



The Healing Power Hour

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April 03rd 2013: Climbing Out of Depression with Breath Work

Approximately 1 in 10 adults in the United States suffers from depression and by the year 2020, it is estimated that depression will be the 2nd major cause of death after heart disease. Recent findings show that anti-depressant medication fares no better than a placebo except in extreme cases of depression, so what are your options when combating this disease? Breath work is probably the premier way to conquer depression, and my guest, Antonia Katrandjieva, Ph.D., is an expert on the breath. Today she will walk us through how to heal our bodies through the use of breath work. See her instr

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Featured Guest

Guest Image

Antonia Katrandjieva, Ph.D.

Antonia Katrandjieva, Ph.D., is the creator of Yogea, a newly developed contemporized yoga style tailoring the Balinese, Chinese and Indian ancient yoga traditions to the needs of the modern individual. Yogea is based on the concept that "form follows energy", and is intended for individuals who wish to gain further flexibility, establish a strong core, postural alignment, develop a general kinesthetic awareness and a sense of energetic flow in the body. Antonia conducts lectures in Theatre and Esotericism and currently lives in NYC, where she teaches contemporary dance, theatre dance, yoga and breath work. She is a graduate of the Zurich Dance Theater School in Switzerland, and the Nation

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