

self-study \* truth \* action

YOGA\*Life

asana \* ethics \* bliss



## Live Yoga Everyday

Apply the spirit, psychology, ethics and science of yoga to your everyday life

YOGA\*Life

Tools for Being & Becoming

January - March 2010

**Classes Meet**

Sat & Sun 2-5 pm

**Levels of Participation**

\$185 - One weekend

\$550 - One Module (3 weekends)

\$1500 - Complete Y\*L Program

*Educational \* Inspirational  
\* Transformational*

### **YOGA TEACHER TRAINING**

Students interested in Teacher Training Certificates can take YOGA\*Life 1, YOGA\*Life 2 and our Teacher Training Intensive (June 2010) to qualify for a 200-hr certificate of completion.

Dearest Community,

Throughout our 16 years of combined teaching experience we have had the opportunity to teach the physical practice of Yoga to CEO's, premier athletes, cancer survivors, children and hundreds of others. Across the board we have seen the well-being of our students' bodies, emotions and lives improve profoundly.

Our intention with YOGALife is to continue to expand our students' physical practices while providing day-to-day access to the many other aspects of Yoga.

By applying the science, ethics and meditative aspects of yoga in conjunction with a deep intelligent physical practice - the YOGALife program helps people learn to observe their own psychology, to gain insight into and address unhealthy habitual patterns, and to move closer to that still quiet voice within.

Both of us continue to balance teaching Yoga with work in other fields, and have always seen Yoga as a practical approach to everyday life. Our reputation for taking Yoga 'down from the rafters' comes from 'real-world'

experiences of bringing a focused presence to the many challenges in the workplace and in life.

We have long enjoyed teaching Yoga using humor, highly accessible language, stories from our own lives and myths from around the world and look forward to making this available to you.

We invite you to YOGALife!

Sincerely,  
Lauran & Kristina

Love  
yoga co-op  
78704

**To Register email:**

[Lauran@LoveYogaCoop.com](mailto:Lauran@LoveYogaCoop.com)

or

[YogaFly@yahoo.com](mailto:YogaFly@yahoo.com)

# Sample Curriculum **YOGA\*Life: Tools for Being & Becoming**

**BACK BENDS, INVERSIONS, TWISTS, FORWARD FOLDS, BALANCING POSES:**

*Asana.* The body is a gateway to freedom. Learn fundamental principles of alignment to deepen your experience in each Hatha Yoga pose.

**LEAVE THE MASK AT THE DOOR:**

*Ahamkara.* Write without the writer. Lead without the leader. Identify the dominant masks you wear in your day to day life. Can we remove the masks?

**THE MIND IS A TIME MACHINE:**

*Atha.* Past, future, past, future. Our mind rarely drops us into this moment. What practices can we apply to arrive 'Now'.

**RESPECTING THE STRUGGLE:**

*Sukha/Dukha.* Learn to interact with life's struggles the way a genuine student engages with a Mentor. How can we engage with life's inevitable struggles to serve our highest good?

## Schedule

### CLASSES MEET

January - March

Sat & Sun 2-5 pm

### PARTICIPATION

One weekend (\$185),

One month (\$550),

Entire Program (\$1500)

Students participating in the Entire Program attend Kristina & Lauran's WEEKLY CLASSES for FREE

#### MODULE 1

#### **JANUARY 16th and 17th**

January 23 & 24

January 30 & 31

#### MODULE 2

#### **FEBRUARY 13th & 14th**

February 20 & 21

February 27 & 28

#### MODULE 3

#### **MARCH 13th & 14th**

March 20 & 21

March 27 & 28

## Teacher Training @ Love Yoga

Students interested in Teacher Training Certificates can take YOGA\*Life 1, YOGA\*Life 2 and Love Yoga's 30-hr Teacher Training Intensive (June 2010) to qualify for a 200-hour certificate of completion.

## Sign Up

Email: [Lauran@LoveYogaCoop.com](mailto:Lauran@LoveYogaCoop.com) or [YogaFly@yahoo.com](mailto:YogaFly@yahoo.com) or call 310-866-0874

Visit [www.LoveYogaCoop.com](http://www.LoveYogaCoop.com) to learn more.