

## Summit Hot Yoga Presents: A Weekend Workshop with Lisa Goodwin

*We are thrilled and honored once again to have Internationally known Yoga teacher, my teacher, Lisa Goodwin in Summit County. I asked Lisa to write us a letter to explain how workshops can help the beginner as well as the experienced yogi and what can be gained!*

*By Deby Curcio, RYT*



Lisa began teaching health and fitness at the age of 17 for My Fair Lady Health Clubs where she became the youngest spa manager in company history. Lisa was introduced to the teachings of motivational speakers Zig Ziglar, Anthony Robbins and studied with Deepak Chopra, Marianne Williamson, and Wayne Dyer. She also dove into the teachings of Paramahansa Yogananda and a Course in Miracles, which changed the course of her own life. She later went on to become a life coach to fulfill a desire to pass it forward.

Born a spiritual seeker still many questions remained. Divine guidance continued and she was led to her first yoga class with Jimmy Barkan in 1993. Lisa states "I felt like I was home, yoga filled in all the missing pieces for me. Of course not all at once, but thru time yoga lead me to a deeper understanding of myself that I would not have discovered without the practice."

She became a teacher of yoga in 1997. Her curiosity to better understand physical alignment led her to the study of many different styles of yoga, training with some of the most well known teachers in the country. She has since developed a sequence designed to encourage the beginner and challenge the seasoned student.

Lisa is ERYT500 certified and has over 10,000 hours teaching experience - also certified in Neuro-Linguistic Programming and Reiki Level II. She currently teaches at Jimmy Barkan's Fort Lauderdale, FL studio and also teaches at his 200 Hour Level I teacher training. Her students range from beginners to professional athletes, and she has helped certify over 500 teachers. Inspirational Speaker and founder of "The Conversation Continues," Lisa leads workshops and retreats all over the world creating a truly transformational experience on all levels.

Our Workshop with Lisa is January 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup> at the Frisco Community and Senior Center. Please visit us at [SummitHotYoga.com](http://SummitHotYoga.com) for full workshop descriptions and registration forms. For Yoga Teachers locally this will count as Continuing Education Credits with Yoga Alliance.



*A letter from:*

*Lisa Goodwin*

One of my favorite things about my career as a motivational speaker and yoga teacher is traveling the country, teaching weekend yoga workshops. I have been to many different yoga schools across North America and the outcomes are always the same. I love to watch the students transform their practice in a matter of days.

Yoga workshops give a student an opportunity to understand the importance of proper alignment. This not only helps to improve their practice and to get the most out of group classes, but also to prevent injuries from occurring. Each group class can begin to feel like a private class once you know the basic principles of each posture.

Unfortunately, many people are taking yoga classes and missing out on just how much more they could be getting out of each posture both physically and mentally if they learned or even relearned the proper alignment for each posture. You can get so much physical benefit from making some of the slightest adjustments. A minor shift of your body weight or rotation of the hip or foot can make the difference in curing a chronic back injury or preventing a future knee injury.

I have found that taking a few of the most complicated postures and breaking them down so they are beginner friendly has helped even the more advanced students. After an alignment clinic or workshop we can put the postures that were just broken down into a yoga flow class. When the student puts to practice immediately what they have just learned they benefit immensely.

When practiced mindfully, yoga has the capability of healing us on every level. It is like a human garbage disposal; every time you take a class you release what doesn't serve you. Whether it is toxins from the environment or perhaps not making the healthiest food choices or simply negative thinking, yoga brings out all of our repressed unhealthy choices. With each class you get rid of a little more. You begin to create a space within for what does serve you when you let go of what does not serve you. Two things cannot occupy the same space at the same time. You must first let go of what you do not want in your life before you can make room for what you do want in your life.

Once that space has been created it is so important to fill it with something positive. This is why the evening sessions of my workshops are equally as important as the yoga posture clinics. Being a professional life coach, I have found the best time to absorb new information is directly after a yoga class. I have developed these group life-coaching sessions to help create an immediate mind shift and help each student have a different perspective on life. My goal is always to help each student achieve their greatest potential both on and off the mat while enjoying themselves.



Deby Curcio is a 200 Hour Yoga Alliance Certified Hatha Yoga Teacher and 200 Hour Yoga Alliance Certified Barkan Method of Hot Yoga Teacher. She is owner and teacher at Summit Hot Yoga located in Farmer's Korner. For more information about classes go to [www.SummitHotYoga.com](http://www.SummitHotYoga.com) 970-547-9977