

# Amy Weintraub at Kashi Atlanta

## LifeForce Yoga to Manage Your Mood: Yogic Tools for Mood Management

For thousands of years, yogis have understood what current research in neurobiology and clinical observations are demonstrating - that working with a body and breath-based practice, we can manage our moods. LifeForce Yoga® interweaves the power of an ancient discipline with current scientific findings to help you release what's no longer serving you - without a story attached!



We'll practice:

- Pranayama and kriya breathing techniques that regulate the emotions
- Meditations that lift the mood
- Creating Affirmation (sankalpa)
- Guided Visualizations (bhavana)
- Tones that regulate the emotions (mantras)
- Hand gestures that affect different areas of the chakra system and the body (mudras)
- Yoga asanas suitable for all levels
- Non-dual process of self-inquiry.

You'll leave feeling refreshed and renewed, with ancient strategies to revitalize your practice and manage your mood. Psychotherapists, health professionals, and yoga teachers will learn techniques they can use to help their clients focus, relax, & have greater access to their feelings. Yoga Alliance CEUs.

Suggested Reading: *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga* (Broadway Books), *LifeForce Yoga to Beat the Blues - level 1 & 2* (DVD) *Breathe to Beat the Blues* (CD)

**Friday 7:00 – 9:00pm**  
**Saturday 12:30pm – 6:30pm with 30 min break**  
**Sunday 10:00am – 1:00pm**  
**Optional afternoon session for Yoga and health professionals only, from 2:30 to 5:30pm**

Join Amy for a rejuvenating weekend retreat!

**Amy Weintraub, MFA, E-RYT 500, author of *Yoga for Depression*,**

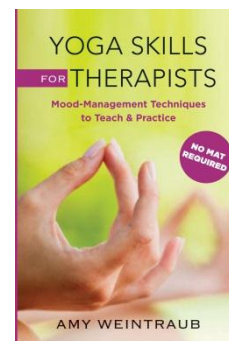
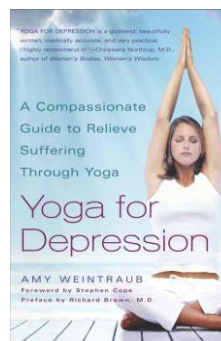
**March 30 – April 1, 2012**  
**Kashi Atlanta – Urban Yoga Ashram**  
**1681 McLendon Ave**  
**404-687-3353**  
**www.kashiatlanta.org**

**\$225 for entire weekend**  
**\$45 Friday Only**

Amy Weintraub, MFA, E-RYT 500, is the author of *Yoga for Depression* and 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*. Her book, *Yoga Skills for Therapists* is forthcoming from Norton Professionals.



[www.yogafordepression.com](http://www.yogafordepression.com)



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