

YOGAKSHEMA'S NEUROSCULPTING WORKSHOP Series presents: **A WORKSHOP ON DEPRESSION**

Harness the power of Neuroscientific concepts, and learn how to combat the ever-so-common malady called Depression and eventually, successfully overcome it.

It has now been scientifically shown that Reprogramming through thoughts, feelings and behavior can produce effects similar to the treatment with anti-depressants

*Can you overcome Depression by changing your thought patterns and behavior?
The answer is YES!*

YOGAKSHEMA, in its NEUROSCULPTOR SERIES OF WORKSHOPS AND TALKS, is trying to address these issues.

Dr. Usha Vasthare, founder of YogaKshema Rehabilitation and Wellness Center, is a Neuroscientist & former faculty of Temple University School of Medicine, Philadelphia. Her perspective in these workshops is based on the very latest facts and discoveries that are being uncovered in the field of Neuroscience.

Depression: A Holistic Approach

"Manage your thoughts, emotions and feelings"

The brain's Negativity Bias leads to worry, depression and over-reactions to certain experiences in our lives especially in inter-personal relationships. It affects our Quality of Life, Relationships and long term Health and Happiness. No longer are we destined to express a genetic predisposition to depression, anxiety and other mental conditions. No longer are we victims of negative stress cycles perpetuated by external situations.

Reprogram your NEUROCHEMISTRY

YogaKshema's "Depression" workshop is designed on 'reprogramming your neurochemistry to overcome depression'.

The current research in Neuroscience, tells us how, through **NEUROPLASTICITY**, we can change our brain over time. The workshop goes on to explain what is depression, symptoms of depression, causes of depression and the unhealthy and unexamined responses of depression. These responses slowly end up as a longstanding fixed and unhappy behavior.

Depression is FIXED behavior.

The mind is potent enough to mend and heal itself.

A new perspective on the causes of depression is developed; an Outside-in and Inside-out approach to change our neurochemistry is learnt to change the hardwiring of our brain. As the thought processes learnt in the workshop are put into practice, we begin a holistic healing process that empowers us to move ahead in our lives by reclaiming our REAL TRUE SELF from the shackles of our thoughts.

Opposite of Depression is not Happiness but VITALITY

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YOGAKSHEMA REHABILITATION & WELLNESS CENTER

