



Bobbi Misiti, FMCHC  
Aromatherapy, Health Coaching, & Yoga  
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[www.learnandthrive.org](http://www.learnandthrive.org)

About my workshops:

My workshops are based on the science behind yoga techniques and exercises and my 30 years experience of teaching to many different bodies in different fields (not just yoga, 1990-Y2K I taught a exercise and movement, personal training/physical therapy exercises, and nutrition workshops before yoga took over my life;) [More about me here](#).

My workshops are not guru based teachings, meaning my workshops are not about sharing my experience with a "guru".

My workshops teach you about why we do what we do in yoga and how science supports what the yogis have been saying -- however I put it in Western terms that we understand better and can truly implement into our practices. I follow up my workshops with handouts (electronically) so you have the information to refer back to.

Each workshop can be done over consecutive days if I am in your area for a visit, or in PA or Maui where I spend time each year. Via zoom these workshops can be spread out over one day each week for 2-12 weeks.

I do have recommended pricing listed if I am hosting my own workshop, if you are hosting me, I let the host set the final price that is appropriate for their area, my fee is 70% of the registration monies, leaving 30% for the hosting studio or person.

If you are interested or have any questions, please contact Bobbi at 717/443-1119 or [bobbi@befitbodymind.org](mailto:bobbi@befitbodymind.org)

Workshop descriptions:

**How to learn and practice in the Mysore style -- THIS IS APPROPRIATE FOR BEGINNERS or anyone who wants learn how to develop their own yoga practice -- or gain a better understanding of what teaching and learning Mysore style really is.**

Mysore is so mis-understood! It is NOT about fumbling through a yoga practice trying to remember the "series". It is about learning your own individualized yoga practice one pose at a time; you slowly build your practice over many months in a way you learn and remember it. Very Empowering.

This is a 4-5 week workshop, each class will have about a half hour of workshopping where we explore the yoga, where the benefits are, and how to individualize to each person attending. We will then follow with a loose mysore class with some soft cueing where needed. In this workshop you will learn how to practice and teach in a mysore style way truly empowering yourself and/or yoga students with their own personalized practices. Cost per person for 4 sessions \$120.00 / Cost for 5 sessions \$150.

**Minding your Mindstuff** - The next frontier in your yoga practice; the power of your mind and how to use it. What are you thinking? It is powerful.

Yoga is really about our mindstuff! This has been lost in typical group yoga classes today.



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Learn what yoga is really about -- what's happening in your mind, and learn how to use yoga postures and breathing exercises (pranayama) to balance the functions and areas of your brain bringing coherence across the four areas of your brain for better cognitive functioning.

4 sessions, 1-1/2 hours per session, each session will have a half hour (give or take) of learning about your mindstuff following by an hour led or cued yoga practice where you learn to tune into what's happening in your mind, not just in your body. \$120 per person for 4 sessions.

### **Pranayama both Scientific & Spiritual**

The practices of yoga are currently the focus of much research. The recent science behind the long time pranayama practices of the yogis is exciting, however I don't want the science to interrupt with the psycho-spiritual nature of breathing practices. I started practicing pranayama long before learning of all the recent science documenting its benefits. I could feel intuitively the benefits in my body; I could not explain it, but I knew it was good for me on many different levels.

We will explore in depth the science behind breath holding and how to safely get these benefits, and then deeply explore the breathing exercises of Nadi Shodhana, Kapalabhati, and Bhastrika.

\$150 for four 1-1/2 hour sessions. Optional 2 session add on: Introduction to the Ashtanga Pranayamas \$50

### **Breath, Bandhas, Vinyasa, and Drishti**

Take a dive into the important internal aspects of yoga that are often talked about but not really taught -- or sometimes just get lost in all the asana. This workshop is aimed at putting more yoga into your yoga asana, you will leave with a deeper understanding of the bandhas what they are and what they do, what drishti is all about, and how to truly have a breathing practice within your asana practice.

This is a 3 day workshop that can be done over a weekend or one day per week. Each class is about 2 hours and includes workshop and practice. \$120.00 per person for 3 sessions.

### **A new evolutionary response to stress.**

Stress, we all have to deal with it from time to time. While we "know" that stress is bad — there are ways to make it not so bad -- and even use it.

Learn how stress effects us and what we can do to quickly recover from any detriments and how to turn it into motivation; leveraging our stress to improve our quality of life, this is known as Resilience ~ Learn how to build resilience in your life.

This is a 5 session workshop - \$150.00 for the entire workshop. Each session is about 1-1/4 hours and includes 20-30 minutes of learning about stress responses, and what happens in our body, followed by learning a de-stressing, resilience building gentle or therapeutic yoga, meditation, and breathing practice. At the end of the workshop you will be empowered with your own yoga practice that you can do anytime anywhere and knowledge of how to manage stress and turn it into resilience.



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**Body, Mind, & Physiology** - Yoga Beyond your muscles and bones!

Learn how the asanas effect your organs and nervous system and simple lifestyle approaches on how to use your yoga and lifestyle off your mat preventing disease and creating vitality in your body.

This full workshop is 12 sessions and comes with a lot of information! it can also be done in "chunks" of a few classes at a time allowing for better understanding and integration. Each workshop is 2 hours - 1 hour of learning about yoga and physiology and one hour of practice time. Price will be determined by # of sessions; for reference 4 sessions is \$130.00, 8 sessions \$260.00, etc.

**Chemicals Out!** - Learn how to Reduce your chemical exposures — Everyday airborne, household, food, and toiletry chemicals that are prevalent and disruptive. Leave this workshop with take home easy ways to start today to reduce your chemical burden and increase your health.

“The human cell is an antenna for the outside world. It takes the signals from the environment and turns it into biology. It turns it into life. The cell is responding to environmental signals.” Quote from Dr. Jeffrey Bland.

This is a 2 session workshop, about an hour each session that includes learning about where the worst chemicals are that we are exposed to and how you can reduce your exposures. This workshop includes handouts to support what you learn along with tips to implement it. This workshop does not include a yoga class, but can be added by request. Cost \$50 for both sessions or with a yoga practice \$60.00. This can be done over a weekend (Saturday and Sunday) or 1 day per week for two weeks.