

Yoga for Latinas with Depression & Anxiety



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Yoga-based stress reduction and relaxation classes aim to complement traditional mental health services for Latina clients with depression and/or anxiety at El Futuro, a community-based mental health agency in Carrboro, NC. Classes improve participants' health and well-being, particularly with respect to mental health.

Weekly classes are conducted in Spanish and focus on:

- Relaxing the body and the mind
- Connecting the breath to gentle movement
- Stretching key muscle groups to release chronic tension
- Deep guided relaxation to finish class
- Promoting hope, wholeness, and true well-being for survivors of mental illness, violence, and trauma.

Project At-a-Glance

- 30 women served
- 37 classes provided (and counting!)
- 25+ hours outreach
- 150+ hours direct community service



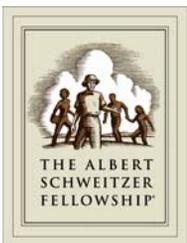
Participants in a class favorite- "Child's Pose."

What participants say:

"When I leave here....I feel very, very relaxed. I feel like a different person. I have more patience with my kids."

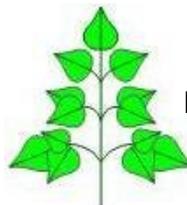
"I've learned how to breathe. Sometimes, when I feel really frustrated, I remember the breathing exercises that the teacher taught us. They help me a lot."

"...sometimes I come with just pure pain in my back and when I leave it's completely gone. I don't know why."



NC Albert Schweitzer
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www.schweitzerfellowship.org



El Futuro: North Carolina's
Non-profit Resource for Latino
Behavioral Health

www.elfuturo-nc.org