

# Don't be S.A.D., be Happy!

## As the leaves fall and daylight diminishes do you:

- ~ Struggle to get out of bed in the morning?
- ~ Suffer insomnia or sleep disturbances?
- ~ Feel depressed, anxious, irritable or unusually fatigued?
- ~ Cry spontaneously or have unpredictable mood swings?
- ~ Crave carbs, caffeine or alcohol, resulting in weight gain?

## Do you notice these symptoms start in Fall, worsen in Winter, and then gradually diminish in Spring?

### Here's the good news:

#### **You can survive Seasonal Affective Disorder or the Winter Blues!**

Learn how to enjoy a season you normally hate by gaining useful knowledge on managing the symptoms of S.A.D. through gentle yoga, nutrition, managing emotions/negative thoughts and light therapies.

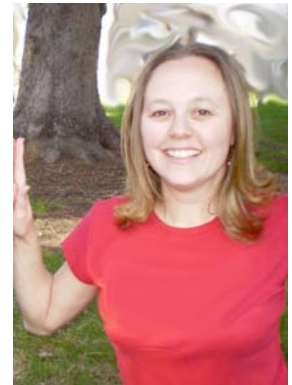
Saturday, October 25<sup>th</sup>  
10:00 am – 4:00 pm, healthy lunch included  
Amery WI.

#### **Reserve your space early!**

Contact Jane at 715-483-3150 or visit [www.earthartswi.org](http://www.earthartswi.org)  
for this and other upcoming classes.  
**Workshops require no yoga experience!**



Presented by  
**Two Much Fun Productions**



**Jane F. Meinz, M.A.** is a therapist with 20 years experience working with issues such as depression, anxiety, grief, life transitions, spiritual direction, recovery from childhood traumas and couples counseling. Jane masterfully guides her clients in trusting their own inner wisdom to achieve self-awareness, well-being and peace of mind. She maintains a private practice at Equinox Natural Health Center in Taylors Falls, Minnesota.

**Cindi Buenzli Gertz**, effectively manages her S.A.D. through holistic means. A *Certified Kripalu Yoga Instructor*, she's taught yoga to people of all ages and abilities since 2000. She offers weekly classes, special workshops, and private lessons. Operating an eco-friendly studio, **CONSCIOUS LIVING ARTS**, Cindi spreads peace and creates mindfulness toward our selves and our earth.