



Where there is  
mastery, there is no  
mystery.

## Classes & Workshops

### BREATHE. MOVE. EAT.

Balanced living is vital for a healthy body, mind and spirit. Each can be significantly affected by three simple things: the way we breathe, the way we move, and the way we eat. The nature of your breathing, the condition of your body, and the quality of your diet is fundamental to your state of mind, your focus, and your performance. *Breathe Move Eat* was created to give individuals, organizations and companies the tools necessary to reduce daily stress, increase overall fitness, and improve proper diet.

This workshop provides attendees with a practical knowledge of how to live a life of balance and harmony. Upon completion of this workshop, participants will have developed the:

- Techniques through mindful breathing to relieve and prevent stress
- Understanding of your breath and the emotions behind it
- Movements and postures to strengthen your body, mind, and spirit
- Awareness of what your body, mind, and spirit is telling you
- Strategies for making smart and tasty food choices
- Purpose for a balanced lifestyle

Start taking care of the whole you today. *Breathe Move Eat* is available as one-hour, multi-hour, or half day training sessions.

### P.L.A.Y.

One of our new signature workshops, *P.L.A.Y.* is a great introduction to the combined world of strength and conditioning. This workout was specifically designed to combat the inevitable exercise boredom and fatigue by pulling together the best, most efficient practices employed by the four corners of fitness: Pilates, Lifting, Aerobics, and Yoga.

Through our training sessions, participants will discover the benefits of a mind tuned into the body, and the confidence to achieve their fitness goals. But most importantly, they will achieve a sense of commitment and control - two constructive mental foundations that help counteract the stress of today's world. This workshop provides participants a fitness regimen that:

- Evenly conditions the body as well as the mind
- Builds strength, improves endurance, and increases flexibility
- Develops long, lean muscles, flat abs, and a strong back
- Forms a strong, solid core
- Detoxifies the system and massages the internal organs
- Rids the body of pain and builds stronger bones
- Improves confidence and concentration
- Prevents and reduces stress
- Is fun and gets results

An integrated approach to fitness. *P.L.A.Y.* is available as one-hour, multi-hour, or half day training sessions.

## RELAX MORE

It isn't always enough to simply relax, sometimes you need to actively seek it. Learning to truly relax is at the heart of living well. Research now shows a direct correlation between stress and your health, not only your emotional health but your physical and spiritual one as well. The trouble with our stress response, when activated with great frequency, is it becomes more and more difficult to turn off. Instead of tapering down to a normal level, our body remains in a heightened state which inevitably takes a toll on our systems. *Relax More* was created to guide individuals, organizations and companies to a place of pure relaxation and rejuvenation.

This workshop will fit participants with methods to fully recover from personal and professional stress. Upon completion of this workshop, you will leave with the:

- Understanding of the short and long-term effects of stress on the emotional, mental, physical, and spiritual self
- Insight into the root cause of your stress
- Strategy to face, reduce, and combat future stress
- Therapeutic breathing, body movement, and progressive muscle relaxation techniques
- Capability to listen to and recognize what your body is telling you
- Better focus and sharpened concentration needed for success

Uncover the art of active relaxation. *Relax More* is available as one-hour, multi-hour, or full day training sessions.

## YOGATHLETICS

Yogathletics is the perfect fitness companion for athletes and sports enthusiasts who are looking for a new and different way to train their bodies and improve their athletic ability. If you take part in any type of sport, you are well aware of the impact breathing, balance, and strength has on your physical performance. It can make or break any game.

Yogathletics, when practiced regularly, will increase your core strength, flexibility, and range of motion while developing proper breathing techniques, greater body control, and a reduction of physical injury. But the most significant benefit of this program, you will find, is mental. It will teach you to approach every challenge with confidence and composure, to understand the greater limits of your body, and to stay centered in any given situation. What athlete doesn't need that?

Step up your game. All levels welcome

## F.Y.I.

It's back to the basics. By applying the principles and teachings of yoga, people can easily find solutions to their every-day problems. Yoga is often called a science since it is the most comprehensive methodology to a life of health and well-being. It wants us to explore the depths of the mind, to challenge the limits of the body, and to discover the power of the divine. Through this union, yoga teaches us a discipline that can bring about inner harmony and peace. *F.Y.I.* was created to give individuals a good, solid foundation of the basics that can be easily built upon for success in communication, stress management, job satisfaction, and personal goals.

