

Workshops at Yoga Sutra



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Yoga for Depression Workshop

with Kristin Leal

Friday, April 9th 6:00 – 8:00PM

Kristin Leal



Soon after moving to New York City in 1993 to pursue her dance career Kristin's friend dragged her to her first yoga class at the old Jivamukti yoga school. While she had no idea what anyone was talking about, she immediately fell in love with the poetry of meditation in movement. She studied with her first teachers

Sharon Gannon, David Life, and Katchie Ananda for many years trying to discover and understand herself and this transformative practice she stumbled upon.

In 1995, she graduated from the Swedish Institute for Massage Therapy and became a Licensed Massage Therapist and Reiki practitioner. She has additional certifications in Thai Massage, Neuromuscular and Myofascial Release.

She has been honored to lead many workshops and teacher trainings around the country and in 2005 Kristin created the Kaya Yoga 200 and 300 hour teacher trainings to share her passion for the miracle of the human body and the liberating potential of movement. She has been blessed to graduate over 100 students to date. She is a co-author of the book "The Yoga Fan" which has been reviewed as being "an indispensable guide for the serious yoga student".

Kristin's classes are a challenging mix of strong anatomical alignment and powerful vinyasa flow all while maintaining a sense of humor and a connection to the divine within. Her classes are influenced by everything from quantum physics to her new love of the trapeze but most of all the beautiful teachings of all of her teachers and students who continue to inspire her every day.

About the Program

Over 25 million Americans are treated with antidepressants each year. Millions more admit that they are depressed. The entire practice of yoga is to experience ourselves as the jivamuktin - the awakened soul in this life. If you are not living fully you will be affected by depression in some capacity, and our practice is designed to bring about our liberation.

In this workshop, we will begin to discuss the complex interplay between the brain and endocrine, nervous, and immune systems which all contribute to our emotional well-being. We will explore practical, concrete tools drawing from yoga philosophy, asana, pranayama, diet, and supplements to begin to clear away the fog of depression and help reveal the sattvic state of healing and peace.

This workshop will be part lecture and part practice.

\$35 in advance, \$45 at the door

Please sign up in person, by phone, email, or online.

Membership Discount (15%) applies!

Sign up online to earn one Client Rewards Point