



Mudras for your Every Mood

with Nancy McCaocan
Sunday February 12
2:00 – 3:30 pm

Mudras (muh-**drahs**) are hand and arm positions expressing various attitudes or feeling states (moods).

Although not very well known, the practice of mudras is a powerful, life enhancing tradition within yoga. Mudras can enhance positive emotions and mitigate the negative ones. With mudras we can alleviate depression, calm anxiety, rev up a sluggish nervous system and balance our energies.

This workshop combines asana (posture), pranayama (breathing practices), mudras and yoga nidra (yogic sleep) to bring some light and warmth into the depth of mid-winter. Come warm your hearts by the fire of your own inner light and learn simple techniques that you can use any time, anywhere to help yourself feel good.

Cost: \$20
pre-registration suggested
248-399-9642
info@namaste-yoga.net

Namaste Yoga
309 S. Troy St.
Royal Oak, MI 48067



Nancy McCaocan, MA, RYT 500, is author of *Yoga at the Wall*. A former college writing professor Nancy has been helping people feel more comfortable in their bodies through yoga since 1995. She currently facilitates weekly classes, workshops and professional trainings. Her teaching is creative, compassionate and light-hearted.