

## YOGA WORKSHOP MENU

One of the greatest benefits of bringing Laura into your center is being able to choose the topic she will teach and the length of the workshop. You can design your own perfect training for your students, staff, and you. All workshops have a time-frame in parenthesis. The time-frame refers to how long the workshop can be and you can choose the length. The longer the workshop, the greater detail and practice time you will have.

Many of the workshop hours can be used for continuing education credits for Yoga Alliance Registry. Those workshops that apply are marked by an asterisk (\*).

Laura teaches a powerful workshop with her husband, Ron Erdman-Luntz. Ron has been teaching Tai Chi and Chi Kung for over 35 years. The workshop length: 2-5 hours. Here is the description:

### CHI KUNG ENERGY FLOW FOR YOGA™ WITH RON ERDMAN-LUNTZ

Are you ready to deepen your experience of yoga? To experience your poses in a more profound way? Join Yoga Master, Laura Erdman-Luntz and her husband, Tai Chi Master Ron Erdman-Luntz, for an experience like no other. Created from their combined 60 years of practicing their arts, this unique workshop will take you deeper into your practice. Ron will guide you into feeling your chi and get it moving through chi kung exercises. Then they will both take you into yoga poses to experience the flow in the poses. Your poses will feel more grounded and aligned. Your spine will feel longer, your heart more open and the benefits of your practice is exponential. "My yoga has changed dramatically now that I understand and feel how the energy moves in my poses. Thank you!" (Participant, 2012)

### LIFE COACHING WORKSHOPS

Laura is also a Life Coach and has created programs to inspire people to live their Extraordinary Lives. Some of these programs also include a Yoga component.

**Manifesting on the Mat™ series:** Laura innovated this powerful workshop series to combine the creativity of Life Coaching and the power of yoga. Taking these concepts to the yoga mat allows us to make the changes we are desiring on all levels of our koshas (sheaths): physically, energetically, and through the higher mind. We work on each concept through our breath, asana, and meditation. Each workshop can be simply an asana class of 90 min or a combination of asana and Life Coaching for up to 3 hours.

**Five Steps (Plus One) for Living Your Extraordinary Life™:** This series is the Flagship of the Manifesting on the Mat™ series. Taught as either a pure coaching program over 6 weeks (live and teleclass) or as a weekend program, taking each step to the yoga mat. The series is an incredibly powerful process for guiding people into discovering what they *really* want in life, discovering that it is possible AND creating the steps to get there. Laura has taught this series for years and watched people powerfully transform. You can learn more about the series on her website.

Description: **Five Steps (Plus One) for Living Your Extraordinary Life™** will launch you into the life of your dreams, into more joy and vibrancy. Perhaps you have already learned about manifesting but can't find the next step or get manifesting to "work" for you. This series will allow you to find your authentic life, the one you are meant to lead, the one that fills you full of purpose and

excitement about life! We will also use yoga (asanas, breathing, and meditation) to help you shift faster - a powerful way to change your life even faster!

Taught over a weekend, it is from 12-15 hours. Parts of the series can be broken out into smaller workshops:

**Letting Go**

**Building Personal Strength: Saying "Yes" to Life**

**Learning to Receive**

**Surrendering with Grace and Gratitude to the Present**

**Awaken to Joy:** (1-2 hour talk, depending on level of discussion)

Discover joy in the life you are already living! Join Laura as she speaks and/or leads a discussion on topics covered in her book, [Awaken to Joy](#). She will share ways to help you move beyond the ordinary to bring greater peace into your life, creating more open and loving relationships with your friends and family, finding harmony with your co-workers and joy in your work, and bringing more patience, love, and compassion to your relationship with your spouse and children.

**Living Your Extraordinary Life:** (1 hour talk. With workbook and discussion, it is 2 hours)

What does it mean to live an extraordinary life? To live on purpose with joy, vibrancy, and inspiration? Join Laura as she discusses the signs of an Extraordinary Life and how YOU can begin living it today.

**Goal Setting from the Heart (AKA: New Year's Resolutions from the Heart):** (7 hours)

Experience Laura's incredibly powerful workshop that combines coaching and yoga to create goals (or new year's resolutions) that really work! Using yoga, breathing, visualizations, discussions, and personal work, Laura will guide you through releasing that which no longer serves you, embracing what you want more of in your life, and surrendering to the grace and gratitude of the moment.

**Personal Foundation: A Coaching Workshop** (4 hours)

We are constantly creating our lives with the choices we make every day. Unfortunately, our lives are also full of distractions, internal and external, that keep us from making the best choices for ourselves. This workshop will work on 7 steps for strengthening your Personal Foundation -- quieting the distractions so you can feel stronger about who you really are and can create a life you REALLY want. (We can add a Part II for Yoga Teachers and discuss each of the 7 steps in the context of the Ethics of Teaching for CEUs).

**From Motivation to Inspiration: Letting Go of the Need for Will-Power Forever:** (1 hour)

Tired of feeling "unmotivated" to do something different in your life? Whether you want to lose weight, find a great relationship, take your business to the next level, or create meaningful work, moving from a state of motivation to one of inspiration will make taking action steps easier and more joyful. Wouldn't it be fabulous to never need will-power again?

