



LYNN WHITLOW



Lynn has been teaching all of her adult life. She is the founder of Funky Door Yoga, one of the most unique and successful yoga studios in the world. Lynn is on the faculty of Bikram's teacher training and is sought out by students, teachers and studio owners to mentor with her.

Lynn has served as a judge for the International Yoga Competition. Lynn has had the opportunity to study extensively with Bikram and Rajashree and has established herself as one of the top female teachers in the country. She has taught and conducted seminars around the world.

She brings fun, humor and compassion to her teaching while at the same time maintaining the true nature of the yoga.





Q & A



Q. What is the COMPREHENSIVE CLASS?

A. The COMPREHENSIVE CLASS is a 2 hour class that will involve extended discussion and practice with 3–4 of the most popular postures (Standing and Floor) all included in a full class.

Q. What can I expect in the COMPREHENSIVE CLASS?

A. Postures will be held a little longer, students will sweat a little harder, class will be a little more intense and a little more definitive.

Q. How experienced do you have to be to take the COMPREHENSIVE CLASS?

A. The COMPREHENSIVE CLASS is the same 90 minute beginning yoga class that all students take in the studio. When Lynn combines posture demonstrations, questions she encourages students to ask, the answers she gives in detail, all while holding posture a little longer, the class becomes 2 hours in length. Lynn encourages beginners, experienced and advanced practitioners to attend.

Q. What do I need to bring to the COMPREHENSIVE CLASS?

A. Please come to the COMPREHENSIVE CLASS well hydrated and with plenty of water. Do not eat anything 1.5 – 2 hours before class. Bring your mat, towel, and normal yoga wear you would have on in your normal class setting.

Q. How will I benefit from taking the COMPREHENSIVE CLASS?

A. Lynn will discuss at length certain postures, do demonstrations, help student's correct misalignments of postures, answer questions for students to gain a clearer understanding of what is happening to the body and the benefits the body receives while doing the postures.

\$35

COMPREHENSIVE CLASS

\$75

POSTURE SEMINAR

\$50

TEACHERS WORKSHOPS

POSTURE SEMINAR SERIES



Posture Seminars are held on Saturday or Sunday. Seminar is 5 hours in length after a regular class taught by Lynn. The cost is \$75 to students – \$50 to teachers. All proceeds go to Lynn Whitlow.

The Posture Seminar starts with Standing Series – Break – Floor Series and involves student participation, demonstrations of postures and alignment as well as Q&A throughout. Lynn leaves students feeling energized, excited, and with deeper understanding of Bikram Yoga. Lynn's true passion is teaching.

Comprehensive Class is offered Friday evening before the Posture Seminar or Sunday Morning after the Seminar. This class provides the perfect platform for those are unable to attend this seminar but want to experience a deeper understanding of the most popular postures and longer class.

Certain postures are discussed in great length with no minimum of posture questions or discussion when the class is over. This class is more intense; postures are held longer, class is more challenging and more definitive. The cost of this class is \$35. All proceeds go to Lynn Whitlow. This class can be promoted on your studio's website as a **Comprehensive Class** and within the studio as a 2 hour, more intense class.

SAMPLE ITINERARY

Please review Lynn's standard **COMPREHENSIVE CLASS** and Posture Seminar Itinerary for your perspective studio:

Friday Night Comprehensive Class 5-7PM or 6-8PM

Sunday Morning Comprehensive Class 9-11AM or 10-12noon

\$35 Students – all proceeds go to Lynn Whitlow.

Have students come to class extra hydrated and ready to sweat. Postures will be held a little longer, class is a little harder, a little more intense, a little more definitive. At least three popular postures will be discussed at length and Lynn encourages students and teachers to ask questions.

Posture Seminar \$75 Students - \$50 Teachers

If Teachers purchase both Regular Class and Posture Seminar \$75

9-10:30AM Regular Class

BREAK

Posture Seminar 11AM

11AM -1:30PM Standing Series

1:30-2PM LUNCH

2-4:30PM Floor Series

For more information on Lynn Whitlow and her Posture Seminar / Comprehensive Class Series contact:

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