



" STRUGGLE TO STRENGTH "

Yoga for Anxiety and Depression

Whether you're seeking to manage the symptoms of anxiety and depression or simply looking for a mindful approach to self-care, this carefully crafted 75-minute class is designed to offer you a safe and supportive space to address and manage the challenges of anxiety and depression through the power of yoga.

This class combines gentle yoga poses with breath work and meditation techniques that stimulate the glandular system and the vagus nerve, leading to an overall feeling of well being.



NO YOGA EXPERIENCE NECESSARY | ALL SUPPLIES PROVIDED

LED BY: KARALYN BORD, LMT, RYT

HELD IN AVENUES' WELLNESS CENTER,
VIVIFY WELLNESS

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**SPOTS ARE LIMITED
CALL OR SCAN TO BOOK**

