

YOGA, MINDFULNESS & MENTAL HEALTH



A 2 day course with

AMARAJYOTI

13th & 14th May 2017

GRENOSIDE COMMUNITY HALL
SHEFFIELD

YOGA, MINDFULNESS & MENTAL HEALTH

How the Practices of Yoga can help Balance Mental Health Issues

In this 2 day course we will examine the overall understanding of **depression, anxiety** and **psychosis** from both a Western and a Yogic point of view.

The course will include some basic neuro-science.

We will see how the practices of Yoga (including relaxation, meditation & mindfulness as well as postures) can be used in daily life to help manage a range of mental health issues.

In particular, we will look at the way in which specific Yoga practices can work to bring balance to people dealing with depression and anxiety. We will also look at psychosis and explore practices which may help to stabilize these symptoms.

For all conditions we will pay particular attention to safety and to contra-indications.

The tutor : Amarajyoti

Amarajyoti is a highly qualified & very experienced Yoga teacher. She first qualified in 1988 and has been teaching Yoga practices for mental health since 1997.

She has run courses for the **Mental Health Foundation** in London and since 2000 she has been running Yoga Teacher Training courses for the use of Yoga in the field of mental health.

Amarajyoti has personal experience of mental health issues, including a serious mental health breakdown in 1969. Over the years she has been able to manage her condition without drugs and has been particularly helped by a daily yoga and meditation practice (including mindfulness).

She has delivered *Yoga Teacher Training, Yoga Nidra Teacher Training* and courses in *Mindfulness for Stress, Anxiety & Depression*.

Course Content

The two day course will consist of the practice of simple postures, breathing techniques, mindfulness / meditation, and yoga nidra / relaxation.

There will also be talks, group work and Q&A sessions.

Who this course is for

The course is designed for anyone with an interest in developing their understanding of a range of mental health issues, and how the practice of Yoga & Mindfulness can be used to help with the day to day management of these conditions.

It is open to Yoga teachers & practitioners, but also to people with no previous experience of Yoga (although basic knowledge of Yoga would be useful).

If you are new to Yoga, or have a serious MH condition please inform the course organiser when applying for a place.

*This course is not suitable for those experiencing a **serious** mental health crisis unless they have previous experience of yoga.*

Costs

The fee for this course is £95.00.

To reserve a place, please fill in the booking form overleaf and return it with either the full payment or a deposit of £50.00.

- ॐ Cheques are payable to 'SYS Courses'
- ॐ Send to : 16 Robertson Drive, Sheffield. S6 5DY
- ॐ Contact us if you prefer to pay by bank transfer.

Please return the booking form and deposit as soon as possible.

Details

- ॐ Course dates 13th & 14th May 2017
- ॐ Saturday 10.00am – 5.00pm & Sunday 10.00am – 4.00pm
- ॐ Venue : Grenoside Community Hall, Sheffield S35 8PR

BOOKING FORM

Name :

Address :

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Postcode :

Telephone :

Email :

Length of Yoga experience :

Deposit : £50.00 ☐

Full amount : £95.00 ☐

(Balance due before 9th April 2017)

Please return this form to :

Sheffield Yoga School
16 Robertson Drive,
Sheffield.
S6 5DY

For further details

- Email : info@sheffieldyogaschool.co.uk
- Tel : 0114 2338340

This leaflet can be downloaded from :

www.sheffieldyogaschool.co.uk