

San Diego Based Guest Teacher:

Lanita Varshell, E-R.Y.T.⁵⁰⁰

A leading expert in Yoga

For the Plus Size & Health Challenged Populations

Gentle Yoga & Modification Training

Weekend Intensive in Scottsdale Arizona

Sponsored by Zenergy Yoga in Scottsdale

October 17, 18, 2009



Over 60% of our population is now plus, super sized or health challenged.

You are missing an important opportunity and great joy if you are not addressing the needs of this population through special classes or modified classes for all levels.



Lanita Varshell

(A native of Phoenix) is the owner of

**A GENTLE WAY YOGA & JOYFUL
MOVEMENT CENTER**

in San Diego, California, and the founder of

"Meditation in Movement Style" Yoga.

Lanita has taught yoga and been a yoga therapist full time since 1996. She has over 10,000 hours of teaching experience working with the plus-size and health challenged body, and those very new to yoga and moving their bodies. Lanita has gone from a very sick, couch potato, depressed woman who struggled all her life with weight, Chronic Fatigue and Fibromyalgia, to a happy, busy Studio owner that manages her own Center while teaching 12 classes a week. She is an inspiring speaker, teacher, and example that ANYONE can practice and receive incredible benefits from the healing powers of Gentle Yoga. Lanita leads a 200-hr. Yoga Alliance Teacher Training program. She has been interviewed in several magazines including Yoga Journal and LA Yoga, has taught at an Idea/Yoga Journal Conference, produced a Gentle Yoga CD, and is currently writing a book on Yoga for the Plus Size Body. Visit her website at: www.agentleway.com

How do you begin to teach yoga to your student who:

- Cannot sit cross-legged?
- Cannot sit back on their heels?
- Cannot do a lunge?
- What if the student loses balance in triangle or standing poses?
- Cannot put their legs together standing or lying down?
- Plus or super-sized?
- Has never or rarely exercised and in fear of doing almost anything?
- Has chronic pain and major health challenges?
- Fibromyalgia?

And, most importantly, how do you motivate and encourage these students to practice this wonderful healing and now doable discipline?

SCHEDULE:

Saturday & Sunday:

10:00am-1:00pm

2:30 - 5:00pm

See Registration for Prices

LOCATION:

Hilton Garden Inn Scottsdale North

Hosted by Ali Kamen at Zenergy Yoga

480-628-1453

ali@zenergyyoga.net

What Teachers Say About This Training:

Lanita,

I am blown away after Teacher Training Session #1 & 2. You have totally stepped out of the box and created something wonderful and new." Male'na, Moon Tree Yoga-Spokane, WA.

Lanita,

We are Physical Therapists who attending your YOGA FOR PLUS SIZE Workshop and the International Health and Fitness Convention. You SHIFTED our THINKING! We use your work now at the hospital all the time. Thank you so much for what you do!
Judy – Pain Management Clinic

Lanita

I love the work you are doing and just want to encourage you, we need more of this kind of teaching in this world!!
Desiree R. – Anusara- Arizona Yoga

I had been teaching "Active Yoga" for about three years and working as a personal trainer before I enrolled in the Teacher Training program at A Gentle Way. It had always been easy for me to take a student to the next more advanced level, but much harder to modify down. Since the "physically fit" population is fairly small and I have a lot of seniors in my classes I thought your training would be a good fit for me. I must admit that it took a while for my mind to settle into some of the poses and allow myself to just "be" instead of always "doing". I leave your classes with a stretched body and a relaxed mind. I now know that yoga truly is for every body. Thank you for your insight, support, and direction. Mary Sanders, YMCA Exercise Director

Please print carefully & send in: **Make all payments out to A GENTLE WAY YOGA CENTER**

I am a: _____ Yoga Teacher #____ Years. _____ Yoga Student _____ Teacher in Training

I heard about this training through: _____

NAME: _____

ADDRESS: _____

EMAIL: _____ PHONE: _____

- **Hotel Accommodations:** \$119 – Ask for a "ZEN" group discount.
- Hilton Garden Inn Scottsdale North, 480-629-2012
- **Airport Transportation:** Call: Super Shuttle: 602-273-3300
- **Workshop Cost:** \$250 **Early Bird Discount: \$225.00 Paid in Full by September 15th**
- \$100 Deposit due immediately to secure space – limited space available. Final payment due 10/7/09.
- Refunds: \$25 Service Charge on all refunds requested by September 17.
- Cancellations after October 1: Payment made, less \$50 service charge refunded only if your space is resold.

Credit Card # _____

CC Expiration Date: _____ 3 Digit Code: _____

Check # _____ Deposit: _____ Check # _____ Final Payment: _____

I authorize use of my credit card: _____

I understand and agree to the above terms of Workshop cancellation and refund policies.

Signature: _____

SEND TO: A Gentle Way Yoga Center, 5316 Baltimore Drive, La Mesa, CA. 91942