

# YOGA FOR STRESS MANAGEMENT + SELF REGULATION



NOVEMBER 8TH-  
DECEMBER 6TH  
1:30-3:00PM

WITH BETTINA  
EGERT & TRICIA  
MCLELLAN



Bettina Egert has been practicing as family counsellor for over 25 years, supporting individuals and families in improving mental health and creating healthier relationships.

Yoga, breathing techniques and meditation have become regular practices for her to balance her own mental health. She is passionate about the body mind connection and is focusing her master's degree on integral therapy approaches, providing holistic support to people dealing with life's challenges.

All of us combat stress in different forms in everyday life.

The practice of yoga provides a path to deal with stress more effectively. With increased knowledge about the body, its energy systems, the mind, and their interrelationships, we can learn to live more harmonious, better integrated lives and health is a natural consequence of this. This 5 week program will cover asanas (postures) to regulate effects of stress on the body, breathing techniques to calm the nerves and meditation to clear the mind.

Tricia McLellan is the co-owner of Satya Yoga Studio and a graduate of the Salt Spring Yoga Centre, Mount Madonna Yoga Centre and Integrative Yoga Therapeutics. She is trained in a variety of classical yoga systems, trauma informed yoga, and has earned a diploma in Human Kinetics.

In her yoga classes, Tricia weaves together mindfulness, alignment, strength and softness in a rhythm that allows students to move in harmony with their breath, creating opportunities to discover a sense of balance in the body and mind.

INDIVIDUAL COUNSELING  
SUPPORT MAY BE  
ARRANGED THROUGH  
BETTINA

TO REGISTER CONTACT BETTINA @ :

250-305-4420

BETTINA.EGERT@CMHA.BC.CA

NO PRIOR  
YOGA  
EXPERIENCE  
REQUIRED

# Free!

(DONATIONS TO CMHA  
ARE WELCOMED)

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funding from



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