

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
 - LifeForceYoga Chakra Clearing Meditation
 - Breathe to Beat the Blues
 - LifeForce Yoga Bhavana –Say Yes to Yourself
 - LifeForce Yoga Nidra
 - Mantra Chanting with Rose
- Read and complete the Free Mood Management Practices from the website yogafordepression.com/section/articles/mood-management-practices/
- Take any 2 Online LifeForce Yoga courses found in the Store: yogafordepression.com/store/
 - Hand Gestures to Manage Your Mood
 - Stress Busters: Best Practices to Manage Anxiety
 - Energy Boosters: Best Practice to Manage Depression
 - Mantra Meditation for Illumination: Gāyatrī Mantra
 - Meditation for Beginners
- You can also sign up for the [monthly membership](#) for LifeForce Yoga classes and yoga nidra

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