



# Workshops

Long Life Movement with Lisa Long

## *Host an Offering at Your Venue*

In Lisa's workshops and trainings, you will feel your ability to remodel through mindful movement practices; learn to more clearly sense the body, patterns and habits; create an awareness of the neuromyofascial system and learn specific therapeutic sequences and understand their appropriate application. Lisa has taught these workshops for over a decade to sold out rooms. Trainings that are 5 to 10 hours in duration include detailed manuals. Workshops 1 to 3 hours in length include handouts.

If you have a recurring concern amongst your students, feel welcome to ask Lisa to develop a workshop specific to your population. A majority of the workshops were originally developed to address students' persistent questions and desire to learn more.

**Scroll this PDF to see all the offerings or click a category. To return to [www.LongLisa.com](http://www.LongLisa.com), click the logo on a page.**

Lisa is grounded,  
intelligent and  
very curious.

As a lifelong student,  
she generously  
shares her wisdom  
and experience  
built over years  
of training and  
personal practice.

Barbara S.

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### **Workshops**

under 2 hours

5

### **Trainings**

5 hours duration

10

### **Trainings**

10 hours duration

+

### **Teacher Training**

200 hours, 500 hours, 1,000 hours

### **Healthy Knees** 2 hours

Learn simple and effective movements that you can incorporate into your life to maintain healthy knees. Discover ways to manage, mitigate and relieve knee pain. Understand the connection of your knees to your entire body. Realize that your knee may be the screaming victim and not the source of your pain. Suitable for all levels of students.

### **The Pelvic Floor** 1.25 hours or 3 hours

Move beyond Kegels in your understanding of the pelvic floor! With unique props and innovative sequences, learn to let go of the grip and engage more deeply. Discover the natural rise and fall of the pelvic floor that's in sync with the breathing diaphragm.

### **Happy Feet!** 1.25 hours

From a general ache after exercise to bunions, plantar fasciitis, pronation, supination, neuropathy, and all the other foot maladies - come learn the latest foot therapies! You'll be amazed at the connection your feet have to the entire well-being of your body! This is an experiential workshop - so be prepared to feel the difference simple exercises and awareness can make! You will leave with "homework and props!"

### **Ground, Lateral, Rotations** 1.25 hours

It's a recipe for more space. More space means more freedom. More space means less pain. More space means more ease. Come learn the recipe!

### **Psoas? So What?** 1.25 hours

This deep core stability muscle gets blamed for a lot including low back pain, hip pain, breathing and gait issues. Come learn about this amazing muscle (you have two!) & multiple ways to access its upper & lower attachments as well as how to lengthen, tone, activate, and balance its action. Feel the difference an awake & appropriately responding psoas makes in your life!

### **Freedom to Move: Understanding Your Pelvis** 1.25 hours

The word 'pelvis' in Latin means basin. Our pelvis is a basin to hold the organs of digestion, assimilation, elimination, and reproduction. Our pelvis is also the pot out of which our spine grows. Its position is critical for creating spinal alignment and health. In this training, we connect with our pelvis not only through anatomy, but also through mind/body techniques. Students learn specific sequences to feel better.

*Lisa is a responsible, caring and fun teacher.*

*Her years of personal work show in the detail of her teaching.*

M.M.

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### **Using Your Head** 1.25 hours

In this workshop, you will learn how to promote natural relief for head, neck, & shoulder pain using therapeutic yoga techniques. In this experiential workshop, participants will feel the difference. Through precise cueing & unique props, students will connect with their head, neck, and shoulders in a new way, building new neuromuscular pathways, alleviating pain, stress, and tension. Connecting breath with movement, we will explore proven, effective, and safe yoga therapy techniques. Suitable for all students.

### **Optimal Performance & Breath** 1.25 hours

In this workshop, you will feel the difference a breath makes! From athletes to executives, connecting with the breath is our ultimate power & solace. In this workshop, Lisa combines unique props, techniques, and stretches to facilitate a more expansive breath. Participants will have a deeper understanding of the muscles of respiration and awareness of the breathing spaces.

### **The Side Door** 1.25 hours

This is not a secret entrance! We need to use the side way in to our bodies more often! Learning to lengthen your side can change your life! Creating space along your sides helps alleviate back pain, head, neck & shoulder pain, breathing issues and allows your organs room to function more efficiently. Lengthening can even decrease the pooch and slump of mid-age. Some have even grown taller learning to use the side door!

