



**bhava**

YOGA STUDIO PRESENTS

# Yoga for Depression and Anxiety

WEDNESDAYS, APRIL 21-MAY 26

6:00-7:15 PM

Depression and anxiety are increasingly common among people of all ages, and manifest in a variety of ways—mentally, emotionally, and physically. In this 6 week class, you will learn gentle yet powerful practices for dealing with these states, including yoga, meditation, pranayama, and self-study. *This highly personalized class is limited to no more than 10 students. Pre-registration is strongly encouraged.*

**Register online at [www.bhavayogastudio.com](http://www.bhavayogastudio.com)**

**or by e-mail: [info@bhavayogastudio.com](mailto:info@bhavayogastudio.com)**

**Cost: \$75**



**Erin Hansbrough** is a Certified Anusara Yoga® teacher. She began studying yoga and meditation in 1998, and has been teaching since 2001. Dedicated to making yoga accessible and empowering for everyone, she is skilled in communicating the alignment principles and philosophy of Anusara Yoga in ways that uplift and support each student. Erin offers a heart full of gratitude to her primary teachers, John Friend and Douglas Brooks, and to her amazing students in Albuquerque, New Mexico.