

## **Listening to Anxiety and Depression A Yogic Approach to Mental Wellness with Debbie and Angela**

In using a yogic approach to mental wellness, this workshop will be an opportunity to explore physical postures and breathing exercises, mediation and visualization, diet and nutrition as tools to support mental wellness. We will also explore day to day coping strategies for living with anxiety and depression. Taking the time to listen to what is happening within, physically and emotionally, are powerful tools to move towards balance.

Location: Heart Centre Yoga, 3978B Hastings Street, Burnaby

Date: Sunday April 25, 2010

Time: 1:00 pm – 4:00 pm

Cost: \$45.00 plus GST

Please pre-register (604) 294-4954 or [info@heartcentreyoga.ca](mailto:info@heartcentreyoga.ca)



### About Debbie

Debbie began practicing yoga in 1999 to add flexibility and focus to her athletic training programs, and to reduce stress brought on by the type of busy lifestyle that most of us lead. With a deep interest in wellness, background in fitness and wealth of life experience, Debbie safely guides her students in their yoga practice to bring awareness to the body and mind. As the owner of Heart Centre Yoga, Debbie endeavours to make yoga accessible while building community.



### About Angela

Angela has been a student of yoga for 10 years; in 2007 she completed a comprehensive 500-hour yoga teacher training through the South Okanagan Yoga Academy and has continued her studies in the Anusara tradition. A background in social work has contributed to Angela's commitment to holistic health and wellness. Angela encourages her students to practice mindfulness as a way of honouring the wisdom within.



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