

YOGA THERAPY FOR STRESS RESILIENCE



Dates:

**Tue 10am to
11.15am**

**Wed 6pm to
7.15pm**

**Starting 25th
Feb 2020**

WHERE:

**Psychology On
Parade**

**104 Douglas Pde
Williamstown**

PH: 9397 0977

FEE:

\$45.00 per

Group Class

**\$150 Individual
class**

PRESENTED BY

Christina

Yoga Therapy for Stress Resilience Classes are designed to support individuals in a small group setting.

You will:

- learn tools to connect your body and breath, and feel more

- grounded both on and off the yoga mat

- be able to manage disconcerting thoughts with new awareness

- develop more comfort within your own skin

- learn self care strategies for daily life

Practising breath centred yoga leads to physical and chemical changes in our minds and bodies - essentially helping to rewire the brain (something that Eastern cultures have known for centuries that is now supported by the latest neuroscientific evidence).

Christina specialises in yoga therapy for anxiety and depression. Her interest in yoga developed after the practice helped her own recovery from burnout, deep seated anxiety and depression in 2010 - 2011. She uses her professional skills to engage her clients' body, breath and mind; teaching self care strategies for optimal health and wellbeing. Christina has completed yoga therapy studies with Svastha Yoga and Ayurveda in New Zealand, Amsterdam, Bali and Melbourne; and is registered with Yoga Australia. She presented last year at an Australia and New Zealand Cognitive Analytical Therapy conference on the benefits of yoga practice and yoga psychology for mental health. She works as a therapeutic yoga teacher in Melbourne's West.