LIZZIE LASATER

SLOW FLOW, RESTORATIVE + SAVASANA

AUGUST 16 & 18 SLP

Raised in San Francisco and trained as a designer, Lizzie Lasater M.Arch, RYT, teaches yoga internationally and online. She sometimes jokes that she's been practicing yoga since the womb because her Mom, Judith Hanson Lasater, has been teaching since 1971. Lizzie lives in the Alps with her Austrian husband.

SLOW FLOW RESTORATIVE

Tuesday, August 16 | 7:30 – 9:00 pm

Slowing down is the same thing as waking up. Join Lizzie for a delicious slow flow, moving from contraction to expansion as you illuminate your inner wisdom. Learn to tap into your creative power, making time for meditation and silence. No Chaturanga Dandasana required! Please bring a sticky mat, eye cover, bolster if you have it, two blocks, and your yoga blankets. The more props the better!

PRICE: $20*

SAVASANA INTENSIVE

Thursday, August 18 | 6:30 – 9:00 pm

In our age of intense speed, nothing could be more urgent than finding stillness. Join Lizzie to learn the transformational magic of Savasana. Paradoxically, by giving ourselves the gift of deep rest, we discover more energy for family, work and creativity. Please bring a sticky mat, eye cover, bolster if you have it, two blocks, and your yoga blankets. The more props the better! Theory and practice. All levels.

PRICE: $50*

***GET BOTH WORKSHOPS FOR $65**

VISITING INSTRUCTORS

MPLS | 212 3rd Ave N, #205 • Minneapolis, MN 55401
SLP | 4200 Minnetonka Blvd • St. Louis Park, MN 55416

YOGA CENTER

yogacentermpls.com | 612-436-4700