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Yoga and mindfulness skills for holistic practitioners

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Yoga therapy is an emerging field in holistic medicine. Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the

application of the teachings and practices of yoga including gentle movement, breathing exercises, relaxation, and meditation techniques. Nancy's yoga therapy specialty is working with people who are going through major life changes. That might be physical, mental, emotional or spiritual change. Every stage of life has its challenges. Some people ride these waves with ease and others take detours which include

stress, anxiety, and depression. In this workshop, you will learn more about yoga therapy as well as some simple yoga and mindfulness techniques that you can use as a holistic practitioner to enhance your client sessions and for your own personal stress management. Come as you are. All are welcome. Everyone can practice yoga – if you can breathe, you can do yoga!

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