

Yoga for Anxiety

with Gillian Kennedy



Saturday January 6, 2018

1:00-3:00pm

\$40 (\$35 members)

Yoga has been shown to decrease stress, improve concentration and dramatically reduce the symptoms of anxiety. This workshop will explore meditation, breathing techniques and yoga poses to calm the heart and mind, balance emotions and release body tension due to anxiety.

With a Masters of Science in Psychology, Gillian truly values the all-encompassing benefits of yoga: mental, emotional, and physical, including how it can help alleviate symptoms of anxiety, stress, and depression. She finds that not only is yoga a physical practice, but also a mental practice that brings a sense of ease, calm, energy, motivation, and happiness.

She is 200-Hour Yoga Alliance and Yoga for Today Hatha Yoga Certified as well as Yoga for Kids Certified.

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