

# CLASSES & WORKSHOPS

*with lisa marie*

## Kids Classes

**Music & Movement:** You and your child will laugh, sing, bond and dance while developing your child's music and language abilities. For 18 mo - 5 1/2 yrs

**TOT Yoga:** Strengthen parent-child bond, advance social relations, improve language abilities, increase emotional well-being & foster brain development through songs, stories & movement. For 18 mo - 5 1/2 yrs

**Family Yoga:** Parents & children alike build strength, balance, flexibility, appreciation and connection through playful movements and games. For 3 - 11 y/o

## Classes & Series

*For Beginner to intermediate students. Classes compliment every lifestyle.*

**Kundalini Yoga:** A yoga practice with medicinal purposes. Classes are designed to detoxify liver, boost immune system, clear negative thinking, among many others.

**Restorative Yoga:** A gentle therapeutic yoga class that will melt your muscles. Each posture is supported through the use of props and held for up to 10 minutes to ensure full release and relaxation. Benefits of Restorative Yoga include reducing stress levels, calming the nervous system, loosening tight muscles, joints and connective tissue.

## Workshops

*Workshops focus on a specific topic. The length for each varies from 1 - 2 hours.*

**Breathe! for the Health of it:** Struggling with low energy? Have difficulty sleeping? Drowning in stress? Intentional breathing can help. The quality of your breath has a direct impact on your overall health. Improper breathing eventually results in disease. Learn how to breathe effectively and efficiently so that you can increase your energy, calm your mind, & improve your overall health.

**Creating a Healthy Menstrual Cycle:** Are you experiencing menstrual cramping, PMS symptoms or irregular cycles? There are natural alternatives that can help! Find out what a normal cycle looks like and the symptoms or characteristics of an irregular or abnormal cycle. Participants will learn exercises, herbs and nutritional recommendations that reduce cramping, balance hormones and promote a healthy cycle holistically.

**Happy Healthy Joints:** Do you have achy knees? Stiff shoulders? Immobile hips? Or a tight neck? This workshop will guide you through easy gentle movements that bring fluidity and ease of movement into all your joints.

**Happy Healthy Spine:** The health of your spine is vital to your overall health. Learn a sequence of movements that increases spinal flexibility & improves posture, thus enhancing the overall function of your nervous system and you!

**Thai Techniques Workshop:** Thai Bodywork is a unique form of massage from Thailand that blends acupressure, stretching, breathing & massage. Participants will learn Thai techniques that elongate everything from the tips of your toes to the top of your head.