



PRINCETON CENTER
FOR YOGA & HEALTH

www.PrincetonYoga.com
609-924-7294

Amy Weintraub

Yoga for Mood Management

September 21 – 23, 2012

Princeton Yoga is excited to welcome the return of Amy Weintraub, leader in the field of yoga and mental health and author the bestselling books *Yoga for Depression* and *Yoga Skills for Therapists*.

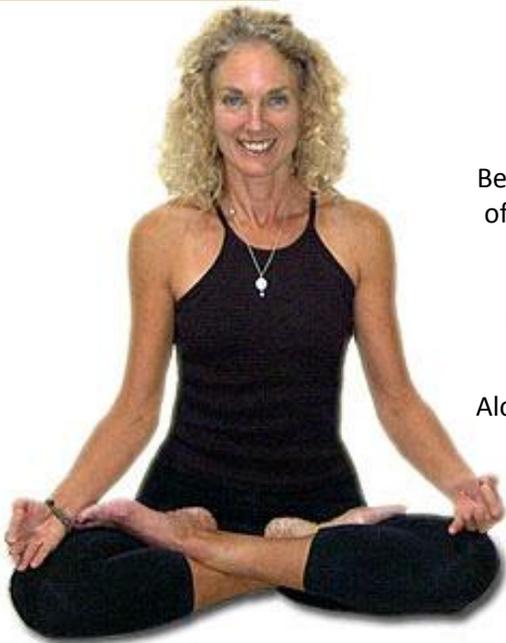
I Am Bliss And So Are You! Be More than Your Mood with Yoga

Beneath our aches and pains and shifting moods, we are bliss. Let the author of *Yoga for Depression* guide you through a menu of yoga practices to shine through the clouds of unknowing to release whatever blocks you from remembering who you truly are. Come home to the joy that is your birthright. Come home to your radiant Self. At the end of this workshop, meet yourself shining in the mirror. You will be amazed!

Along with accessible poses, pranayama breathing exercises, and Yoga Nidra, Amy Weintraub offers yoga practices drawn from Nondual and Tantric traditions not taught in regular Yoga classes:

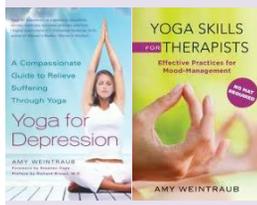
- Love Pranayama Meditation
- LifeForce Yoga Bliss Meditation
- Mudras to Awaken Joy
- Mantras to Awaken Courage and Strength
- LifeForce Yoga Chakra Clearing Meditation
- Self-Inquiry in Dyads

Many of these practices are suitable in a clinical setting, so if you are a healing professional, in addition to taking care of yourself, you will learn new tools to support and empower those you serve.



“This workshop has changed so much — my self-image and my life. My own heart’s desire is 100% clear. I gained tools to help myself and others to live life fully.”

– Marcia Siegel, Yoga teacher, therapist, Carlsbad, CA.



Suggested Reading:

Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga (Broadway Books), *Yoga Skills for Therapists* (W.W. Norton), *LifeForce Yoga to Beat the Blues – level 1 & level 2* (DVD) *LifeForce Yoga® CD Series*

Friday, Sept 21, 7:00 – 9:00 pm (Intro)

Saturday, Sept 22, 9:30 – 12:30 pm and 2:00 – 5:00 pm

Sunday, Sept 23, 9:00 – 12:00 pm

\$265/\$240 if paid by 09/07/2012 (Friday Evening Intro: \$45)

Princeton Yoga Members, Employees and LifeForce Yoga Practitioners receive 10% discount
Please call PCYH 609-924-7294 or go to www.princetonyoga.com to reserve your space.

Orchard Hill Center
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Amy Weintraub, MFA, E-RYT 500, is the author of *Yoga for Depression* and *Yoga Skills for Therapists* and the founder of the LifeForce Yoga® Healing Institute. A leader in the field of yoga and mental health, she offers professional trainings in LifeForce Yoga for Mood Management, and speaks at medical and psychological conferences internationally. She is involved in on-going research, and her evidence-based yoga protocol is featured on the award-winning DVD series *LifeForce Yoga to Beat the Blues*.