



More Info and Registration at: [www.lol-yoga.com/workshops/](http://www.lol-yoga.com/workshops/)

<p><b>Fall Foliage Pole Photo Shoot - Tilghman Lake</b></p>  <p><b>Saturday</b> November 4th, 2017 (12 - 2 pm)</p> <p><b>Cost:</b> \$125 (Regular Pricing) \$100 (Member Discount Pricing)</p> <p>Find your fun and flirty diva strengths as you challenge your body and your mind to reach for higher levels!</p>	<p><b>Fascial Focused Movement - Yin Yoga and More!</b></p>  <p><b>Saturday</b> November 4th, 2017 1:00pm 3:00pm</p> <p><b>Cost:</b> \$40 (Regular Pricing) \$32 (Member Discount)</p> <p>Restrictions and limitations of the body are often due to the rigidity of your fascia. Tension within the fascia can be created by physical trauma (car accident, fall, etc.), emotional stress, inflammation, poor posture, and more.</p>	<p><b>Aerial Yoga Beginner Workshop</b></p> <p><b>Saturday</b> November 11th 9am (75min) or <b>Friday</b> November 17th 6:30 pm (75 min)</p>  <p><b>Cost:</b> \$40 (Regular) \$32 (Member Discount)</p> <p>Aerial Yoga is a modern style of yoga that incorporates a low-hanging soft fabric hammock to explore alignment, release chronic tension, hang around upside down, and have fun!</p>
<p><b>Therapeutics Focus Series – Lower Body</b></p> <p><b>Head Neck Shoulders and Back</b></p> <p><b>Saturday</b> November 11th (1 - 4 pm)</p> <p><b>Cost:</b> \$60 Members Discount: \$45</p> <p>Gain an understanding of available and varied modalities of self-administered therapies that bring drug-free relief to targeted painful areas of the body.</p> <p>This workshop covers managing pain through yoga therapeutics. This class will focus on the upper half of the body - head, neck, shoulders, and whole back.</p>	<p><b>Therapeutics Focus Series – Upper Body</b></p> <p><b>Feet, Legs, and Hips</b></p> <p><b>Sunday</b> November 12th (1 - 4 pm)</p> <p><b>Cost:</b> \$60 Members Discount: \$45</p> <p>This workshop covers managing pain through yoga therapeutics. This class will focus on the upper half of the body - head, neck, shoulders, and whole back</p> 	<p><b>Lyra (Aerial Hoop) Workshop</b></p> <p><b>Thursday</b> November 16th 8-9:30pm</p> <p><b>COSTS:</b> \$40 Regular \$32 (Member Discount) limited space available</p>  <p>In this workshop you will learn Lyra basics such as mounting the hoop, posing and moving within it. Your Lyra instructor will guide you along the way and each student will learn at their own pace and level. You will have so much fun learning something new.</p>
<p><b>Inversions and Arm Balances for EVERYONE!!!</b></p> <p><b>Saturday</b> November 18th 1 - 2:30 pm</p>  <p><b>COSTS:</b> \$33 Regular \$25 (Member Discount)</p> <p>Do you want to add flight to your yoga practice? In this workshop, we will discuss and break down several different arm balancing postures. We will explore different variations for each posture and learn to transition from one arm balance to the next. min 3</p>	<p><b>Beginners Yoga Series</b></p> <p><b>Sundays</b> November 19th, December 3rd, 10th and 17th (6 - 7:30pm)</p> <p><b>Cost:</b> \$92 Member Discount \$65</p> <p>Designed as a simple introduction to yoga, this series will provide the beginner, as well as the seasoned practitioner, a more detailed understanding of the architecture of basic yoga poses.</p> 	<p><b>Belly Dance the Night Away!!</b></p> <p><b>Friday</b> Friday December 1st, 8th and 15th (6:30 to 7:30 pm)</p>  <p><b>Cost:</b> \$45 Member Discount \$30</p> <p>Belly dance a physical expression of the music and is great for toning your entire everything. You will be using the whole body - head, shoulders, arms, chest, belly, pelvis, hips, legs, even fingers and feet - as well as cardio.</p>
<p><b>BALANCED: Practical Tools and Practices for Developing Knowledge of Center and Advancing your Capabilities in Dynamic and Static Balancing</b></p>		
<p><b>Saturday</b> December 2nd (1:30 to 2:30 pm) , <b>Cost:</b> \$33 Member Discount \$25</p>  <p>Designed for all levels - In this balancing workshop, we will work through a series of exercises that will examine components of body awareness, through a series of individual exercises that together, will enhance your knowledge of center, and develop an approach to balancing that uses less physical effort.</p>		