

LifeForce[®] Yoga

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

Relieve stress, anxiety and depression! Balance body, mind and spirit using breath work, meditation, sound & other yogic practices. Leave feeling renewed, relaxed and inspired. Suitable for anybody wishing a deeper connection to themselves.

"There is something magical about LifeForce Yoga . . . it's the integration of the whole body and mind. . . . It hasn't been easy, but I am now completely off my drugs." –S. Galloway

"LifeForce Yoga is the highlight of my week. I leave feeling de-stressed, recharged and still." –Ann-Marie M.

Moksana Yoga Studio

8 Thursdays: Jan 11 – March 1, 2018

7 – 8:30 pm

Cost: \$165

Early Bird price, paid by Dec 21: \$140

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:

ocean@oceanlum.com or 250-382-3810

