

Workshop Descriptions

Tell Me More Workshops

For two hours let yourself be transported through the timeless myths of India. Each Tell Me More workshop features a different god or goddess - each playing a major role in the development of the human psyche. Come listen to stories, take a yoga class and share your own experiences with what this god or goddess awakens inside of you. No experience with yoga is necessary for these workshops. And, if you have tons of experience with yoga, let this workshop add depth to your practice of asana and further your exploration of yoga philosophy.

Cost - \$35 per workshop

Silent Retreats

How often does silence touch your life? What would it be like to slow down and listen to what's really happening for you? How often do you let distractions get in the way of your own inner advice?

The all day silent retreats provide you an opportunity to disconnect from technology and the outside world for a while and turn inward to learn to listen to yourself. The guided meditations offer you a lense through which you can hear your own inner voice - or voices! And yoga classes provide you an experience of yourself and of yourself in relation to others.

No experience with sitting is necessary and ample props are provided for your physical comfort during the meditations.

Cost - \$50 per silent retreat

Partner Workshops

The types of relationships we find ourselves in are endless and each one poses a unique set of challenges and rewards. Bring a friend, co-worker, family member, or loved one and explore what being in relationship means to you. This two-hour workshop offers you an array of simple and enjoyable yoga postures you can do with a partner while exploring who you are while in relationship with others.

Cost - \$30 per couple

The benefits of a partner yoga class include:

- *Forge a deeper understanding of how you are while in relationship
- *Gain clarity on how you want to be in relationship
- *Open mind, body, and heart using partner postures
- *Affirm what is working for you in relationship and receive your own guidance on areas to grow

Group Yoga Therapy

Redefining Stress - A Phoenix Rising Yoga Therapy Group Approach

Life can be complicated! Sometimes life feels complicated because of major life events (birth, death, illness, divorce...) and sometimes it feels complicated for no apparent reason. Stress is a common experience for us all - and not altogether a bad one. However, when stress becomes too much anxiety or depression can take over. And this can make us feel alone and like life is too tedious to engage with.

Let a 6 week yoga therapy approach offer you a different lens to view your life situations through. Transform your relationship with stress by learning to listen to the guidance your body has to offer you. Your body inherently knows how to use stress to its benefit for healthy growth. Come and learn how to listen to the cues your body gives for redefining your relationship to stress.

Cost - \$300 per 6 week group

Benefits include:

- *A new way of relating to stress
- *Reduction in stress related ailments
- *Self-awareness that leads to engagement with life
- *Connection with yourself and community

Class Layout:

- *6 two and a half hour sessions
- *Each session includes an hour yoga class and a process (speaking) circle
- *One all day silent retreat