

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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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

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



LOCATION:

(fill in here)

DATE:

(fill in here)

TIME:

(fill in here)

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....

www.findlawrence.com