

# CPD Yoga Therapy for Depression

Learn the crucial skill of teaching Yoga Therapy to effectively manage Depression, and the vital role of the breath within Mindfulness practices today.



**Saturday 24th February 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 30th January 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](http://www.ambikayoga.co.uk).



The breath is a vital factor in the management of depression within yoga therapy and specific mindfulness breath techniques are now an important part of practices within the NHS, being supported by the National Institute of Health and Care Excellence (NICE) in the UK, since 2004. Through medicalization of mindfulness practices, the NHS offers prevention and management of depression, as well as promoting better health and wellbeing across all populations.

Within this fascinating CPD yoga therapy workshop you will learn the distinct skills of teaching yoga therapy for clients with depression, and discover how the ancient practices of yoga and prāṇāyāma (breath-control) have developed along side Buddhist mindfulness practices to create techniques that we can access in modern yoga therapy.

We will cover the timeline of the roots of these practices from their ancient teachings, and how these have developed and evolved on this fascinating journey to what we know of yoga therapy today. Alexa will cover insightful research from her MA studies in the Traditions of Yoga and Meditation at SOAS University, as well as her practical experience of teaching yoga, and yoga therapy, for over fifteen years.

Alexa Kho-Hinkson is the Founder and Senior Yoga Trainer of Ambika Yoga specializing in Yoga Therapy. She has gained recognition for her work from the NHS, OM Yoga & Lifestyle magazine, London Wellbeing Festival, Natural Health magazine, and is an Ambassador for M Life an Eco and Social Conscious brand. She is currently in her second year of studying 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 fourth CPD Yoga Therapy Workshop out of six on the subject of Anxiety and Depression, and there will be further offerings with two remaining workshops scheduled in 2024.

