



Yoga for Emotional Wellness

with Mari Dickerson,
LMSW, RYT

This program includes an initial workshop to introduce the topic of the yoga group followed by a 6 week group covering the following topics:

YOGA FOR ANXIETY

YOGA FOR DEPRESSION

BALANCING EMOTIONS & RELEASING PATTERNS

MEDITATION & RESTORATIVE POSES

CREATING A PERSONAL PRACTICE

Contact

For more information contact
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212-213-8905 x114



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Please contact Mari Dickerson at mdickerson@cfol.org, 212-213-8905 x114 for dates, times and more information.

\$50 | Introductory Workshop

\$100 | Weekly Group Session

(\$500 for 6 group package offer)

This group will provide an introduction to the physical practice of yoga as a tool for increasing emotional balance and holistic health. This group will include yoga poses, breathing practices, and meditation. There will also be time allotted for discussion and processing of personal insights, challenges, and goals as they relate to the principles of harm reduction and personal growth.

Each week will focus on a specific theme related to the therapeutic practice of yoga. As members move through the course they will build upon skills and themes from previous weeks and by the end will have learned a 20-minute home practice they can use at any time.

Visit the centerforoptimalliving.com for information on other group therapy offered.