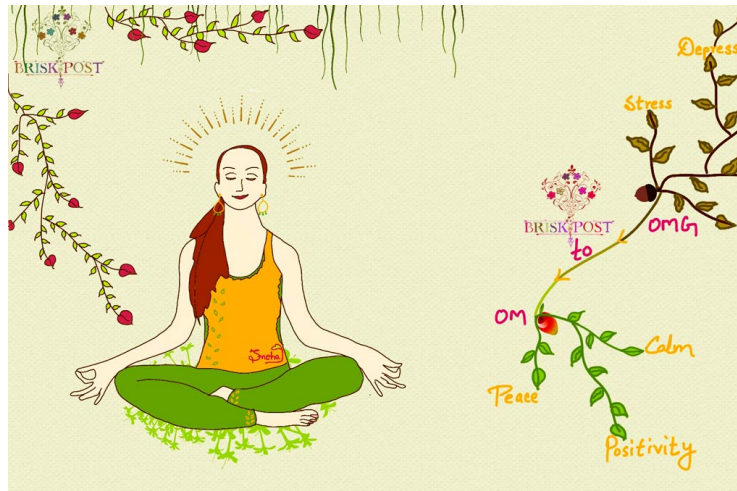


Yoga for Anxiety

with Donna Moss

Saturday, November 5, 2022 • 4:00–5:30 pm

In Person and Virtual



Learn mindful tools to support your practice in the face of anxiety. Anxiety is identified as tension in the body, emotions, and mind. Yoga is an effective all-natural approach to addressing anxiety. In this workshop we will learn postures, breathing, coping skills and discuss mindfulness practices to calm the limbic system and ease stress. All levels welcome.

Exchange: Purchase a “Yoga for Anxiety” pass • \$20.00

[REGISTER](#)



Donna Moss is a MA, LCSW-R, CEAP Psychotherapist, RYT 200 certified yoga teacher, with 30 year's experience in: adolescents, young adults, infertility, cancer, health, stress, divorce mediation, mindfulness, families and children of divorce, parenting, women's issues and more, Donna has a deep understanding of many life transitions. She has worked in both corporate and non-profit settings in healthcare leadership roles, including National Director of Patient Services for the Leukemia Society of America, Health Educator for New York Association for New Americans, and Community Director for Weightwatchers.com. Donna recently became certified in both yoga and trauma and runs her practice from home in Hastings-on-Hudson, NY. For more information: 914.319.4010, www.donnacmoss.com



Sacred Spirit Yoga and Healing Arts Center

At South Presbyterian Church

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sacredspirityogacenter.org