

**Decreasing Anxiety
&
Lifting the Weight of
Depression**

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Welcome!

We're so excited to have you take part in this beautiful journey with us, one that I hope will allow you some insight into the types of energy you hold in your being and how to work with this energy to help you find balance in your daily life.

This workshop is designed to bring forward an awareness as to how we handle stress, and to understand what your automatic default button is when you are experiencing stress.

Generally, when dealing with stress, our response goes in one of two ways - we either move towards more excitability, which is the energy of anxiety, or we take on stress as a weight that leads us to feeling a greater heaviness, which is the energy of depression.

We have addressed these two responses together in a workshop because of their relevancy to one another as they are polar opposites, and where energy is concerned, all forces are held in accordance with equal opposition.

I have been sharing yoga for more than a decade and have personally witnessed these two forces in play when guiding a class and when conducting an energy session. I believe in this application of handling stress, as I have witnessed the proof of it time and time again. Where some are renewed and restored by stillness, others are supported and strengthened by movement. Reinforcing once again that the law of attraction and the law of alteration are in constant play when dealing with energy, and we are more than just the physical bodies we can see and touch; we are made up of a divine spirit that houses a soul and a subtle body that is a made up of multiple energy systems that govern our daily supply of the vital force living within us.

Now let's get started with learning more about the different energies people house and applicable techniques that can support you in either decreasing anxiety or lifting the weight of depression in your daily life.

***Love and Light,
~Melody White***





Sacred Space

Home of Samdhaana Yoga

Decreasing Anxiety & Lifting the Weight of Depression

Everything is Energy

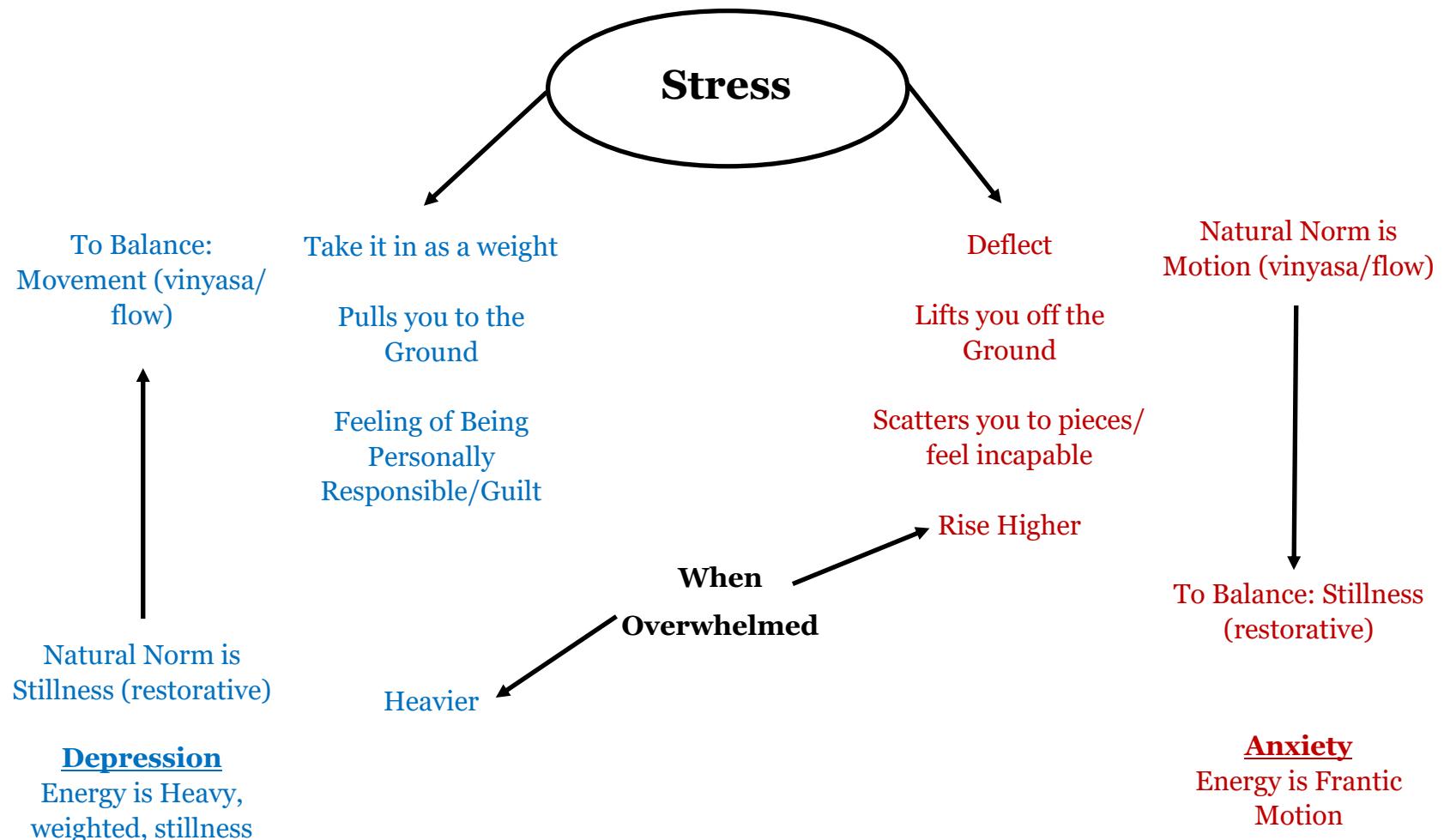
The Energy of Depression is:

Heavy
Weighted
Stillness

The Energy of Anxiety is:

Frantic
Scattering
Rising

Response to Stress



Root Chakra: Grounding wire; safety/security/survival

Chief Operating Force is Gravity