



Lisa Paskel

“What would happen if we recognized our own magnificence?”

– Lisa Paskel

*Yoga Teacher * Mentor
Inspirational Speaker * Workshops for Women
Life & Teacher Training for Men and Women*

POWER TO THE “P”

Lisa Paskel has been working as a facilitator on the healing path for more than 20 years. Through her own yoga and life experiences, she has created a style of teaching and work which is based on the idea of letting go, shedding unwanted baggage, tearing down walls, and offering forgiveness, compassion and love. She calls this philosophy, *“Getting Present.”*

Lisa Paskel can lead the following:

- * Goddess Workshops
- * Intense, life-changing yoga classes
- * Seminars based in contemporary use of Vedic philosophy
- * Life & Teacher Training

Lisa Paskel has helped thousands of women enhance their lives, from **relationships** to **parenting** to **sexuality** and **personal identity**. She is a powerhouse inspirational speaker for a variety of audiences, especially those seeking to empower women. Her **Goddess Workshops** attract record crowds and waiting lists.

BOOK LISA PASKEL TODAY!



www.yogashelter.com/lisablog/

INTERVIEW & WORKSHOP REQUESTS:

your:PEOPLE^{llc}

yourppl.com

Your People LLC
(248) 376-0406

lynne@yourppl.com

Revealing the Goddess Within

A FEW WORDS ABOUT GODDESS WITH LISA...

Namaste and Welcome to The GODDESS - Getting Present

So often I am asked, "what is the Goddess?" The Goddess lives in every being. She is our infinite, natural, divine self. She is alive in the simplest gestures of loving kindness and in the ways we respect ourselves and others. The Goddess can often be hidden by the illusions and distractions that so many of us are caught up in.

Attachments to preferences, likes and dislikes, judgments, addictions and fears, keep us from connecting with our innate, bountiful, life-giving energy. The good news, however, is that the Goddess energy can never completely disappear. She is the sacred space in all of us and the only distance between this boundless beauty of ultimate compassion and wisdom is our own ignorance. We can relearn who we truly are as women without forcing blame or resentment on anyone else.

Through the practices of yoga, healing sharing circles and self-assessment, we begin to bridge this gap.

The search for the Goddess leads us all to one place, the home within each of us. For some, our true nature may seem foreign at first, but within moments of recognizing our natural abilities, we become more free and energetic.

"You can put your knees down, just don't put yourself down."

– Lisa Paskel

INTERVIEW & WORKSHOP REQUESTS:

your:PEOPLE[®]
yourppl.com

**Your People LLC
(248) 376-0406
lynn@yourppl.com**



Lisa has led people of all ages in yoga, workshops and healing journeys in nature. It is her desire to create a space that is challenging, safe, nurturing and loving. She is an owner of the Yoga Shelter. Lisa also leads Yoga Shelter Life Training and Yoga Teacher Training.

Lisa has a B.A. in psychology from Antioch University in southern California and a master's degree in Postural Integration (Body/Mind Integration) from the Body/Mind Institute of Southern California. Lisa Paskel is RYT 500 certified.

Lisa Paskel resides in Los Angeles with her husband Eric and their two beautiful daughters. She worked professionally as an actress on screen, television and stage for 13 years, but it was not until she found yoga that she claims she found her freedom.

yoga[®]
SHELTER