

Participants may

be seated, if chair bound.

Alternatively, we prefer a room with no chairs and with open space. We request a cd player for mild background music. Temperature should be warm.

Participants may bring towels for sitting on the floor, but neither sitting on the floor nor towels are necessary. We can do an entire class standing. A Yo-Global experience can length anywhere from 45 to 120 minutes.

How do you get Yo-Global to your facility:

Please submit an online request form available at www.findlawrence.com.

More information regarding Yo-Global and the request form can be found under the tab marked Free Stuff!

What is Yo-Global:

Yo-Global is a program developed by Lawrence Biscontini and Lyndsay Murray-Kashoid to demystify yoga and allow people who have never been able to venture into a spa or world-class fitness center to experience the healing, restorative, detoxifying, invigorating qualities of yoga. Yo-Global is a non-profit division of FG2000 designed to spread the message and benefits of yoga to any participant in the world who is unfamiliar with its benefits. Yo-Global inspires health, wellness, positive change, and acceptance for self and others free of charge. Our mission is to bring to your population a general introduction to the benefits of yoga, and at the end of the introductory Yo-Global session, we will give suggestions of future paths for yogic discovery.

Who teaches Yo-Global:

Lyndsay Murray-Kashoid, M.A, has worked as a mind-body personal trainer and group fitness instructor in Russia and the U.S. She has studied various forms of yoga, Pilates, dance, gymnastics, Tai Chi, and other mind-body disciplines extensively both here and abroad. Her exploration of the different movement systems has lead her to apprenticeships and trainings with some of our country's most influential and respected fitness professionals. She now teaches for Exhale Spa as both a Core Fusion and Yoga instructor. Lyndsay believes in making fitness accessible to all and consistently strives to expand her knowledge and experience using movement as a medium for emotional health, therapeutic exercises, physical evolution and growth. She works with various populations from prenatal to children to elite athletes including the well-known Dallas Stars. When not teaching, Lyndsay is very involved in world relief efforts. She has served alongside Spoken For International Youth Outreach, International Guardian Angels Outreach, Operation Relief Center, Crisis Pregnancy Center, and various other organizations. She and her husband, Denis Vasilievich Kashoid, recently released an inspirational music CD entitled "Above the Madness". Visit www.lyndsaymurray-kashoid.com for more information.

Lawrence Biscontini, M.A, moved to Puerto Rico in January of 1998 to open the world-class Golden Door Spa which went on to receive the Conde Nast Award tenth place in the world for programs under Lawrence's leadership. Lawrence has been Spa Consultant and Trainer for leading international spas including Cavo Tagoo Mykonos, Greece (2008), Canyon Ranch (2007, 2008), and Greenbrier, among others. As Nutritional Counselor, Lawrence has created complete nutritional menus for spas from Manhattan to Mykonos. As a Movement Specialist, Lawrence makes fitness history with the following awards: Best International Program Chosen for Japan for "Shakti" (2007), Best Mind-Body Presenter (ECA, 2005), Specialty Presenter of the Year Award (Can Fit Pro, 2004), and Instructor of the Year Awards from IDEA (2004) & ACE (2002). Lawrence has celebrity clients like cast members of ABC TV's soap opera "General Hospital," and appears on news (CNN Headline News) and television ("LIVE! With Regis and Kelly"). His upcoming television show, "PurposeFit," airs in 2009. He is Contributing Author to industry magazines like AFAA's American Fitness, IDEA's Fitness Journal, and Spa Asia. His books include Morning Cardiovascular Workouts, by Human Kinetics and, most recently, Running the Show: Excellence in Customer Service, and Cream Rises. In the USA, he has created aquatic, yoga, and T'ai Chi programming enjoyed at illustrious fitness chains and spas, including Equinox, 24 Hour Fitness, Gold's Gym International, Bally, and Golden Door Spas. A percentage of all of his website sales goes to charity, and to inspire career wellness development, he has instituted several Biscontini Scholarships for

Yo-Global

WELLNESS
WITHOUT
WALLS

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Demystifying Yoga for the World

"Yoga is collectedness."

—Shankara's *Yoga Sutra-Bhashya-Vivarana* (1.1)

Yoga is a collection of many things designed to IMPROVE THE OVERALL QUALITY OF YOUR LIFE: postures, breathing techniques, principles for living, attitudes towards oneself and world, etc. Most importantly, you do NOT NEED PREVIOUS EXPERIENCE OR EVEN KNOW WHAT IT IS. IT'S NOT NECESSARY THAT YOU'VE EVEN WORKED OUT A SINGLE DAY IN YOUR LIFE. THE YO-GLOBAL EXPERIENCE IS FREE.

