

## **2009 Integrative Yoga Workshops & Classes**

**Jana Whiddon, PhD, LMHC, RYT-500**

**215 East Bay St, Lakeland, FL 33801 ~ 863-860-1717 ~ [www.doctorjana.com](http://www.doctorjana.com)**



For thousands of years practitioners have emphasized the physical and psychological aspects of yoga, meditation, and mindfulness. Bridging the gap between the mind and body can allow the individual to increase self-confidence, expand the capacity to deal with and accept change, and appreciate the gift of life. Complementary and alternative medicine (CAM) not only improves physical and mental health but it also bestows a sense of self reliance and an unfolding of human potentialities.

Integrative yoga is the application of the ancient science of yoga to enhance health and wellness at all levels of the person. It focuses on the path of yoga as a healing journey that brings balance to the body and mind through an experiential awakening of an individual's essential nature. Integrative yoga works to reveal a state of health which is inherent in each individual by removing obstructions in the physical and energetic body, mind and emotions, core beliefs, and perceptions.

### **FALL WORKSHOPS**

#### **Meditation, Mindfulness, and Yogic Breath: Paths to Wellbeing.**

Date: Saturday, October 3, 10am-12pm Cost: Free

Description: This workshop will focus on learning various techniques of meditation, mindfulness and breathing practices to cultivate physical and emotional wellbeing. These practices are excellent tools for decreasing symptoms of overwhelming stress, depression, and anxiety.

Pre-registration is required: To Register, e-mail Jana at [jwhi99@aol.com](mailto:jwhi99@aol.com)

#### **Yoga for Emotional Wellbeing**

Date: Saturday, October 24, 9am-12pm Cost: \$20

Description: The workshop will focus on creating a healthy connection between the mind and body. We will learn about and practice yoga postures to ease stress, depression, and anxiety in order to nurture emotional wellbeing. You will leave with a daily plan of practice based on your level and personal emotional needs.

Pre-registration is required: To Register, e-mail Jana at [jwhi99@aol.com](mailto:jwhi99@aol.com)

#### **Partner Yoga: Cultivating a Loving Connection**

Date: Saturday Nov 7, 10a-12 noon Cost: \$20 per couple

Description: This workshop is designed for married or intimately involved couples who desire a more intimate connection. It will stretch not only your bodies but also your relationship and communication skills. It will be fun, invigorating, relaxing, and intimate. Whether you are new to yoga or a seasoned practitioner, you will discover delightful ways to deepening trust and communication between you and your partner.

Pre-registration is required: To Register, e-mail Jana at [jwhi99@aol.com](mailto:jwhi99@aol.com)

## **FALL CLASSES**

All yoga classes, groups, and workshops will be held at my office at 215 East Bay St. in downtown Lakeland. The classes will be taught for all levels and will be individualized to meet your needs. The classes will be therapeutic in nature. The goal will be to maximize your practice by creating awareness and attention within your body and your mind.

\*Please note the dates when classes will not be held.

### ***Yoga for Stress Relief- Monday's 6p-7:30p***

September - 7(no class), 14, 21, 28

October - 5, 12, 19, 26

November - 2, 9, 16(no class), 23, 30

### ***Yoga for Stress Relief- Wednesday's 5:30p-6:30p***

September - 9, 16, 23, 30

October - 7, 14, 21, 28

November - 4, 11, 18(no class), 25(no class)

### ***\*\*Ashtanga Yoga group - Wednesday's 6:45p-8p***

September - 2(no class), 9, 16, 23, 30

October - 7, 14, 21, 28

November - 4, 11, 18(no class), 25(no class)

\*\*This class is reserved for those who have at least

6 months of yoga practice and no physical injuries.

Cost for classes: The cost is for class operates on a donation basis only. The suggested donation per class is \$5. Donations can be made on-line or in person.



#### **About Me: Jana Whiddon**

I have been a mental health practitioner in the Polk County Area for over 15 years and have been practicing yoga for over 9 years. I earned a Ph.D. from Barry University in Mental Health Counseling completing research using yoga to treat depression. I have continued research in the complementary and alternative medicine and mental health while creating a partnership between the two in my private practice. I recently completed extensive study in Integrative Yoga Therapy and now offer classes focusing on utilizing these techniques