



# Yoga for Managing Depression: Unlocking Physical, Mental, Emotional, and Spiritual Resources

A group combining the wisdom of yoga  
and psychotherapy

September 30 to November 18, 2008 (8 weekly sessions)

6:00 p.m. to 7:30 p.m.

701 W. 7th Street, Austin, TX 78701

Yoga, in Sanskrit, means «to yoke» or «unite»; to create a union between mind and body, between self and others, and between the self and something greater. The goal of yoga is to obtain balance and well-being through the integration of the physical, mental, emotional, and spiritual aspects of the human experience. It cultivates presence, mindfulness, compassion, physical awareness and most importantly, self-acceptance.

Depression, in contrast, contributes to isolation and withdrawal. From a yogic perspective, it is this sense of separation that leads to suffering. This group will include a 45 minute yoga practice utilizing yoga postures, breath work, mantras, chanting, and meditation, specifically designed to address depression. It will be followed by a 45 minute group therapy session developing present moment awareness of thoughts, emotions, and physical sensations. Each participant will learn how to create a personal practice to address their needs.

Cost of the group: \$40 per session (\$320 paid in advance. No refunds once group starts)

A pre-group one-time assessment (\$75 fee) with the therapists is required before attending the group.

Contact us at [www.drdaynaburnett.net](http://www.drdaynaburnett.net) or (512) 203-7939 to enroll or for answering your questions. Enrollment is limited.

Deadline for scheduling a pre-group session is September 20, 2008.

## Dayna Burnett, Ph.D.

Licensed Psychologist and Yoga Teacher working with adults primarily with anxiety and depression using Systems theories, Mindfulness training, and Cognitive therapy. I find the wisdom of yoga integrates physical and spiritual awareness with my training for mental and emotional well-being.



## Gabi García, LPC

Licensed Professional Counselor and Registered Yoga Teacher working with children, adults, couples and groups. I am inspired by the interplay of the mind, body, and spirit as they relate to people's ability to live a meaningful life and work through life's challenges. My approach to therapy is integrated and informed by Mindfulness based Cognitive therapies, the wisdom of Yoga and the principles of Somatic therapies.