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spa or world-class fitness center to experience the healing, restorative, detoxifying, invigorating qualities of yoga. Yo-Global is a non-profit division of FG2000 designed to inspire health, wellness, positive change, and acceptance for self and others free of charge.

If you would like to experience yoga and make its benefits available to your community, we are ready to visit your facility. No fees are involved and no equipment is necessary. Everyone is invited: financially challenged individuals, those hit by economic hardship, curious bystanders, hyperactive kids, underactive adults, an incarcerated population, or emotionally overwhelmed friends. This is an introduction to the benefits of yoga.

For more information please contact Lyndsay at murray-kashoid@hotmail.com. You can also visit www.findlawrence.com and lyndsaymurray-kashoid.com for additional information and resources.

Yoga is ^{it} too weird...
Yoga is ^{it} too boring...
Yoga is ^{it} too hard...
Yoga doesn't work
with my faith...
Yoga is ^{it} too
expensive...

Brought to you by:



Lawrence
Biscontini



Lyndsay
Murray-Kashoid

www.findlawrence.com

BENEFITS OF YOGA

www.findlawrence.com

LOCATION:

(fill in here)

DATE:

(fill in here)

TIME:

(fill in here)

Physiological

- * Stabilization of autonomic nervous system
- * Respiratory rate and pulse rate decrease
- * Blood Pressure decreases
- * Cardiovascular efficiency increases
- * Respiratory efficiency increases
- * Gastrointestinal and Endocrine functions normalizes
- * Joint range of motion increases
- * Eye-hand coordination improves
- * Reaction time improves
- * Posture improves
- * Strength and resiliency increase
- * Endurance increases
- * Energy level increases
- * Weight normalizes
- * Sleep improves
- * Immunity increases
- * Pain decreases
- * Balance improves
- * Integrated functioning of body parts improves

Psychological

- * Somatic and kinesthetic awareness increase
- * Mood improves and subjective well-being increases
- * Self-acceptance and self-actualization increase
- * Anxiety and Depression decrease
- * Hostility decreases
- * Concentration improves
- * Memory improves
- * Attention improves
- * Learning efficiency improves
- * Social skills increases

Biochemical

- * Glucose decreases
- * Sodium decreases
- * LDL and VLDL cholesterol decrease
- * Triglycerides decrease
- * HDL cholesterol increases
- * Hemoglobin increases
- * Lymphocyte count increases
- * Total white blood cell count decreases
- * Vitamin C increases
- * Total serum protein increases



More about yoga...

YOU MAY SLEEP BETTER DUE TO BETTER BREATHING AND DECREASED STRESS
YOUR BODY MAY WILL FEEL AN OVERALL WELL-BEING
YOU MAY DIGEST YOUR FOOD BETTER
YOU MAY HAVE MORE ENERGY OVERALL, THROUGHOUT YOUR DAY
YOU MAY FEEL AN AMAZING SENSE OF RELAXATION
YOU MAY NOTICE THAT YOUR BODY GETS STRONGER AND MORE STABLE
YOUR MIND MAY FEEL LESS WORRIED AND BURDENED
YOU WILL START A JOURNEY WHERE THE DESTINATION IS YOURSELF....

There is an old story in the ancient literature of India about a student attempting in vain to describe the taste of a mango. Listening to the futile words, the teacher shakes his head, smiles, and picking up a ripe luscious mango, bites into it. Writing about the benefits of hatha yoga is a little like this. If you practice poses, breathing and relaxation, no words are necessary because you "have tasted the mango." If you haven't tried a yoga class, words are probably not powerful enough by themselves to convince you. Experience, as the wise tell us, is the only true

FOLLOWING THE PATH OF YOGA

STEP 1: FIND A LOCATION

Find a location in your area that offers yoga classes. Ask your friends if they know of any good spots and use online search engines like Yahoo or Google to find out what is available to you in your area. There are some excellent locations like Exhale Spa, Equinox, and Yoga Works across the country; so be sure to check if you have one in your area. Picking a location that is convenient for you (i.e. close to work, home, school) is an important part of choosing a place to practice yoga.

STEP 2: FIND A STYLE

There are many different styles of yoga. That is good news for people who may not enjoy their first yoga class. Below is a general description of some of the more popular schools of yoga. Finding the best style of yoga for you is a little like trying on clothes...it takes some "trying on" time to find the best fit!!

HATHA

Hatha is a very general term that can encompass many of the physical types of yoga. If a class is described as Hatha style, it is probably going to be slow-paced and gentle and provide a good introduction to the basic yoga poses.

