

# Yoga for the Lattice™ Workshop

## The way of the Evolutionary

**Managing your Personal Energy**

**Exploring the Evolution of the Chakra System**



### Description:

A practice which explores specific yoga postures, mental focus and affirmations to relieve stress and bring greater clarity, grace and focus. In this workshop you will be introduced to the Lattice™ and experience the Yoga for the Lattice™ sequence. When you expand your understanding of the body to include energy and energy work, you open yourself to a more wholesome experience of health and well being. Energy work invites you to stop forcing, to be more centered and to use the power of your mind to help achieve your goals. This work is not physically hard. It is profound and unique.

*English and French simultaneously.*

### Objectives:

- Integrate wholesome mind/body pathways to better calibrate the flow of energy and amplify your personal connection to the unlimited source of energy from the universe.
- Understanding and experiencing the Lattice using the specific Yoga postures reinforces your wholeness, impacts your consciousness and increases your co-creative abilities.

### Benefits:

- **Relieve stress**
- **Greater clarity, grace and focus.**
- **Peacefulness**

**Full Day Workshop**  
**Saturday February 18**  
**and April 14**  
**from 9:30am to 4:00pm**

Price: **105\$**  
(tax included)

Complete manual  
included with postures,  
points of focus  
and affirmations.

Location: Piedmont Townhall

**Animators: 30 years of experience in their respective fields of activity**



**Lisa Mc Lellan**

Consultant and Trainer in Body/Mind Intergration  
Certified Yoga for The Lattice™ Instructor.

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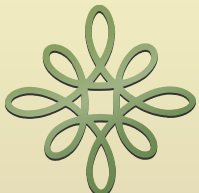
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**The Lattice is an organized system of energy which radiates from the Chakra (Hormonal) system and extends outward beyond the physical body. The Lattice acts as an interface between personal energy and universal energy.**