

# *Stephanie Hager, LICSW*

June 12, 2007

10:00 AM – 12:15 PM

Samaritan Center of Puget Sound

564 NE Ravenna Blvd

## About the Speaker

Stephanie is a licensed social worker and certified yoga leader. As co-founder of the Samarya Center, she has helped develop Integrated Movement Therapy, a holistic, yoga-based therapy approach that can be used with all ages, for any condition of challenge.

## Topic Description

We will look at depression and how movement, as well as yoga philosophy, can be used to help. Format will include discussion, experiential activity and some yoga! Need not have yoga experience to participate in and benefit from this presentation