

# YOGA FOR ANXIETY:

## Healing in Your Own Hands

WITH LISA

ANNAMAYA - Physical Body

PRANAMAYA - Energetic Body

MANOMAYA - Mental Body

VIJNANAMAYA - Wisdom Body

ANANDAMAYA - Bliss Body

*Do you suffer from too much anxiety in your day to day activities? Do you feel out of balance? Join Lisa Tice in a two-hour workshop where you will learn practical strategies to address anxiety from the healing system of Yoga Therapy. Begin to bring yourself back into balance and put Healing in Your Own Hands. She will guide you through a variety of asanas (yoga poses), breath work, mindfulness meditation and yoga nidra (yogic sleep) - all designed to reduce anxiety. You will receive informational literature and practices from the workshop to take with you. This workshop is appropriate for practitioners of all levels.*

**Sunday, March 5, 2 - 4 pm, \$45**

Register online at [www.floweroflifeyogastudio.com](http://www.floweroflifeyogastudio.com)