

For Immediate Release
December 10, 2021

American Mental Wellness Association Endorses Local Woman's Business Helping Others With Their Mental Health

Harrisburg, PA — December 10, 2021 — The American Mental Wellness Association is endorsing a wonderful prevention and management program for mental health and wellness, created by Cindy Beers:



This new program includes two tracks: **Mental Health Yoga for Individuals/Mental Health Yoga for Professionals**. Both tracks offer a toolbox for mental wellness.

The AMWA is supporting this wellness program because Cindy is making known to all those interested in her programming that mental health conditions are physical medical conditions with cognitive and emotional symptoms and just like all physical medical conditions the individual needs to be under a physician's care while participating in counseling and other supportive recovery services.

Cindy posts this boldly on the website and has the interested individual agree or disagree to this educationally important part of seeking mental wellness.

Cindy Beers is a wife, a mother, a service-disabled veteran, a published author and an experienced yoga and mental health professional. She is dedicated to helping you "live the life you truly desire one moment at a time."

She serves her clients through a variety of one to one, and group-based experiences across the spectrum of mental health and she trains teachers in how to lead mental health focused experiences of their own.

Mental Health Yoga for Individuals teaches you how to effectively manage anxiety, depression, trauma, and stress. It helps you to learn how to THRIVE. You will gain a true understanding of anxiety, depression, PTSD and stress, how they function in the body which includes the brain, and how they show up as behavior symptoms on a day-to-day level as well as in times of stress. Emphasis is placed on understanding what triggers anxiety, depression, PTSD, and stress so they can be minimized/avoided as well as providing solutions for effectively managing anxiety, depression, PTSD, and stress through a variety of prevention tools including: yoga, meditation, EFT/Tapping, breathwork, and affirmations.

Core themes such as body positivity and self-compassion are woven throughout. You can learn to thrive despite circumstances. This is a 6-week program which can be held in person or online. No prior experience is necessary. All Mental Health attendees receive copies of "Yoga for Mental Health" which is a toolbox for mental wellness:

Understanding + Managing Anxiety
Understanding + Managing Depression
Understanding + Managing PTSD
Understanding + Managing Stress

Customized Mental Health Toolbox Packages available by request

Yoga for Mental Health Professionals is for Yoga Teachers, School Teachers + Teacher Aids, Educators, Counselors, etc. to acquire the tools your communities need to effectively manage anxiety, depression, trauma, and stress while also learning to heal themselves. You learn how to THRIVE. Professionals gain a true understanding of anxiety, depression, PTSD and stress, how they function in the brain and the rest of the body and how they show up as behavioral symptoms on a day-to-day level as well as in times of stress. Emphasis is placed on understanding what triggers anxiety, depression, PTSD, and stress so that they can be minimized/avoided as well as providing tools to teach others how to effectively manage their anxiety, depression, PTSD, and stress through a variety of proven methods including: yoga, meditation, EFT/Tapping, breath work, and affirmations. Professionals will learn to apply a variety of teaching styles and to assess/adapt instruction to individuals with diverse needs. Core themes such as body positivity and self-compassion are woven throughout. Learn to give individuals options to find what works for them in their lives. This is a 22-hour CEU course accredited by the Yoga Alliance and you receive a toolbox for mental wellness:

Understanding + Working With Anxiety
Understanding + Working With Depression
Understanding + Working With PTSD
Understanding + Working With Stress
Yoga for Mental Health Trainings + Immersions

Customized Yoga for Mental Health Packages available by request

For more important information about this terrific new program, go to www.cindybeers.com.

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