



ARTEMIS YOGA

DO YOU MIND THE HOLIDAYS?

MAKE IT A MINDFUL HOLIDAY INSTEAD.

A Free Workshop

Sunday, December 13th – 1pm to 2:15pm

Artemis Yoga, 639 Mt. Auburn Street, Watertown, MA

Please register at www.artemisyoga.com so we save a spot for you.

No matter how much fun the holidays are supposed to be, it is hard for all of us not to have some stress and impulsive eating in the midst of the joy of the season. Instead this workshop will help you to experience what is often called, being in the moment and paying attention on purpose. In this free workshop you will learn:

- Breathwork techniques for the holidays...or any day!
- What is intuitive and mindful eating?
- Common food challenges that people struggle with during holidays
- Tips to manage common stress points
- Strategies to learn to relax amidst the busy-ness of the season
- Ways to visualize and introduce relaxation as a first response

This two part workshop brings together two professionals in the field for this integrated session on mindfulness and intuitive eating. Wear comfortable clothing. Please join Alysia and Anette for a wonderful session and treat yourself this holiday season.

About the instructors:

Alysia Linsenmayer LICSW, RYT

Alysia Linsenmayer is a clinical social worker, and has been a practitioner of yoga for 20 years. Always influenced by her foundation in the Iyengar style of yoga, she has practiced a variety of styles with numerous teachers, both in the Boston area and in San Francisco where she lived for 14 years. She completed her 200-hour teacher training, an alignment based vinyasa flow, with Natasha Rizopoulos at Down Under Yoga in 2014, and is currently enrolled in a 100-hour training in yoga therapy for the treatment of depression, anxiety, and trauma with Kate Graham at South Boston Yoga. She teaches mindfulness and chair-based yoga to both her clients and fellow psychotherapists at Riverside Outpatient in Newton.

Anette Vehus, MS, RD, LDN

Anette is a Registered Dietitian Nutritionist with a special interest in mindful and intuitive eating as well as a registered yoga teacher at the 500 hr level. Anette grew up in Norway and was first introduced to yoga after moving to Boston in 2005. Once she realized there was more to it than just the physical benefits, a regular practice took hold. Anette hopes to share the benefits with her students and to teach in a way that makes yoga feel accessible and safe to anyone who walks into class. Anette completed a 200 hour teacher training with Natasha Rizopoulos through YogaWorks and a 300 hour training with Down Under School of Yoga.