



Through Yoga, Breathwork & Group Process

Move out of your Depression

Calm your Anxiety

Find your Ground & Move into Life

- Do you experience 'the blues'?
- Do you have angry outbursts or often feel inexplicably irritable, edgy or restless?
- Do you feel sad, hopeless, despairing, or do you tire easily?
- Do you isolate or find yourself stuck, with no energy or motivation to move?
- Do you have a sense of powerlessness or apprehension; panic, fear or uneasiness?

If you answer yes to any of these questions, you might be challenged by depression or anxiety, or the dynamic duo of both.

Both depression and anxiety can be frightening and overwhelming. Either can be pervasive in your life, preventing you from fully functioning, or can visit you from time to time like an unwanted houseguest, coming and going as they please.

Using gentle yoga poses and breathwork that decrease anxiety and increase energy, together we will explore ways to address the depression and anxiety that keeps you stuck. You will learn how to recognize when anxiety begins to arise and when depression starts to creep in. You will gain insight and develop skills in how to work with these feelings when they appear.

Come experience support and guidance, while learning ways to move through both depression and anxiety into more sustainable aliveness.

6-Week Group Meets Weekly in Penngrove

Begins Friday, February 27 2015

\$285 for 6-week group

For more information, contact Susan

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Susan Lourme, Marriage and Family Therapist #54025, has a private psychotherapy practice in Petaluma and Sebastopol. She has studied yoga and breathwork for over a decade, and utilizes these elements in her work with clients for a holistic approach to therapy.