### **Gravity? What's Up?** 1.25 hours

Learn to use gravity to create a natural lift in your body. So often, individuals with pain are gripping and creating tension to hold themselves up. When you discover how to be in the flow of gravity, the body releases the grip. Learn how to ground & release and use gravity and your body's intelligence to create the lift.

### **Foot to Pelvis: Making the Connection** 1.25 hours

Learn therapeutic Yoga techniques to help you feel better! Our lower body grounds us. Grounding brings relief from pain, more length, freedom of movement, & joyful whole body expression. The feet are considered the steering wheels of the pelvis. There is a relationship to what is happening in our feet to what is occurring in our pelvis.

*Just wanted you to know that I really enjoyed the workshop. I have a new understanding of my feet and how they relate to the rest of my body.*

*I'm more aware - whether standing, sitting, lying, or on the floor with the grand kids - of the role of my feet and the relationship to the spine.*

*I can't say that I have mastered the "every day" of feet therapy but I'm trying to make that my goal!*

*Thanks for a very informative class and helping these aging feet grow old with strength and stamina.*

*Looking forward to enjoying many years of hiking the beautiful Montana mountains!*

Lisa K.

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### **Yoga Nidra** 1.25 hours

The power of this technique, if practiced regularly, can help manage stress, insomnia, and mental/physical pain, clearing away old patterns of thinking & behaving that no longer benefit well being. Yoga Nidra is a state of complete physical, mental, and emotional relaxation. It has been touted as the most powerful relaxation technique known to man. Yoga Nidra effectively works on mental resolve, will power, and resolutions. The first 30-minutes of the experience will include a very gentle physical practice with stretches that prepare the body to lay still for 40-minutes. While lying on the back, participants are then cued to levels of awareness, going deep inside, until reaching a state between sleeping & waking. You are profoundly relaxed, but retain a trace of awareness.

### **Chambers of the Heart: A Movement Meditation** 1.25 hours

Its steady beat provides the rhythm of our lives. How's your heart? Join us to access and understand your heart in new ways! Come support your most vital organ and feel the difference.

### **Length & Strength on the Foam Roller** 1.25 hours

Connect to your core & take good care of yourself! Learn Foam Roller techniques that will help keep you focused on your length & strength during your workouts! This workshop features sequences and concepts to deepen and expand your ability to effectively train your body. The roller offers tremendous potential to help alleviate pain and teach integration and activation of core stability muscles. Participants receive a printed home practice. All attendees must have a 3' x 6" foam roller. Lisa orders these in bulk if students do not have a roller.

### **Roller Refresher** 1.25 hours

This workshop features new Roller sequences & concepts to help deepen and expand your practice. The roller offers tremendous potential to help alleviate pain, teach integration, and activate core stability muscles. Participants receive a printed home practice. Each participant must have their own 3' x 6" Foam Roller. Lisa orders these in bulk if students do not have a roller.

### **Hip Therapy** 1.5 hours

Lack of rotary freed and action in the hip joint (femur head in acetabulum) can lead to compensatory movement, pain, and dysfunction. Make new connections, discover potential relief from pain, and freedom of movement.

*We walk through life  
with what we can  
carry on our backs.  
Some people we met  
either lighten our load  
or bring more weight to  
bare down on us.*

*But with you, it is  
neither a lightening nor  
is it a loading upon.  
Its value is equality, a  
meeting of equals.*

*You offer a hand up  
out of the hole that we  
have unwillingly dug  
for ourselves. Through  
the body, you teach us  
courage.*

*Amen to you Lisa.*

Ron P.

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### **Pelvic Power** 1.25 hours

Move with more ease. Sit with more comfort. Play with more freedom. We need both stability and mobility for healthy, pain free movement. Returning to key concepts allows us to connect deeper - discovering new pathways inside our bodies. Through intentional movement, action & breath learn ways to activate and enliven your power center. You will receive a printed home practice. Suitable for all levels - beginner to advanced.

### **Self Care with the Peanut: Lower Body** 1.25 hours

Learn simple self care techniques that will help you feel better. This workshop focuses on feet, lower leg, upper leg and the hip joint.

### **Self Care with the Peanut: Upper Body** 1.25 hours

Reduce tension in the upper body with a simple prop, called the Peanut. Learn how to take excellent care with a few exercises.

### **Moving from Center** 5 hours

Re-connect with your center and explore what it means to “center” and “ex-center” as we incorporate principles of Yoga, Pilates, core movement, & mindful awareness. Be prepared to move in many ways! Suitable for all levels of students.

