

# Turn Depression into Light with Yoga and Mindfulness Groups

Led by Marina Lisjonok (MSW, ERYT-500)



## Group focus:

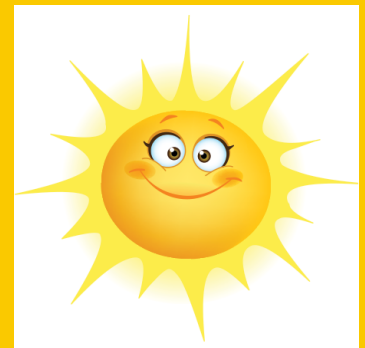
- Learn to identify depressive mood, thoughts, and emotions and gain tools to manage depression in daily life
- Be guided through yogic practices and spiritual principles.
- Experience relaxation, breath-work, movement, and meditation designed to shift depressive state of being.

**Starting early 2018**  
**Small Group Size! Space is Limited!**

**Thursdays 9:30 am – 10:45 am**

Glen Ellyn, IL

**\$40 per each session**



Marina holds a Master's degree in Social work and degrees in Psychology and Nursing. She has 13 years of experience working in mental health field and conducting individual and group therapy sessions. She is also a certified yoga teacher and has been teaching yoga since 2005.

For groups information and registration visit [life-care-wellness.com](http://life-care-wellness.com)  
call (630) 423-5935