

Yoga Training with Lanita Varshell & Tamara Joy

June 26 - July 2, 2017

Mount Shasta, California

MIMSY - MEDITATION IN MOVEMENT STYLE YOGA

7 Days of Retreat-Style Teacher Training

Yoga for Healing, Renewing, Discovering

Yoga for Your Back, Hips, Spine and Your Mind



MIMSY Is Different From Any Other Style Of Yoga You Have Ever Done

MIMSY is Lanita Varshell's trademarked style of Gentle Healing Yoga. Thousands of students who have come through her Studio doors for over 20 years have loved and benefited from this very doable, surprising deep style. Every out of town visitor who tries MIMSY at our Center comes up to us after a class and says: "Why aren't studios in my town offering these types of classes?"

MIMSY's roots come from Sivananda Philosophy and Asana. MIMSY combines this with Yoga Nidra, AccuYoga, Yin, and Restorative Yoga. MIMSY bridges the gap between Restorative, Gentle, and Flow, Safe, Hatha Yoga Flow.

If you are a student of yoga who needs more modifications for your poses that you are currently being offered, want to be a yoga teacher, or already a yoga teacher looking for adaptive, accessible, senior, or plus size teacher training, then this is the course for you.

We Teach You How To Teach The Individual, Not Just Yoga Sequences And Poses



Lanita Varshell, E-RYT, C-IAYT, is the owner and founder of A Gentle Way Yoga Center in San Diego, CA. Yoga found her when she was so sick with Chronic Fatigue, Fibromyalgia, and weight challenges that she could barely move. Still in a plus size body, she has been teaching modified Hatha Yoga, and Yoga Therapy, and Stress Management for over 20 years, and has certified Yoga Teachers since 1998, teaching at her Center, and guest teaching at Feathered Pipe Retreat Center in Helena, Montana, and Kripalu Yoga Center in Mass.



Tamara Joy Patterson, MA, C-IAYT, C-EP, E-RYT, has taught yoga and health for 18 years, and has touched the lives of thousands of clients and students around the world. She is an internationally sought after Emotional Healer, and faculty at College of the Siskiyous. Featured in the 2016 US News and World Report's article on Misdiagnosis in America, she truly exemplifies what it means to stay peaceful amidst the trials of life, and credits MIMSY for helping her find a way to bear the physical and emotional pain of her body trauma, and find her way to self-healing after almost losing her life. Tamara is a Yoga Teacher, Therapist, Exercise Physiologist, Advanced Psych-K Methodology Practitioner, Tai Chi Instructor, Mind-Body Expert,

Spiritual Advisor, and owner/director of Tamara's Healing Garden in Mount Shasta, CA.

Held at Tamara's Healing Garden in Mount Shasta, CA. See Next Page for Details, and What Yoga Teachers, Therapists, and Studio Owners Say About This Work...

Yoga Training with Lanita Varshell & Tamara Joy

Lanita's training should be mandatory training for every yoga teacher. Her ability to work with all ages, levels and abilities, and to be able to customize each class for the needs of those who walk in is amazing to watch. Her knowledge and intuition guide her, and her beautiful spirit, and not so perfect or thin body help us all realize that yoga is much much more than just pose.

Sheila Shaw- SheShaw Yoga - San Diego, CA

Keep up your very important work! It is an honor to work with you.

Judith Hanson Lasater - San Francisco, CA

I am one of your biggest cheerleaders! What you do is unique and important!

Sherry Zak Morris - Founder, Vista Yoga Academy - Vista, CA

I am blown away after Teacher Training Session #1 & 2. You have totally stepped out of the box and created something wonderful and new.

Malena – Owner, Moon Tree Yoga, Spokane, WA

We are Physical Therapists who attended your YOGA FOR PLUS SIZE Workshop at the International Health and Fitness Convention. You SHIFTED our THINKING! We use your work now at the hospital all the time. Thank you so much for what you do!

Judy – San Diego Pain Management Clinic

Registration Form - Limited Space - Sign Up Today!

Send to: A Gentle Way Yoga - 8274 Parkway Drive, Suite 102, La Mesa, CA 91942 (619) 698-1170

www.agentleway.com

PLEASE PRINT CLEARLY: 2017-June 26-July 2 (MIMSY-1 Foundations: Theory, Philosophy, Asana)

NAME _____

____ Please help me find roommates or accommodations for this event.

ADDRESS: _____

EMAIL: _____ PHONE: _____

Cost: \$745.00 - Early bird discount if paid in full by 5/5/17 \$145 Deposit to guarantee your spot

\$845.00 - After 5/5/17 - Price is for training only - Accommodations and meals are your responsibility

Checks preferred. Make checks payable to: AGW (A Gentle Way Yoga Center)

Deposit Check # _____ Balance Check(s) # _____

Credit card # _____ Expiration: _____

Cancellation & Fees: \$145 Minimum cancellation fee.

After minimum, amount refunded depends on ability to fill your space and date of cancellation.

I am an experienced yoga student or teacher, and know how to modify poses for my body's abilities, or know when to choose not to do a pose and ask for help when needed. I will not hold AGW or Lanita Varshell financially responsible for issues regarding weather, travel, accommodations, illness, or physical injury incurred before or during this event. My signature affirms the above and gives you permission to charge my credit card or process my check.

Signature: _____

Date: _____