



Psychotherapy
 • Individual
 • Group
 • Couples



Mindfulness
 • Individual Sessions
 • Workshops
 • Courses
 • Retreats



Yoga
 • Gentle
 • Mixed-Level
 • Restorative
 • Individual Sessions



Mind-Body
 • Acupuncture
 • Biofeedback
 • Integrative Medicine
 • Weight Loss
 • Exercise



Evaluation
 • Psychological
 • Medication
 • Endocrine
 • Nutrition

Yale Stress Center

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Photo: J. Lee

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