

YOGA SHELTER FOUNDER * VISIONARY * NATIONAL YOGA LEADER

ERIC PASKEL

LICENSED MARRIAGE FAMILY CHILD THERAPIST * CERTIFIED SPORTS COUNSELOR * CERTIFIED YOGA INSTRUCTOR

ERIC PASKEL, MA, MFCC,

has taught tens of thousands of yoga classes, trained hundreds of people to teach yoga and leads retreats and workshops throughout the world.

- **First yoga teacher to remove Sanskrit from class and teach entirely in English**
- **First to play mainstream music in class**
- **First (and only) person to lead classes from a place of mental alignment, not physical.**
- **Only western yoga teacher to be blessed to lecture on Vedanta philosophies by Swami Parthasarathy**
- **Creator of Xflowsion™**



www.yogashelter.com



Workshops

Yoga Seminars & Retreats

Inspirational Lectures

Conferences

Teacher Training

**FOR INTERVIEWS &
BOOKINGS CONTACT:**

your:PEOPLE llc.

LYNNE SCHREIBER

248.376-0406

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- Yoga Seminars & Retreats
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*“My goal is to help
people **AWAKEN**,
to bring **LIGHT**
to places of darkness,
to bring **STRENGTH**
to places of weakness.”*

— Eric Paskel

ERIC PASKEL began a life of introspection in 1986 when he committed to overcoming his addictions and personal challenges. Simultaneous to creating a unique, inspiring and healing style of yoga, Eric spent two decades in private practice as a marriage family therapist, speaking at academic and religious institutions, hospitals and treatment centers.

Eric guides people toward breaking addictions, anxiety and depression along with building effective communication skills.

Eric has taught stress management courses for Chrysler Corporation and was the inspiration for the book, *Real Men Do Yoga*.

He also created **Xflowslon™**, a unique program combining yoga, martial arts and dance, which has been featured in *Shape. Fitness and People*, which has sold worldwide.

In 2004, Eric opened the first Yoga Shelter in West Bloomfield, Michigan, and has **opened a studio a year** since then, serving more than 1 million students.

OPEN A YOGA SHELTER

Call (248) 538-0200 or visit
www.yogashelter.com for information.

yoga®
SHELTER