



THE "WINTER BLUES". FEELING THE PARALYZING GRIP OF ANXIETY. STRUGGLING TO FEEL JOY & HAPPINESS, EVEN WHEN IT'S ALL AROUND YOU.

DO ANY OF THESE SOUND FAMILIAR?

IF YOU FEEL LIKE YOU STRUGGLE WITH YOUR EMOTIONAL HEALTH THEN YOU, LIKE MANY OTHERS, MAY BE DEALING WITH A MOOD DISORDER.

Join yoga instructor, Kazimira, and holistic nutritionist, Arja, for a workshop where we will explore some of the elements of mood disorders, like seasonal affective disorder, anxiety and depression, and learn how nutrition, lifestyle, and a targeted yoga practice can support more balanced mental health.

DURING THIS INTIMATE GROUP WORKSHOP KAZ & ARJA WILL TEACH YOU:

- * Which foods can help naturally boost your mood, and which foods will negatively impact balanced mental health
- * How to choose supplements and herbs that can support healthy brain chemistry
- * Specific yoga poses, breathing techniques, and self-care tools that can help boost your mood, and leave you feeling calmer and more grounded.

WHEN? Thursday, March 10th 7-9pm

WHERE? Mind & Body Integrated Medicine, 2921 Lakeshore Blvd W

COST? \$39 (+HST)

Space is limited, don't miss out!

Register now to reserve your spot:

arja@balancebodyandsoul.com 416-420-5675