

YOGA THERAPY FOR THE MIND

8 WEEK COURSE

FOR STRESS, ANXIETY & DEPRESSION

MONDAY 1ST JUNE - 20TH JULY 7:00pm - 9:00pm

Do You Sometimes Feel Overwhelmed Or Feel You Cannot Cope?

Stress, anxiety and depression can affect all of us at some time in our lives, and can have an impact on our wellbeing and our ability to cope effectively.

The Minded Institute Yoga Therapy for the Mind 8 week course is an evidence based programme developed by Heather Mason of The Minded Institute & delivered by Elizabeth Bourdon. Focused on traditional yoga and mindfulness techniques, the course combines yoga postures (asana), breath-work (pranayama), and a variety of mindfulness practises, (self-awareness) which allows the student to experience and understand how this simple approach can work for them both in the short term, and the long term. Through a deeper insight into the physiological and psychological aspects of stress, the 8 week course helps to create a tool kit for the individual to encourage and maintain positive mental health and wellbeing, and bring about emotional ease.

The course is held in a peaceful, private yoga studio, with underfloor heating. To ensure individual attention, this class is limited to 8 students. You don't need to have practised yoga or mindfulness before, all you need is an openness to learn a new skill that may well enhance your wellbeing for the better.

Elizabeth Bourdon is a Yoga Teacher (British Wheel of Yoga), a Yoga Therapist for Mental Health (The Minded Institute), and a Mindfulness Teacher, having studied with Bangor University. She specialises in teaching Yoga and Mindfulness skills to help people manage symptoms of stress, anxiety and depression. Lizzies teaching style is gentle and compassionate and she believes that through yoga, mindfulness, and education, we are better able to make informed decisions about how to support our mental health and wellbeing.

Content:

This course is designed to teach you how to develop a comprehensive daily yoga and mindfulness practice, which can enable you to:

- manage stress, anxiety or depression
- enhance focus and concentration
- improve wellbeing
- develop resilience
- learn how our mind works and gain a greater understanding of our mood and emotions

Investment:

£200 - Including detailed training manual and CDs to support your home practice.

Venue:

The Yogashed 5 The Close,
Leckhampstead Road, Akeley, Bucks,
MK18 5HD.

Book:

To join, or for more information please contact Elizabeth Bourdon at:

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calmscape
YOGA THERAPY & MINDFULNESS

Emotional balance for a healthy body and mind