



EMMA WATKINS
HOSTS

UNDERSTANDING STRESS & ANXIETY

**A workshop combining science, yoga
and breathwork**

AUGUST 16TH, 2021
7PM - 8.30PM

Opportunity to join live or purchase the recording.
PURCHASE TICKETS: WWW.AGORA-LONDON.COM/YOGA



A WORKSHOP FOR LIFE

In this workshop I will cover:

- What is stress? What is anxiety? What are the differences between the two?
- Let's talk science: what is happening in the brain and body when we experience stress and/or anxiety?
- Your stress and anxiety wobble toolkit: creating coping mechanisms;
- Yoga + breathwork for stress + anxiety.

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