## ANATOMY INTENSIVE WEEKEND WORKSHOPS

All of the anatomy workshops were designed and taught by Laura for her general yoga students and for her Yoga Teacher Training programs (at both the 200- and 500-hour level). Most workshops are taught with both a lecture component (with handouts) and a practical, practice piece. This format allows the students to understand both why they are doing what they are doing at an anatomical level and an opportunity to feel it in their body.

Anatomy Intensive Weekends can be done as a day-long Saturday class, be broken into a Saturday afternoon and a Sunday morning class, or, as an entire weekend submersion, beginning on Friday night with a Restorative Class.

What students have said about Laura's Anatomy Intensive Weekends:

- "It was great. You have great knowledge and complete grasp on the subject."
- "The best part was applying asanas to what we learned so we could feel 'it work' or change how we've been doing the pose."
- "Laura, you have a wonderful way of bringing the technical/anatomical together with the practical/layman's terms and imagery to help people understand the concepts."
- "As always, you were very thorough. I wanted the anatomy and specifically the muscles – which I got! I gained more insight into my own issues and what I can do to help myself heal and gain strength – which is why I came. The other part is learning more for my students and I have a lot to go back with. I'm sure there's even more once I review and absorb it all. Thanks!"

### **\*Shoulder Intensive Weekend (3 - 8 hours)**

The shoulder is an incredibly intricate joint. We will study the anatomy of the joint, using this knowledge to get a better understanding of what "good alignment" is and how we can use yoga to develop alignment in our own bodies. We will also study how to move the arm safely, protecting the shoulder joint in its range of movement, and how to improve our range in various yoga poses.

### **\*Hips Intensive Weekend (3 - 8 hours)**

In this workshop on the hips, you will learn all about this fascinating and complicated joint. We will study the anatomy of the joint, looking at the muscles and how they may limit our movement. We will then apply the anatomy to study the joint in a variety of poses.

### **\*Spine Intensive Weekend (4 - 8 hours)**

We will begin by studying the anatomy of the spine, using this knowledge to get a better understanding of what 'good alignment' is in twists, back bends, and forward folds. We will also study issues of the sacroiliac joint, intervertebral discs, and the neck.

### **\*Knee/Ankle/Foot Intensive Weekend (2 - 5 hours)**

Knees: Knees, the most intriguing joint in the human body. They are a marvel of engineering when one studies how they are constructed. They are also one of the most commonly injured joints. This workshop will study the anatomy of this fascinating joint and then investigate how this anatomy affects yoga poses. We will also look at how to keep the knees safe in yoga asanas as well as every day life. This workshop is appropriate for yoga students at any level and yoga teachers.

Feet/Ankles: The feet and ankles are the foundation of our entire body. They enable us to ground both physically and energetically. In this workshop we will study how to actively engage the feet

and ankles to support the physical and energetic body. When feet sag, the rest of the body will as well. You will be amazed at how this workshop will transform all of your poses, whether or not you are standing on your feet. This workshop is appropriate for yoga students at any level and yoga teachers.

## WORKSHOPS ON YOGA

These workshops can be specifically designed for yoga teachers by spending time looking at errors and adjustments in poses and do partner work to practice adjusting. They all comply with Yoga Alliance guidelines for Teacher Continuation Education Workshops. They are also appropriate for yoga students so students of any level may attend.

### **\*Yoga for the Shoulders and Neck** (90 min - 2 hours)

Got neck tension? Shoulder tension? Join Laura for an asana class specifically designed to help you relax and release this challenging area. You will also learn some basic principles you can apply to your life and yoga practice to help alleviate the discomfort in this area.

### **\*Alignment and Flexibility** (2 hours)

Learn how to begin to see imbalances in your students' bodies and at the same time investigate your own skeletal alignment and muscular flexibility. Then learn poses to specifically address your issues.

### **\*Anatomy and Physiology** (Up to 5 hours)

Learn all about your physical anatomy in relation to yoga and yoga poses.

### **\*Assisting: Adjusting Your Students** (Up to 5 hours)

We will look at the three different methods of adjusting and how to adjust based on the information you want to convey to your student. Participants do hands-on assisting practice on each other. (This class is designed for just Yoga Teachers, although a Yoga Student may want to join to be a model. They will receive hands-on attention.)

### **\*Backbends** (2 - 3 hours)

What an amazing group of poses. They stimulate the back side of the body, counteract the body position of our daily living (rounded forward), they bring flexibility to the spine, and much more... In this workshop we will study in-depth the physiology and energy of this group of poses. We will learn about what the legs, spine, and head must do to move more effectively in the pose.

### **\*Core Strength: Abs, Lower Back, Pelvic Floor** (2 - 3 hours)

Learn about the anatomy of your core strength and all about how to use them correctly. (It is harder than you think!)

