

AMY WEINTRAUB, MFA, ERYT-500, C-IAYT, YACEP

Yoga Skills for Therapists

Clinical Applications for Anxiety & Depression

NOVEMBER 2 - 3, 2017, VANCOUVER BC

AT THE JEWISH COMMUNITY CENTRE, WOSK AUDITORIUM

No mat required! Join Amy Weintraub, founder of the LifeForce Yoga® Healing Institute and author of the bestselling *Yoga for Depression* and the ground-breaking *Yoga Skills for Therapists: Effective Practices for Mood Management* & Ocean Lum, MA, RYT-500, LFYP-2, for a weekend of evidence-based LifeForce Yoga practices that will enhance your specialty and help clients focus, relax, and have greater access to feeling states.

LifeForce Yoga is being utilized successfully in health care settings with diverse populations; discover clinically appropriate yoga skills to self-regulate and build resilience. Practice these mood-management tools for your own self-care, as well as for those you serve!

For more information: yogafordepression.com/event , oceanlum.com

To register: registration.jackhirose.com

CEUs available.



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