This workshop presents participants with a practical approach to a fulfilled life in today's world. Upon completion of *F.Y.I.*, you will:

- Learn how to adopt and adapt the principles and teachings of this lifestyle
- Discover the "Seven Truths of Living Well and Balanced"
- Understand the physical, mental, and emotional benefits to the self
- Experience an increased level of strength, flexibility, and concentration in the body, mind, and spirit
- Improve communication, productivity, and creativity
- Develop mindfulness and self-awareness

It starts with a single breath. *F.Y.I.* is available as one-hour, multi-hour, or full day training sessions.

## TOTAL WELLBEING

A healthy body demands a balance of factors. Factors we often forget to fully take into consideration in our daily lives. Total Wellbeing is a class devoted to the Ayurvedic practice of yoga where each posture, breath, and idea confronts the imbalances that occur in a person's body, mind, and spirit. Today, we all recognize how our diet, exercise, and outlook can affect the way we feel about ourselves, approach our day, and interact with those around us. But do we truly understand how to tackle each aspect when problems arise?

Total Wellbeing will, by addressing what we put in our bodies, how we use our bodies, and where we direct our thoughts, create a harmony and happiness in our physical, mental, and spiritual constitution through the connection of the body, mind, and soul. All levels welcome.

## FLOOR PLAY

Take the time to celebrate your relationship. With everything going on in our lives today, it's difficult to achieve an even balance in life. Work, family, friends, interests, and obligations make it challenging for a person to find time for themselves, let alone their partner. Learning to relax and reconnect is no small feat but more important than ever to the health and well-being of a relationship. Through thought provoking ideas and exercises, *Floor Play* will teach you to be present, open, and in the moment of your shared lives. There's a bond you develop by moving in and out of postures together, an exchange of energies that can deepen your connection, while still developing your own self-awareness. It's a perfect example of two becoming one.

This workshop provides participants with the understanding that it only takes a shared moment to connect with someone. Upon completion of this workshop, you will:

- Deepen your trust, security, and sensitivity with one another
- Enjoy a fun, wholesome, and supportive practice you can take off the mat
- Develop an intimacy through shared breaths and postures
- Discover a deeper connection with your partner
- Work through relationship blocks
- Understand the power of communicating without words

Tap into the fun, fresh, full-contact experience. *Floor Play* is available as one-hour, multi-hour, or full day training sessions. Couples yoga works well for any duo, regardless of relationship or sexual orientation.

## HEALING, HEALTH, AND HAPPINESS

Yoga for Healing, Health, and Happiness is specifically designed with a therapeutic focus to meet the precise needs of individuals post doctor care. Sessions are tailored to activate and work specific areas of the body in need of neurological connection. Using a blend of conscious breathing and mind/body techniques, individuals will discover an increase in strength, flexibility, and concentration while enhancing overall stability, balance, and performance. Walk away with a deeper understanding of the greater limits of your body and the potential of focused healing.

- Small group yoga sessions
- Limit of 5 people per session
- \$250.00 for 5 sessions

## ZENSUALITY

Get in touch with your sensual side. We are a society filled with ideas of instant gratification. When we seek to connect with ourselves or someone else, we tend to look for an immediate solution. And more often than not, this solution is physical in nature. But there are four other important aspects to our life: the emotional, the mental, the social, and the spiritual. Once we realize that each facet was designed to work in harmony with the rest, we can tap into our own unique purpose, divine development, personal pleasure, and intimate connection. Through a creative sequencing of poses and empowering ideas, women of all shapes and sizes will now have a chance to discover and embrace these parts of themselves and their sensuality that have been long left dormant, repressed, or even forgotten.

This workshop provides participants an applicable knowledge of how to live a fully realized, sensual life. Upon completion of this workshop, you will develop:

- Strong connection with yourself and your body
- Confidence, strength, and insight of self
- Clarity in cravings, motivations, and aspirations
- Peace of mind, better health, and an increased sense of internal well-being
- A broader view of life and what it has to offer

A safe and supportive environment that is truly sensitive to your needs. *Zensuality* is available as one-hour, multi-hour, or full day training sessions.

For more information on scheduling a class or workshop, contact us:

(952) 934 - YOGA

