

# Working with Yoga to help manage Anxiety and Depression.



**SATURDAY ~ OCTOBER 15<sup>th</sup> 2011**

With AMARAJYOTI

Times: 10.0am ~ 5.00pm

*We seem to live in a world of stresses, which may build up in our physical bodies but also affect our minds and emotions. Many of us have personal experience of anxiety and or depression but we also know many people who struggle with these problems. Yoga may help to give us insight into patterns of behaviour and attitude and we can then learn which practices are appropriate and may help bring us to a more balanced state.*

*\*This day will be most suitable for those who have some yoga experience\**

*Amarajyoti has had personal experience of mental health issues and has taught in this area. She also trains Yoga Teachers to work in the field of mental health*

Venue: St Timothy's Church Hall and Community Centre  
Swinburn Way, off Byron St, Daybrook, Nottingham NG5 6BX

Cost: £33.00

Bring a light lunch and your usual Yoga equipment including blanket and a cushion for sitting –  
Tea / coffee provided

For more details contact: Amarajyoti at: Satyananda Yoga Centre, 78 St Albans Rd,  
Arnold, Nottingham NG5 6GW 0115 9206397 [amarajyoti@ntlworld.com](mailto:amarajyoti@ntlworld.com) [www.sycnottingham.com](http://www.sycnottingham.com)

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PLEASE RESERVE.....PLACE/S FOR: 'Anxiety & Depression' – Saturday October 15<sup>th</sup> 2011

NAME.....

ADDRESS.....

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Post Code.....Tel No(s).....

Email (if opened regularly) .....

Signed .....Date.....

Cheque for £33.00 made out to Amarajyoti