

ACT and LifeForce Yoga® for Emotional Balance

This dynamic group blends the power of LifeForce Yoga® and Acceptance and Commitment therapy, two effective evidence-based practices designed to transform your relationship with your anxious feelings, depressed mood, worrying mind, self defeating behaviors, and anything else that is standing in the way of your living your most meaningful life.

Be supported in your process of discovery as you:

- Experience a more balanced and positive emotional, mental, and physical state
- Learn techniques to make space to allow difficult feelings to transform
- Learn tools to address your self-defeating behaviors
- Gain a deeper clarification of the values you hold important
- Gain awareness of your innate tools of self-healing

No experience with yoga is necessary, and while we interweave many aspects of evidence-based yoga in the sessions, this is not a yoga class. The practices we utilize in this group can be done seated in a chair, and each session is adapted to your individual needs.

Please call for more information and to register:

(805) 316-4567

www.therapyinsanluisobispo.com

elizabethkarshmft@gmail.com



Elizabeth Karsh, LMFT #94680

I am a Licensed Marriage and Family Therapist, experienced registered yoga teacher (E-RYT-200) with Yoga Alliance, trained in LifeForce®Yoga for mood management, and a Relax and Renew Restorative yoga trainer.