

Darkness to Light: Yoga & Depression 11/16/2011 Wed Gathering in Rockville

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According to the Center for Disease Control and Preventions, an estimated 1 in 10 U.S. adults report depression. Modern medicine treats many of the physical, emotional and biological causes of depression. Unfortunately, science cannot treat the most elusive aspect of depression: Separation from the Self. From Darkness to Light: Transforming Depression Through Yoga, explores how, through Yoga practices, we can transform depression into a liberating pathway through darkness into the light of consciousness.

Maureen's teaching draws on 32 years of personal Hatha-Yoga practice. Since 1997 she has taught at leading studios and yoga teacher training programs across the country. An avid yoga student herself, Maureen has accumulated over 1,800 hours of study - and two teaching certifications - with some of yoga's leading masters including Georg Feuerstein, Ph.D., Jivamukti's Sharon Gannon and David Life, and John Friend, to name a few. Maureen also promotes Kirtans and works with such artists Krishna Das, Jai Uttal, and Wah. Her other incarnations include stints as an artist, amateur musician, house-painter and nonprofit fundraiser.