

REBECCA MAYER YOGA

Studio Offerings

Embody the Goddess (highly customizable and eligible for YA continuing ed credits)

This can be a stand-alone class or workshop designed to awaken the qualities of one goddess or a series to experience the energies of multiple goddess archetypes. Often the goddess qualities we work with are: Wisdom (Saraswati), Strength (Durga), Playfulness (Lalita), Devotion (Radha), Love of the Earth (Sita), Worth and Beauty (Lakshmi), Freedom and Expression (Matangi), Maiden, Mother, Crone aspects (Brigid), Freedom (Rhiannon).

Sacred Space (4-6 hours YA continuing education)

How do you create and hold space for your students or clients? Explore tools to deepen your greatest offering as a teacher or counselor: the container of safety and transformation that you are able to provide.

Yoga Nidra Training (10 hours YA continuing education)

This workshop (offered over a weekend or 4 separate sessions) is a deep experience of yoga nidra for the participant, and a training in offering yoga nidra to students, friends or clients. All-levels movement included as a necessary part of relaxing the body and mind. Certificate Provided.

Earth - Water - Fire - Air Elemental Immersion (10 hours YA continuing education)

This experiential workshop (3 hours each or a weekend workshop) offers movement, ceremony, breathwork and meditation to uncover your elemental nature, and the inspiration to weave this enhanced connection into classes or client sessions.

Tending the Womb (5 hours YA continuing education)

This all-genders workshop includes transmission of the Munay-Ki Rite of the Womb (free of charge) followed by womb-nourishing movement, breathwork, meditation and connection in circle. Open to anyone in any stage of life.

Qoya (2 hours)

Qoya is a movement practice designed to reawaken the parts of you that remembers you are wise, wild and free. Qoya classes include oracle cards, movement, community connection, music, ceremony and relaxation. Open to anyone at any level of physical ability.