VINYASA

Like Hatha, Vinyasa is a general term that is used to describe many different types of classes. Vinyasa, which means breath-synchronized movement, tends to be a more vigorous style based

on the performance of a series of poses called Sun Salutations, in which movement is matched to the breath. A Vinyasa class will typically start with a number of Sun Salutations to warm up the body for more intense stretching that's done at the end of class.

ASHTANGA & POWER YOGA

Ashtanga, which means "eight limbs" in Sanskrit, is a fast-paced, intense style of yoga. A set series of poses is performed, always in the same order. Ashtanga practice is very physically demanding because of the constant movement from one pose to the next. In yoga terminology, this movement is called flow. Ashtanga is also the inspiration for what is often called Power Yoga. If a class is described as Power Yoga, it will be based on the flowing style of Ashtanga, but not necessarily keep strictly to the set Ashtanga series of poses.

IYENGAR

Based on the teachings of the yogi B.K.S Iyengar, this style of practice is most concerned with bodily alignment. In yoga, the word alignment is used to describe the precise way in which your body should be positioned in each pose in order to obtain the maximum benefits and avoid injury. Iyengar practice usually emphasizes holding poses over long periods versus moving quickly from one pose to the next (flow). Also, Iyengar practice encourages the

use of props, such as yoga blankets, blocks and straps, in order to bring the body into alignment.

KUNDALINI

The emphasis in Kundalini is on the breath in conjunction with physical movement, with the purpose of freeing energy in the lower body and allowing it to move upwards. All asana practices make use of controlling the breath. But in Kundalini, the exploration of the effects of the breath (also called prana, meaning energy) on the postures is essential. Kundalini uses rapid, repetitive movements rather than poses held for a long time, and the teacher will often lead the class in call and response chanting.

BIKRAM/HOT YOGA

Pioneered by Bikram Choudhury, this style is more generally referred to as Hot Yoga. It is practiced in a 95 to 100 degree room, which allows for a loosening of tight muscles and profuse sweating, which is thought to be cleansing. The Bikram method is a set series of 26 poses, but not all hot classes make use of this series.

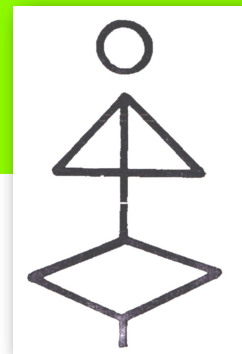
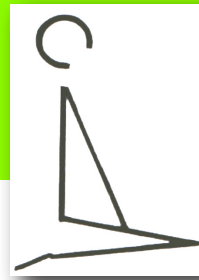
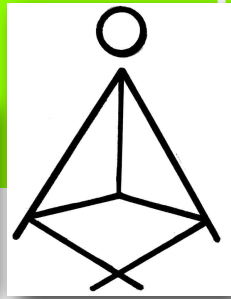
CHILD'S POSE (or Balasana):	EASY POSE (or Sukasana):	ROCK POSE (or Vajrasana):	BOUND ANGLE POSE (or Baddha Konasana)
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Kneel on the floor. Touch big toes together and sit on the heels. Separate knees about as wide as hips. Exhale and bring torso down between the thighs. Lay hands on the floor alongside of torso, palms up, and release the shoulders toward the floor.

cross the legs comfortably at the ankles or both feet on the floor, pressing the lower spine forward to keep the back straight.

kneel and sit on heels (tops of feet on the ground) so that they press the nerves in the center of the buttocks. This pose is named "Rock Pose" because it is said that its effect on the digestive system enables one to digest rocks

sit with the legs straight out in front of you. Bend the knees, pull the heels toward the pelvis, then drop knees out to the sides and press the soles of the feet together. Bring heels as close in as comfortable. If it isn't possible to hold the toes, clasp each hand around the same-side ankle or shin.



STEP 3: FIND MORE INFO

Below are some helpful resources for your yogic journey. The following are some recommended dvds, readings, and websites to continue growing and learning more:

- Yoga for Mobility and Stability
available at www.findlawrence.com
- The Forgotten Salutations
available at www.findlawrence.com
- Flow Yoga For Beginners with Shiva Rea
available at www.amazon.com
- Kundalini Yoga: A Journey Through the Chakras with Ravi Singh & Ana Brett
available at www.amazon.com
- 30 Yoga Essential Yoga Poses: Judith Hanson Lasater
available at www.amazon.com
- www.yogajournal.com

Don't just
do
something -
sit
there!

Author
Unknown