### **The Energy Body: Color & Movement** 5 hours

Want to make a shift? Want to sense & feel more clearly? Interested in finding your path? It's all about movement and clearing pathways to find more joy and peace! Move your mind, body & spirit and open your heart to your fullest potential! Learn specific meditation & visualization techniques as well as movement sequences to empower your self to feel better! This workshop combines the use of color, sound, and movement allowing you to connect through your senses and feel the difference.

### **Foot & Leg** 5 hours

Learn Yoga Therapy for the foot & leg. Suitable for teachers & dedicated students.

### **Leg, Pelvis & Low Back** 5 hours

Learn Yoga Therapy for leg, pelvis & Low back. Suitable for teachers & dedicated students.

*Everything in  
this course was  
presented in a  
clear and  
connected way  
that has truly  
helped to  
improve my  
daily practice.*

Kylie S.

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**Thoracic Spine & Breath** 5 hours

Learn Yoga Therapy for the thoracic spine & breath. Suitable for teachers & dedicated students.

**Head, Neck & Shoulders** 5 hours

Learn Yoga Therapy for head, neck, & shoulders. Suitable for teachers & dedicated students.

**Gait Going: Yoga's Connection to the Walking Pattern** 3-5

hours Learn specific sequences geared towards understanding the walking pattern and creating more fluid movement. This offering is also offered as an Anusara Yoga Continuing Education Module and 500 hour Advanced Training Elective.

**Elevated Movement: An Aerial Training Using Hammocks** 10 hours

Learn how to safely hang out in an aerial hammock. 10 hours in-person education graced by the disciplines of Yoga and Pilates. Manual with over 75 exercise and color images. 19 short videos with fundamental sequencing. Great for beginners to advanced practitioners! Whether you choose to practice at home or teach, you'll feel the benefit of Elevated Movement.

**Breath, Center & Gravity** 10 hours

Sense & feel where breath is moving freely and where there are obstacles. Receive new skills for teaching simple breath. Feel gravity's effect and understand how to be in the flow of gravity. Dynamically relate to Center & various interpretations of Center.

**Rotations, X's & Space** 10 hours

See & feel where rotations have their natural rhythm in the body and are moving freely and where it's sticky. Begin to understand the multitude of X's in the body and receive new skills for teaching X patterns. Feel the effect of spaciousness and understand how to create more space.

*I have attended countless instructor trainings, workshops and certifications over the past 30 years.*

*Elevated Movement is one of the best, well organized and informative trainings I have attended in many years!*

*The content was perfectly balanced with theoretical information, practical application, and teaching drills.*

*I feel ready and prepared to teach this cutting edge program!*

Shannon B.

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### **Teacher Trainings** 200 hours, 500 hours, 1,000 hours

Interested in a global whole body view? Experience a Body Balance Yoga training to learn protocols and techniques that will help you and your students Move Well, Breathe Well, and Be Well.

Our workshops & trainings are open to dedicated students, movement teachers from all disciplines and medical & health professionals. All you need is a strong desire to learn more! We warmly welcome you for a day, a weekend or an entire training!

You will learn to see and feel through a new lens that will enable you to understand patterns and map pathways towards resolution. You will learn specific therapeutic techniques that you can implement into your personal practice and your teaching immediately. Our world-class trainings will give you the tools, hands-on experience and confidence to teach exceptionally well.

Established in 1990, Body Balance Yoga remains under the direct guidance of Jenny Otto, Master Yoga Teacher Trainer. As Florida's program director and faculty for Body Balance Yoga - School of Yoga Therapy, Lisa has successfully trained teachers at the 200 and 500 hour levels and mentored at the 1,000 hour level.

Body Balance Yoga's trainings are innovative and inspiring and will set you apart as a Yoga teacher.

*I wanted to thank you again for the training and the time you spent with us. It wasn't until I completed the training and able to digest and apply the knowledge I have gained that I realized how powerful the training was.*

*I appreciate you giving us the tools and imbuing us with the knowledge of how and when to apply these tools.*

*This is how I have been able to think critically and apply this information to my clients. I've been able to help clients who are diagnosed with schizophrenia, fetal alcohol syndrome, autism, depression, ADHD, low cognitive functioning, PTSD and low self esteem.*

*I've been able to use my own knowledge, that you imparted, as opposed to mindlessly following a prescription.*

*I'm excited to continue the work and so grateful that I have such unique tools to do so. No other yoga program that I have seen is doing this work. I also look forward to learning more. Know you are appreciated and valued.*

**Rachel S., M.S.**

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