

How do I book a place on the course?

To book a place on the course, please contact Gwen Williams on 020 8525 2318 or Suzanne on 020 8525 2319 or you can complete a referral form at: Counselling@cityandhackneymind.org.uk

If you have any questions about the course

Contact Gwen on the above number.



City and Hackney Mind - Psychological and Wellbeing Services
8-10 Tudor Road
E9 7SN
0208 525 2319/2318
Email: gwen.williams@cityandhackneymind.org.uk

*City and Hackney Mind relies on voluntary donations to fund its work.
To make a donation or more information about fundraising please visit our website <http://www.cityandhackneymind.org.uk/> or call 020 8525 2340.*

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City and Hackney Mind

Yoga for the Mind A Blend of Powerful Techniques To Manage Depression

Nazanin Azimian –Yoga Therapist
Gwen Williams– Psychotherapist

Learn practical
skills that you can
use in
everyday life



Learn techniques to
manage distressing
symptoms

*Monday Mornings
23rd January– 12th March
2012
from 10.00 - 12:00
At City & Hackney Mind*

8-10 Tudor Road
Hackney
London
E9 7SN

Drug Free Therapy for Depression, Stress and Anxiety

Recognise any of these

Feeling low or sad a lot of the time?

Having trouble eating or sleeping?

Feeling anxious or agitated without really knowing why?

Feeling life is not treating you very well?

Finding you don't want to see people or make the effort to do things?

If you're looking for a healthy and holistic approach to better manage your mood and well-being, yoga and mindfulness might be right for you !

Yoga for the Mind is an 8 week course that addresses both the physiological and psychological aspects of depression and anxiety. It combines yoga postures, breathing techniques and mindfulness with psycho-education .Yoga for the mind is specifically designed to rebalance the nervous system, teaching you how to regulate your mood and emotions.

No previous experience of yoga is necessary to do this course

Research is supportive of the positive effects of yoga in managing anxiety and depression . Studies have shown that yoga is more beneficial than other forms of exercise in reducing anxiety .

Who can attend the course

The course is open to anyone who struggles with anxiety and depression

What does the course cost?

The 8 week course will cost £20 for those on low income and £50 for those in employment and those who live outside of Hackney. This includes the cost of CDs and a practice manual . You will need to buy your own yoga mat so that you can practice between sessions. Please ask us about where to buy yoga mats and how much they may cost

We are asking all participants to pay the fee upon registration to secure a place on the course.

Where and when will it be held?

The course will be held at: City and Hackney Mind 8-10 Tudor Road, E9 7SN.

Date: Monday 23rd January—12th March 2012 from 10am –12 pm

Who will lead the course?

Nazanin: has been practising yoga for the last 15 years. She is a qualified and experienced yoga teacher and yoga therapist with many years experience of working with stress, anxiety, depression and Post Traumatic Stress Disorder (PTSD).

Gwen: Is the Clinical Services Manager for City and Hackney Mind Counselling Service. She is a qualified psychotherapist with 15 years experience and has been practicing Mindfulness for more than 5 years.