



Laurie Searle is a nationally certified Yoga teacher, fitness trainer, mat Pilates instructor, and weight management / nutrition specialist through the National Academy of Sports Medicine and the Yoga Alliance. She has been practicing and teaching for almost 20 years, and leads teacher trainings in the Los Angeles area and internationally through the Sphota Yoga School.

Laurie has trained clients from as young as 3 to as young as 95, Oscar winners, elite athletes, busy moms and executives, injured, pre/post natal, children, teens, and individuals in recovery from addictions and eating disorders.



## **Workshops**

### **Juicy Joints**

We have 360 joints in the body. Learn the most practical ways to keep the joints of the body lubricated and juicy, reducing pain and inflammation allowing us to be flexible, strong and balanced. All ages and levels welcome.

### **Sweet Hearts**

Great one for February -

Whether you are in love with your mate or your job - this is a good one to keep the shoulders and heart open. Happy Valentine's Day everyday!!

### **Knee-hab**

Learn the anatomy of the knee and the most practical ways to keep 'em healthy and happy whether recovering or avoiding injury.

### **Creating the Daily Practice**

Sadhana is a daily practice specially designed to work for your needs and desires on and off the mat. This easy to access workshop is for anyone looking to deepen their physical practice while also gaining a deeper understanding of the philosophy, tradition, breathing and meditation involved in a well rounded daily practice.

### **Hip-Hop yoga**

No, we don't listen to Kanye but we do get the hips moving and shaking in a way that will leave you hopping out of the studio.

Learn the best ways to enjoy open hips, free emotional blockages and prevent or recover from injury.

### **CardiYoga**

A great way to torch calories, stretch AND strengthen the body in one complete class. This is the gym and studio in one. CardiYoga is based in the Ashtanga primary series and is infused with cardio interval bursts to raise the heart rate, detox, energize, tone and elongate the body. All levels welcome but should be familiar with basic yoga poses.

### **Pranayama Workshop**

Pranayama allows us to direct our energy to the deepest part of the self. Controlling and maintaining our energy gives us the ability to savor each moment we have and spend it wisely in our every day life providing us with a deeper sense of understanding of ourselves, each other, our purpose and our passion.

### **Advanced Posture Workshop**

Asana is one of the most fun of the 8 limbs of yoga. You don't have to be the bendiest most acrobatic yogi to benefit from challenging postures. The advanced posture workshop is a spring-board jumping off foundational postures and leaping through fear without attachment to result by allowing our bodies and minds to take flight, push our edges and limits on and off the mat.

### **Adjustments Workshop**

Proper alignment is key for the body and mind.

This workshop is for teachers and students to learn the appropriate physical alignment for each individual and how to self adjust in your own personal practice. Keeping the bones, muscles and joints in the right position allowing space to stretch, engage and restore.

### **Yogassage**

Yogassage works the body from the outside, inside out. You know your body best. In this all levels class we merge dynamic flow, static holds and self massage to restore the body to it's original open and supple space. Deep breath is the foundation of this class, dynamic flow warms the body, static holds deepen the stretch and self massage techniques are introduced to relieve pain and deepen the experience.

### **Kitchadi Kitchen**

Kitchadi is a savory staple dish in the Indian culture.

Ayurveda 'the science of life,' provides an integrated approach to preventing and treating illness through lifestyle interventions and natural therapies. Kitchadi is just one of the recommendations for living and being yoga. It is a sattvic or balanced food for all body types, providing the perfect combination of fat, protein and carbohydrates. It is 100% vegetarian, natural and wholesome and provides a great base for your favorite vegetables and other dishes. It's delish!

### **Body P.A.C.T –**

Reflecting Your Best Self Through Mindfulness, Meditation & Yoga

Learning to love the physical body from the inside out, we learn to make a pact with ourselves and manage our day-to-day stress by healing and recovering from issues with food through yoga, meditation and breathing. We reignite our Purpose; Appreciate what we are given and how we use our bodies, minds and souls; remain Compassionate to our bodies by treating it with respect; and Trust that we are doing what we need to fuel ourselves towards our highest good for ourselves and others. This four-part system is an accessible way to deal with the everyday stresses of life by identifying the triggers that set us off while finding healthy ways to navigate through to the other side of stress – arriving back to our original form of peace, calm, tranquility and openness.

### **Teen Empowerment Bootcamp**

Find your individuality and define your deepest wishes, goals, and dreams. We begin with deep breathing and seated stretches to get focused. We decorate our visualization journals with pictures we can draw or collect from magazines. We create spirit statements that we can look to whenever we need inspiration or motivation. Each girl will leave with her own personal visualization journal and spirit statement to use daily to record her progress toward her goals.

### **Fit Fete**

Fit Fete is a fantastic feel-good way to have fun.

Whether it's your graduation, bachelorette, birthday or any day to celebrate, invite the girls over for a sweaty soiree that's filled with heart pumping, muscle strengthening, energetic stretching and most importantly, rejuvenating laughter and maybe a little gossip. This two-hour session'll work you from the inside out. Guided with an awesome soundtrack inspired by your event, we'll bring over and teach you how to use and experiment with exercise equipment you can use in your home anytime you want. It's a guilt free way to pre-party while torching calories and blissing your way into the night with friends.

### **Guest teaching Hatha Vinyasa Flow**

Complete 200, 300 & 500 Hour Yoga Alliance

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Modules in

Philosophy & History

Anatomy, Alignment & Adjustments

Asana and Sequencing

Business of Yoga

The Subtle Body

Nutrition, Lifestyle



### **Sphota Yoga School**

**Yoga Alliance Approved 200/300/500 Hour  
Hatha Vinyasa Flow**

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