



**July 19 – 21, 2019**  
**Yoga and Writing for Anxiety Management**  
Turn Worry into Wonder  
Lisa Jakub

**Opening night evening program session:**

Introduction.

Group meditation.

Writing exercise on intention.

Overview of the workshop.

Gentle movement to work out any travel kinks and prepare for a good night's sleep.

**Morning program:**

Examining the roots of anxiety and depression, and how writing, mindfulness, and yoga can support our mental wellness.

Writing exercises and group discussions will help process the concepts.

**Afternoon program:**

Examination of the Inner Critic, Samskara, our identifying stories, and how neuroplasticity can be used to access patterns and make changes in our thoughts and behaviors.

Writing exercises and group discussions will help process the concepts.

**Evening option:**

Optional one-on-one sessions with Lisa.

Sign-up will be available during the earlier program sessions. (Duration of sessions will depend on the number of students attending.)

**Morning program:**

Review of the workshop and question and answer.

Discussion and writing exercise on how to retain these skills and integrate back into "normal life."

Group meditation to close the workshop.