

How to be Courageous:

Stronger, Smarter, and Happier than Ever



Who is this for?

This workshop is for those willing to delve deep, open wide, and work hard to make significant, lasting change in their lives. Anyone who wants to move through their days with less anxiety and stress — not to mention less constipation and other drudgery. Anyone who wants more energy, more steadiness, clarity, and purpose. This course teaches us how to emerge from loss, setback, and transition with more self-surety, healthier coping strategies, and an expansive set of choices so we can show up genuinely, mindfully, and joyfully in our most important relationships. There are no prerequisites for this workshop. Participants will learn practices to:

- Recognize and release destructive patterns, literally and figuratively. We will be talking about pooping, moving, and diet.
- Build the strength of self-knowledge and purpose. Who are you? What are you doing with yourself? What do you want? You will be on your way to clear answers to these questions.
- Create a growth-and-equanimity mindset. Retrain your brain to think about useful, creative, and connective topics. Let destructive or tedious thoughts pass on by.

How it works

The ancient yogis and the modern neuroscientists agree: creating change and choice in life happens both in our minds and in our bodies. In live small-group courses Anne uses the ancient art and science of yoga, pairs it with the best of what cutting-edge brain researchers are learning, and gives attendees specific, simple practices that, over time, will create lasting and profound change in their lives using:

- movement
- breathe control
- mind training
- writing exercises
- communication techniques
- group and one-on-one interaction

Results and Expectations

Every person and situation is different and so too will results from the work but in general, people who do this work with Anne experience:

- More courage to take action, speak up, make changes
- More productive energy
- Less frustration, resentment, and irritability
- More clarity about your purpose and contribution
- More connection and strength in your relationships
- More choice in your options and decisions
- More equanimity around challenges