



Y-CBT: Yoga-Cognitive Behavioral Therapy

6 Week Group Treatment for Anxiety Management

Group Forming

Y-CBT is a 6 week group treatment model for adults that blends traditional and non traditional CBT strategies with simple, low impact chair yoga and meditation. The model is research based and has demonstrated significant results in the management of symptoms of anxiety and depression.

Location: The Arlington Center, 369 Mass Ave
Arlington, MA 02474

Dates: Wednesdays from 7:30pm-9pm, Starting
October 11, 2017 and running through November 15,
2017

Cost: \$295 for 6 sessions

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