



HandelGroup

Handel Group Life Coaching & Virayoga present:



Design Your Life from the Inside Out

Did you ever consider you have a *right* to design your life? Join us for a workshop that will dare you to dream big, discover your courage and give you the tools to fulfill your desires in all the areas of your life. Maybe the point of life is to design it beautifully.

Laurie Gerber, President of HG Life Coaching, and Elena Brower, founder of Virayoga, will lead this practical workshop and yoga experience which combines an exceptional life coaching approach and a revolutionary physical and spiritual practice. Through postures, deliberate thought, open discussions and exploration, we will bring together the command of your body, mind and spirit to set in motion a life you love and live proudly.

In this workshop, you will learn to:

- Define your dreams
- Recognize and catch your excuses, reasons and justifications
- Stop your excuses from sabotaging you
- Invent your own personal laws to ensure the changes you want to see
- Keep promises to yourself and develop a deep trust in yourself
- Forge and sustain deep, lifelong happiness

Sunday, September 12th, 12:45-3:45 pm

At Virayoga, 580 Broadway (b/w Prince & Houston), Ste. 205, NY, NY
\$50, non-refundable

Please register in advance (space is limited) by contacting Virayoga:
(212) 334.9960 or staff@virayoga.com

What to bring and wear: yoga attire, journal/notepad, pen, sweatshirt, water, towel and yoga mat (mat rental available for \$2). **(COME DRESSED, ready for yoga practice!)**

Laurie Gerber



Laurie Gerber is President of **Handel Group Life Coaching**, an international coaching company which specializes in teaching individuals to take focused and powerful action in every area of their lives. Passionate about personal development, Laurie has dedicated the last 10 years to coaching hundreds of individuals and leading to large groups at Kripalu Center, Esalen Institute, Equinox Fitness, Soho House, the JCC of Manhattan and Natural Health Magazine's Women's Wellness Weekends. She is a contributing writer to Big Apple Parent, Businessweek's Coaching Corner and is a featured life coach on Vogue.tv.

Certified Anusara® yoga teacher, founder and co-owner of **Virayoga**, Elena has been teaching yoga for more than 13 years. After graduating from Cornell University with a design degree, she trained in OM Yoga with Cyndi Lee. Along with offering large-scale yoga experiences at the Standard NY for Earth Day, the Museum of Modern Art, and at the Great Lawn at Central Park on the first day of Summer, 2010, Elena currently supports Yoga Gives Back, Women for Women and Acumen Fund. She's been featured in the New York Times, Yoga Journal, the Element Yoga for Beginners DVD series, FitYoga, ABC News and NBC News. Elena's teaching is a masterful blend of articulate alignment and attention cues that bring patience to your mind, empowerment to your body and clarity to your heart.

Elena Brower

