Emotional Intelligence

Our emotions are the nexus where our mind, spirit, and hearts meet and overlap with the unconscious, subconscious, and conscious realms.

This 8 hour course (live on Zoom) explores yogic, buddhist, and western perspectives on emotions, emotional intelligence, communication and relationships and bridges ancient wisdom and modern psychology and neuroscience.

www.farahnazarali.com/yoga-workshops

Cost: £60 • Scholarships available

Part I: Ancient Wisdom Meets Modern Science
Explore the Yoga Sutras and the intersection of wisdom teachings and the science and research on emotional intelligence, self-awareness, and mindfulness.
Sat. April 17 | 4-8:00pm

Part II: Assertiveness + Authenticity
Learn strategies and skills to speak openly and honestly, express and give voice to our emotional experiences and the tools to build resilient and trusting relationships.
Sun. April 18 | 4-8:00pm

Farah Nazarali, B.A., M.A., R.Y.T. is a yoga teacher with over 14 years of experience. She is a pioneer in integrating Eastern wisdom with conflict resolution skills and non-violent communication.

EDINBURGH COMMUNITY YOGA
EMPOWERMENT THROUGH YOGA · WELLBEING FOR ALL ·