

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 [LifeForce Yoga Practice for Clarity & Energy](#) and [Cooling & Calming a LifeForce Yoga Class](#)
- Practice with the following
 - Any LifeForce Yoga Nidra Practice
 - [Exploring Equanimity Yoga Nidra](#)
 - [True Heart Yoga Nidra](#)
 - [Yoga Nidra for Clarity & Energy](#)
 - [Meditative Relaxation](#)
 - Mantra Chanting with Rose
 - Free Practices on our [YouTube Channel](#)
- 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