



# Bringing Yoga to the Couch

## How to Integrate Yoga into Your Practice

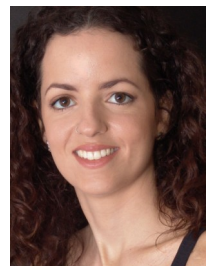
*Led by Ana Renno dos Mares Guia (Divya Jyoti)*

This six-session workshop meets  
Sundays 10:00am – 1:00pm in Brookline  
Cost: \$450

\*Space is limited, participants must pre-register\*

Dates: Sept. 26, Oct. 17, Nov. 21, Dec. 5, Jan. 23, Feb. 6, Mar.  
13 (make up session)

Ana is from Brazil and has a Master's degree from Lesley University in Independent Studies with a specialization in Yoga Psychology applied to eating disorders. She has worked as a yoga therapist at the Cambridge Eating Disorders Center and as a consulting yoga therapist at Walden Behavioral Care. DJ owns a busy private practice at the Divya Jyoti Yoga Therapy Center, in Brookline, where she sees private students recovering from eating disorders and disordered eating, among other mental health issues. You can learn more about DJ by visiting her website [www.yogadj.com](http://www.yogadj.com)



MEDA is a non-profit organization dedicated to the prevention and treatment of eating disorders and disordered eating. MEDA's mission is to prevent the continuing spread of eating disorders through educational awareness and early detection. MEDA serves as a support network and resource for clients, loved ones, clinicians, educators and the general public.

For more information or to register please contact:  
Betsy Harris at 617-558-1881 x22 or [betsy.harris@medainc.org](mailto:betsy.harris@medainc.org)