

Yoga for Depression, Anxiety & Grief

Schedule

10:00 - Introduction: Lifestyle & Setting Intention

10:30 - Balancing: Begin with Mountain Pose

10:45 - Netty Pot: Outside

11:15 - Breathing Techniques

11:30 – Shavasana

11:40 – Stretching to Asanas for Depression

12:15 – Comfort Pose

12:30 - Lunch (Bring your own; eat light)

1:15 – Stretching to Asanas for anxiety

1:30 – Asanas for Grief

2:00 - Yoga Nidra – The Sleepless Sleep

2:45 - Concluding remarks

What to Bring:

Yoga Mat

Blanket

Small Pillow

Cushions will be provided (Chairs to accommodate)

Water

Light Lunch