



For Your Group

“*Yoga is a mind and body practice* with historical origins in ancient Indian philosophy. Like other meditative movement practices *used for health purposes*, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.” *National Center for Complementary and Integrative Health*

Class and Workshop Options: (For Beginners)

- Yoga 101 / The Eight Limbs of Yoga
 - Intro to Yoga, Meditation + Mindfulness
 - Meditation 101
- (Review 5+ methods of meditation with practice and discussion of origin)
- Trauma-Informed Mindfulness
 - Accessible Yoga / Yoga for Every Body
 - Yoga for Stress Relief
 - Yoga for Anxiety + Depression
 - Yoga for Recovery + Addiction
 - Kid’s Yoga Teacher(s) available

More Class and Workshop Offerings: (For Yoga Studios and Advanced Practitioners)

* Yoga Literature classes can be taught as a one-time workshop or Book Club: 2 hour class, 4 weeks series

- ∇ Trauma-Informed Mindfulness 3-day Training
 - ∇ Understanding the Ego through Yoga
 - ∇ History of Modern Yoga
 - ∇ Yoga Sutras by Patanjali*
 - ∇ The Bhagavad Gita*
 - ∇ Hathayogapradipika*

*Tap into the ancient benefits of yoga practice to meet and serve your needs today.
Share the gift of self-care.*