

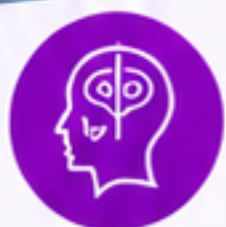


Depression

Finding the Light Again

Understand. Stabilise.
Rediscover the joy of living.

*Understand yourself.
Transform
your life.*



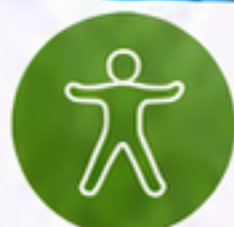
KNOWLEDGE

Traditional wisdom
meets modern
science.



TRANSFORMATION

Profound changes
through self-awareness
(Svadhyaya).



PRACTICE

Concrete tools
for everyday life,
body and mind.



CLARITY

More emotional
balance, well-being
and a higher
quality of life.



OUR FORMATS



COMPLETE TRAINING

In-depth and
certified training for
a comprehensive
understanding.



SHORT COURSES

Each topic in depth,
flexible and
practice-oriented.



SEMINARS

An intensive
experience
(4 hours + 1 hour yoga)
for body and mind.



INDIVIDUAL SUPPORT

Personalised guidance
tailored to your
needs and goals.



OUR METHODOLOGY

- ✓ Svadhyaya – self-awareness
- ✓ Samkhya – philosophy and psychology
- ✓ Integral chakra psychology

- ✓ Bodywork and posture correction
- ✓ Breathwork, meditation and mindfulness
- ✓ Modern science and psychology



In-depth
knowledge



Practice-oriented
and directly applicable



A holistic approach:
body, mind
and soul



For greater well-being,
clarity and a fulfilling
future.

WHAT IS DEPRESSION ?



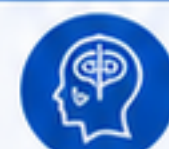
Depression is more than just feeling sad. It is a state of physical, emotional and mental exhaustion that can affect thoughts, feelings, the body and behaviour. It may show up as persistent fatigue, loss of motivation, sleep disturbances and a sense of inner emptiness.

HOW CAN YOGA HELP ?



A holistic approach that combines self-awareness, breathwork, meditation and gentle movement to calm the nervous system, restore inner balance and gradually rebuild energy and well-being.

KEY TOPICS



Understanding depression
and its causes



Recognising and regulating
emotions



Calming negative thought patterns



Rebuilding inner strength
and self-confidence



Finding more joy and meaning
in everyday life



Practical tools for greater
independence



FOR WHOM ?



People experiencing depression
or depressive symptoms



Professionals in high-stress roles



People who want to prevent relapse
and strengthen emotional balance



Employers and teams
(workplace prevention)



Anyone who wants to find more
stability, joy and meaning in life



*Understand yourself.
Transform your life.*



LEARN MORE & SIGN UP

www.mental-health.yoga

