

Week-End Forrest Yoga® & Wellness Workshops

Key West, Florida - November 17 - 18, 2012

with Liza Pitsirilos, E-RYT and M.S., Certified Wellness Inventory Coach and
Lauren "LoLo" Evans, B.A., Certified Wellness Inventory Coach, and Certified Wellness Program Coordinator



Saturday, November 17, 2012 - Key West, Florida Get Off Your ASANA! Forrest Yoga® 101 (Asana + Q&A)

Join Liza Pitsirilos as she takes you through an adventure of the fundamental principles of Forrest Yoga®! Forrest Yoga® is a transformative style of yoga created by world-renowned yoga master, Ana Forrest, who has developed a yogic system that enables the practitioner to develop strength and awareness in the body and mind through intelligent sequencing and mindful breathing. Whether you are new to yoga or have an on-going practice, this workshop will enrich your relationship to yoga and empower you to do poses in a way that works best for your unique body- and it will make you sweat! So Get Off Your ASANA, learn how to take care of your body to get the most out of any future yoga class and step into a whole new realm of pleasure and delight in your practice!

Saturday, November 17, 2012, Key West, Florida Wellness: You Are What You Think

Let Lauren "LoLo" Evans guide you on an exploration of your core life processes that interact with one another and shape your life experience and well-being. This workshop will focus on creating daily practice rituals that deepen your capacity to demonstrate self-love and responsibility. We will explore the interconnectedness between thought-patterns and ways of communicating with others. The workshop will playfully explore routes for you to take action and enhance your wellness goals. This will be an "edutaining", highly interactive and participatory workshop. You will walk away with clear strategies and ideas for enriching and supporting your wellness daily thoughts and practices.

Sunday, November 18, 2012, Key West, Florida Journey to the Core-Arm Balancing Intensive

When we think of the core, we immediately think of the abdominal muscles. While on one level that's true-the art of the "Journey to the Core" is connecting to what inspires you, what nourishes you, what delights and lights you up... The energy that drives you! Come join Liza Pitsirilos for a Forrest Yoga® gravity defying adventure! Forrest Yoga® is a transformative style of yoga created by world-renowned yoga master Ana Forrest. It is an inspiring method that encourages exploration about how to access the truths about our individual fears so that we can break through the preconceived notions of the limits of our abilities. Inversions and arm balances are challenging and exciting poses that rejuvenate the mind and body-and they are a fantastic way to confront our fears in a safe environment. This inversion workshop will help you develop mental focus, physical strength, as well as balance and flexibility allowing you to break free from fear that may be obstructing your development in your yoga practice as well as your life. This workshop will encompass the principles of Forrest Yoga® so get ready to sweat!

Sunday, November 18, 2012, Key West, Florida Wellness: You Are What You Eat

Join Lauren "LoLo" Evans in this workshop that will invigorate and inspire you to see the way you live and eat with new light. This workshop will reinvigorate your senses and reinstate you as the expert in your life and remind you that you are healthy, resourceful and whole, right now! We will creatively explore how to nourish your whole body and ways to bring more joy and play into your work and life balance. The workshop will increase participants' depth of personal health knowledge and empower them to make healthier decisions for their lives moving forward. Participants will receive tangible solutions and resources for well-being that they can immediately implement into their lives. Get ready to be well!

Address:
Shakti Yoga
1114 White Street
Key West, FL 33040

Pricing:
\$35/session
\$65 full day
\$120 full weekend

Times:
SAT & SUN
Yoga 12pm - 2:30pm
Wellness 4pm - 6:30pm

For tickets: Call 305-587-4285



ambrosia  lifestyle
www.ambrosialifestyle.com

Ms. Liza Pitsirilos

Liza Pitsirilos, E-RYT & M.S., is the Founder of Ambrosia Lifestyle, an innovative wellness program that offers holistic consultations such as life coaching, yoga, respiratory therapy, hands-on-healing, nutritional education and detoxification. She is the only Advanced Forrest Yoga® Teacher in South Florida, and is a Certified Wellness Inventory Program Coordinator, Reiki and Cranio-Sacral practitioner and nutritional educator. She facilitates specialized health empowerment workshops and programs both nationally and internationally for target audiences as well as private and public organizations and corporations such as the internationally acclaimed Pritikin Longevity Center and Aveda Institute.

Liza travels to train and assist world-renowned yogini Ana Forrest, creatrix of Forrest Yoga®, at workshops and conferences throughout the United States. Liza's teachings combine breathe awareness, safe and thoughtful sequencing, clear guidance and challenging postures to facilitate an authentic feeling in every pose. Prominent emphasis throughout each yoga session is on breath capacity and breathing faculty.

Ms. LoLo Evans

Lauren "LoLo" Evans, B.A., Certified Wellness Inventory Coach and Certified Wellness Program Coordinator, is highly sought out as an Experiential Educator, Social-Emotional Learning Specialist and Group Wellness Coach. She has been recognized as a presenter at numerous conferences such as the National Wellness Institute, Association for Experiential Education, and the Society for International Education Training and Research (SIETAR). LoLo has over a decade worth of experience in designing and facilitating interactive educational training programs for universities, organizations, and businesses reaching over 15,000 people worldwide. She designs and facilitates customized programs that are highly participatory, "edutaining," and full of resources that help both health practitioners and individuals feel more engaged and empowered to make healthy decisions for their lives. She looks forward to working corroboratively with you!