

# LifeForce<sup>®</sup> Yoga

*"Managing stress, anxiety and depression  
with yoga."*

Learn an evidenced-based yoga protocol to manage stress, anxiety, and depression. Balance your body, mind and spirit using poses, breathwork, meditation, sound and other yogic practices. Leave feeling relaxed, inspired and empowered. Suitable for anybody wishing a deeper connection to themselves.

*"There is something magical about LifeForce Yoga--I believe it's the integration of the whole body mind....It has not been easy, but I am now completely off my drugs." S. Galloway*

*"I am not depressed but LifeForceYoga is an excellent tool for managing stress and calming my mind." JC*

## Moksana Yoga Studio

**6 Wednesdays, September 13<sup>th</sup> – October 18<sup>th</sup>**

**Time: 7:00 pm – 8:30 pm**

**Cost: \$135**

**Early bird special if paid before August 25<sup>th</sup>: \$105**

**Drop in fee: \$24**

Victoria's only LifeForce Yoga teacher, Ocean Lum (YRT 500hr) has been teaching yoga since 2001. Her classes integrate yogic wisdom, positive psychology and mindfulness. Ocean is also a Registered Clinical Counsellor with a holistic approach to anxiety and depression.

Info/Register:

250-382-3810 or [ocean@oceanlum.com](mailto:ocean@oceanlum.com)

