

Boulder Yoga Center

Presents a workshop

YOGA For the Blues with John Steele



Saturday November 7

2:00 - 4:30 pm

"The aim and culmination of yoga is the sight of the soul, but it has a lot of side effects which are health, happiness, peace and poise."

B. K. S. IYENGAR

"Elevate Your Mood Through Yoga"

In this workshop John will guide you through a sequence of active and restorative postures and breathing techniques developed by Patricia Walden that are known to help people cope with depression.

John will lead you using a technique known as "Felt Sense Focusing" (a self-healing method) to heighten your appreciation of the emotional effects of each practice you will do in the workshop. He will also introduce mindfulness practices designed to help you work with negative thinking patterns that interfere with happiness and the calm enjoyment of life.

John Steele is a Ph.D. Clinical Psychologist with 25 years of experience working with clients. Adjunct faculty at Naropa University and a Certified Iyengar Yoga Instructor, John has studied directly with BKS and Geeta Iyengar in Pune, India. He is known by students for his calm presence, sense of humor, and clear teaching style.

**Online Registration \$30
Walkins Welcome \$40**

**To Register, visit:
BoulderYoga.com/Workshops/
Or Call 303.444.YOGA**