



**New Year, New You Workshop Series!** This three-part workshop series is designed to help you take life into your own hands - setting and following through with your goals and dreams so you can reach your full potential. When you cultivate positive change with discipline, you are able to maximize both your health and happiness.

Invest in yourself with individual workshop for \$25.00 each or sign up for all three sessions for \$60.00. The BEST way to follow through with your goals is to do our complete package: all three sessions and a month of unlimited yoga classes for \$185.

**Session 1, January 7th, 1:00-3:00 pm: Stick To It!**

The New Year always symbolizes a fresh start; it is a natural opportunity to make change happen. We set goals, but then we get off track. In this session, we examine goal setting and discuss strategies for following through. The workshop will include an empowering yoga flow centered around cultivating change as well as journaling exercises and other tools to help you stay on track. Laurel will help you individualize a holistic health and fitness plan that works best for your schedule and interests.

**Session 2, January 14th, 1:00-3:00 pm: Begin with Basics**

Whether you have been practicing for awhile, have a few classes under your belt, or have barely stepped onto a yoga mat, come join Natalie for a workshop that will focus on correct alignment for beginning asana (postures) and attention to breath. This workshop will teach basics of self-alignment with anatomical descriptions which will help students move through vinyasa flows correctly. Natalie will teach several breathing techniques and help students identify which breath will serve them best.

**Session 3, January 21, 1:00-3:00 pm: Meditation 101**

In this workshop we will learn the basics of meditation and its implementation into your health and fitness routine, along with mindfulness practices that can help you achieve your New Year's goals. We will delve into the modern science behind the ancient meditation practice to help you understand how meditation affects physical changes in brain structure and how it helps replace old habits with new healthy ones. The workshop will include short guided meditation, a group discussion, and a gentle, slow flow focused on exploring body sensation and present moment awareness.