

# 4<sup>TH</sup> WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA

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## **Taking Yoga off of your mat**

**Shannon Liebel**  
Still Water Yoga, USA

**I**n this talk, I will discuss how the work we do during our yoga practice transfers over to our everyday life. I will discuss topics of fear, self-doubt, stress, overcoming obstacles, finding strength. There will be a discussion of how the breath helps us to move through our practice and how to take this practice into our life to help work on all of these topics as well.

[info@stillwateryogalaketahoe.com](mailto:info@stillwateryogalaketahoe.com)