### **\*Core Strength: The Psoas Muscle** (2 - 3 hours)

The Psoas (also known as the iliopsoas) is the most important skeletal muscle in the body. It is important structurally -- it runs from the lower back through the pelvis to the legs, making it the only

muscles that attach the torso to the legs. It is also extremely sensitive to emotional stress; the gut reaction we sometimes feel includes a contraction of this muscle, a feeling of wanting to curl up in a ball. Tension in the muscle can cause torsion in the pelvis, pain in the lower back and knees, and problems for our posture. Most people carry an enormous amount of tension in the Psoas that also keeps the muscle weak. Weakness in the Psoas forces other muscles to compensate, further adding to pain in the back and other areas of the body. In this workshop, we will first learn how to feel the muscle and relax it. We will then work on strengthening the muscles and stretching it. Your gait will be lighter and your body will feel better aligned than ever.

**\*Ethics in Teaching Yoga (2 hours)**

What does ethics in teaching mean? Our very minimum is "Do no physical harm", but ethics in the spiritual realm is so much more. We all have inner drives that affect our decisions. We all have ethical dilemmas that we may not even be aware of. This session is a balance of lecture from Laura and an open discussion of each other's ethical dilemmas.

**\*Forward Folds (2 - 3 hours)**

How can you improve your forward folds? It takes more than just opening the hamstrings (especially since many forward folds are not limited by the hamstrings.) This workshop will look at feeling the hip joint, experiencing an elongated spine, and moving into seated and standing forward folds safely.

**\*Salambha Sarvangasana: Shoulder Balance (3 - 4 hours)**

Learn all about the anatomy of this pose and how to teach the pose to beginners. You will also gain insight into your own pose as we will work with everyone individually.

**\*Salambha Sirsasana: Head Balance (3 - 4 hours)**

Learn all about this intricate and fascinating pose, considered one of the most important of all the asanas. This workshop will break the pose down to dissect how to teach and learn it in a safe and mindful way. We will also look at the anatomy of the pose, both physical and energetic.

**\*Standing Poses (2 - 3 hours)**

Ready to stand strongly on your own two feet? Standing poses done well strengthen our personal strength so we can say "No" when it is time to move away from what is no longer serving us and "Yes!" to new challenges.

**\*Twists (2 - 3 hours)**

When we twist well, our spine and organs are rejuvenated. Join us for a study of seated, standing and lying twists. Learn how to fully engage the body to twist with integrity and release tension from our body and minds!

## GENERAL YOGA STUDIES

Some of these are workshops in which Laura explains/teaches the process and others are classes in which Laura guides students through the poses in a yoga class situation.

**Chakras (4 hours)**

The chakras are your energy centers for well-being. When they are all functioning well, your life flows effortlessly physically, mentally, emotionally, and spiritually. This workshop will take you through all 7 of your energetic centers. We will discuss what each one represents and then we will explore ways to improve the flow through each one.

### **Creating Your Own Home Practice** (2 hours)

"Where do I begin?", is the most common question I hear from my yoga students. In this 2-hour workshop, I guide students through designing their own practice, perfect for their needs both in time and in lifestyle.

### **\*Kleshas** (1 - 2 hours)

According to classic Yogic Philosophy, there are five different types of suffering: ignorance, ego, attachment, aversion, and fear. In this wonderful discussion, we will look at each individually and investigate how they show up for us. We will use the discussion to help us illuminate our own suffering. We will also see how all five types are interrelated.

### **Koshas: The Sheaths of the Body** (1 - 2 hours)

The body is actually created of several layers or Koshas. The most obvious is the physical body. We also have an energetic body, mental body, wisdom body, and soul body. We want to maintain balance with each in our practice so learning about the different layers will help us further refine our practice and help us move beyond areas in which we feel stuck. We will discuss each layer and what we can do to refine that layer. This workshop is appropriate for yoga students at any level and yoga teachers. The hours can apply for CEUs for the Yoga Alliance.

### **The Pranayama Workshop** (2 - 3 hours)

Learn more about Pranayama. In this workshop we will explore the purpose of a pranayama practice, what yogic texts say about it, and then how to begin for yourself. We will explore several different types of practices and breathing exercises during the workshop.

### **Restorative Yoga** (1 ½ - 3 hours)

Take some time to relax completely and let go. Using music and guided relaxation, this class will guide you into a deeper relaxation than you have felt in a long time. If Laura is coming for a long weekend, we usually begin on Friday night with restorative to prepare everyone for the weekend.

### **Yoga Sutras: The Philosophy of Yoga** (timed as appropriate)

These discussions can be done in person or over the phone in a teleclass format.

## INDIVIDUAL ASANA CLASSES

These classes are designed to break down one specific pose to study it in detail. We will look at the physiology of the pose, what challenges we face in the pose, and ways to modify the pose to help teach the pose. We also look at ways to adjust the pose. These classes are perfect for teachers who are interested in deepening their teaching skills as well as for students who would like to deepen their personal practice.

**\*Asana Classes:** (2 - 3 hours)

This class is available for any yoga pose you choose. We find that the poses people are most interested in tackling are the ones that feel very advanced and out of reach for them such as Kapotasana, Adho Mukha Vrksasana, Padmasana, etc. If you are interested, please contact Laura and she will send you a sample of the notes for the specific pose you are interested in.

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