

CPD Yoga Therapy for Depression

Gain confidence to teach practical, highly effective sequenced therapeutic yoga classes to manage Depression, and build constitutional awareness of the Ayurvedic gunas.



Saturday 15th June 2024

11:30am - 5:30pm

Online, via Zoom

with Alexa Kho-Hinkson

Ambika Yoga

Suitable for all yoga trainees, yoga teachers and health professionals.

Online, via Zoom

Pricing: £78 Early Bird until 24th May 2024, £88 thereafter.

Payment can be made by Swipe, PayPal, or Direct Internet Bank Transfer (contact Alexa).

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For further details please visit www.ambikayoga.co.uk.



Sequencing classes within yoga therapy is a vital skill to acquire to ensure the effective management of depression for your students. In the UK, the latest government report (March 2023) on mental health reports that 1 in 6 adults experience mental health disorders such as anxiety or depression in the past week. Furthermore, the WHO (World Health Organisation) has found that the COVID-19 pandemic has led to a 27.6% increase in major depressive disorders (MDD).

By building knowledge of the Ayurvedic *gunas* within a yoga therapy setting, you will gain the confidence and understanding of how to teach in a positively balanced and mindful way. Furthermore, you will learn to uncover the ancient truth of Ayurvedic principles so that your students feel emotionally, physically and psychologically supported. Within this insightful CPD yoga therapy workshop you will learn the distinct skill of sequencing yoga therapy classes for clients with depression, and discover how the ancient sister practice of Ayurveda has developed alongside yoga to create techniques accessible within modern yoga therapy.

This is a practical workshop where you will learn to use your own voice to teach highly effective classes bringing together the theoretical background understanding of depression as a health issue. Alexa will include insightful research studies from her MA studies in the Traditions of Yoga and Meditation at SOAS University, as well as her vast practical experience of teaching yoga, and yoga therapy, for over sixteen years in the UK, and worldwide.

Alexa Kho-Hinkson is the Founder and Senior Yoga Trainer of Ambika Yoga specialising in Yoga Therapy. She has gained recognition for her work from the NHS, OM Yoga & Lifestyle magazine, London Wellbeing Festival, Sweaty Betty and Natural Health magazine. She is now in her final year of study to complete a Masters degree in the Traditions of Yoga and Meditation at SOAS University of London, UK.

CPD hours will be given from Yoga Alliance Professionals (YAP) to add to your hours in 2024, and a certificate of attendance from Ambika Yoga. For those completing the six workshops in full, 33 Hours will awarded at the end of the course.

This is the fifth CPD Yoga Therapy Workshop out of six on the subject of Anxiety and Depression, and there will be further offerings with one remaining workshop scheduled in 2024 to complete the course.

