - yogafordepression.com/simple-practice-for-anxiety-depression/
 - Anxiety and Depression: Yoga Warm-ups to Awaken the Spine and Begin Your Day
 - yogafordepression.com/anxiety-and-depression-yoga-warm-ups-to-awaken-the-spine-and-begin-your-day/
 - Camel: Pose for Depression
 - yogafordepression.com/camel-pose-for-depression/
 - LifeForce Yoga Practice for Depression and Lethargy
 - yogafordepression.com/lifeforce-yoga-practice-for-depression-and-lethargy/
 - Energizing with LifeForce Yoga
 - yogafordepression.com/energizing-with-lifeforce-yoga/
 - Grounding Practice for Calm Strength
 - yogafordepression.com/grounding-practice-for-calm-strength/
 - Smile Breath Practice
 - yogafordepression.com/beat-depression-now-smile-breath-practice/
 - Follow along Life Force Yoga class with Amy on NaturalNews Radio
 - yogafordepression.com/follow-along-life-force-yoga-class-with-amy-on-naturalnews-radio/

Please contact Rose Kress, rose@yogafordepression.com, with any questions.