



Yoga for Anxiety & Depression



What is yoga for anxiety & depression?

Anxiety and depression are diseases that allow people to get stuck “inside their heads” with negative self-talk, body shaming, obsession of the past or worry/anxiety of the future, yoga, as a form of physical activity, will help to increase your awareness of sensations within your body allowing you to come to the present, ultimately creating a healing affect.

Who is this for?

- Anyone who is experiencing anxiety or depression
- Someone who is new or a beginner to yoga, intermediate or advanced
- Anyone who is wanting a holistic approach to healing and coping with anxiety and depression

Get started with the next class:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email Stevie Jelden at s.jelden@omahaic.com.

What are the benefits?

- Reduce the symptoms of anxiety and depression
- Increase energy
- Improves health and immune functioning
- Builds strength, balance and coordination
- Breathing techniques to help with cope with everyday stressors

What can I expect?

Yoga for anxiety & depression is a class that will be specifically designed and catered for each student in it. The calming and supportive environment will teach you meditation, breath work, asanas/movements and affirmations to ensure the release and reduction of anxiety and depression.

When is it?

- Every Thursday at 6:00 PM
 - Omaha Integrative Care **MAIN**

What is the cost?

- First time FREE
- \$17 Drop-In
- \$10 Student Price
- \$125 10 class package (\$12.50 per class)
- \$225 20 class package (\$11.25 per class)