

Yoga for Anxiety Workshop

Mini Meditation

How I feel in my body _____

How my breath feels _____

What's the difference between Anxiety, worry & stress?

What causes Anxiety?

When is Anxiety a problem?

Why does the brain trigger a fear response to general things?

Exteroception _____

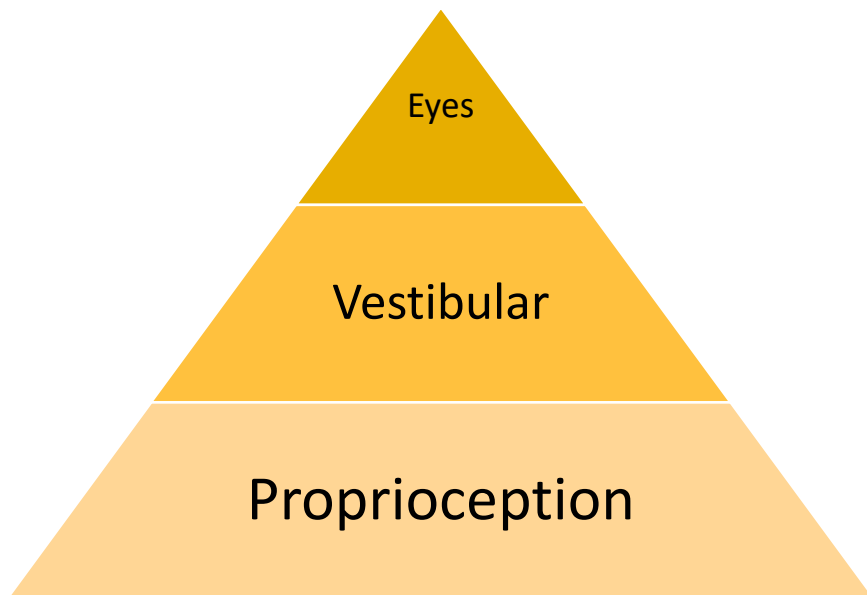
Interception _____

Proprioception _____

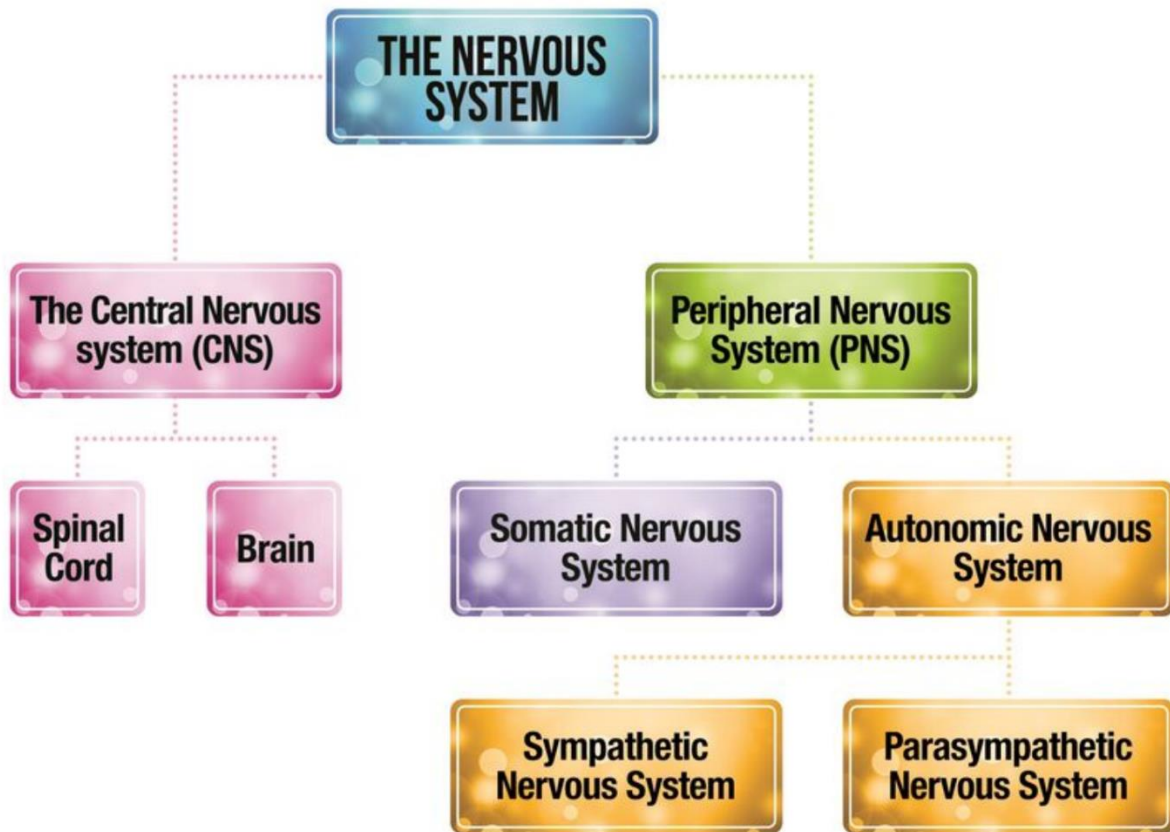
My threat bucket



Neural Hierarchy



The Nervous System



The vagus nerve

Paradoxical breathing

Why yoga works
