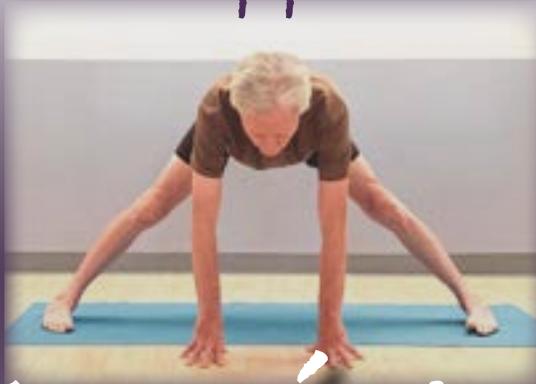


Natural Approaches for



Anxiety

A Workshop with Herb McDonald

Saturday, March 14, 2020 1:00-5:30 PM

Modern life can be stressful with increasing demands, and the pressure of not being able to keep up often leads to anxiety. Anxiety may be the most common of the troubling emotions in modern times; so common, in fact, that it might be considered an epidemic. All people are anxious some of the time, and some people are anxious nearly all of the time. Excessive anxiety can make us less effective and rob us of our enjoyment of life.

In this class, we will examine what causes anxiety and what happens in the body and mind when we experience anxiety; then, once we understand its causes, mechanisms and effects, we will explore how to address it. Whether anxiety is a persistent problem or an occasional occurrence, there are natural methods to calm ourselves when anxiety takes hold, to decrease the frequency of episodes, and teach us about ourselves through examination of the thoughts and feelings that contribute to anxiety.

The class will utilize both theoretical and experiential approaches through three primary modalities:

- The ancient science of Hatha Yoga– By tapping into the wisdom of the body, yoga can decrease anxiety. Simple yoga poses can release the effects of anxiety in the body, quiet and balance the nervous system, and increase the resilience and adaptability of the mind and body.
- Herbs and other nutritional supplements– Supplements can be used to decrease the symptoms of anxiety and to balance and tone the nervous system, thus decreasing the frequency and intensity of anxiety episodes.
- Process Work– A mind/body approach that views disturbing experiences as possible opportunities to gain meaning and insights into ourselves. Through this exploration, emerging aspects of ourselves are revealed and can be integrated into our lives.

All are welcome to this workshop/playshop on anxiety! The yoga practice will be accessible to all, regardless of physical limitations and prior experience. Participants should wear comfortable, non-restrictive clothing.



Herb McDonald is a certified Iyengar Yoga instructor who has had a private practice for over 30 years in Clinical Herbalism and has a Masters Degree in Process Work Facilitation.

\$65 (plus tax) pre-registered
\$75 (plus tax) at the door

*Some partial scholarships available:
contact Herb at herbyog@gmail.com or (505) 999-0361*

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