Anna Hindell, LCSW-R is a Gestalt psychotherapist and Certified Iyengar Yoga Teacher with a thriving private practice in New York City. She works with teenagers, adults, and couples addressing issues of depression, anxiety, life changes, and eating disorders. She is a graduate of the Gestalt Associates, the Center for Somatic Studies, and the Iyengar Institute of New York City. Anna’s focus as a Gestalt Therapist is helping people connect what is going on in their bodies with what is going on in their minds.