



The Sports Club/LA presents

Special Events in Celebration of Yoga Month

with Stefanie DiLibero

Yoga for Haters

Ongoing

An ongoing program that consists of a 20 minute personalized consultation and two one-hour private yoga training sessions. Are you not a fan of yoga? Do you think it's too new-age, only for young, skinny contortionists, cult-like, or just plain annoying? Whatever your reasons for being a yoga hater, this is the package for you. During a personal consultation, state your reasons for being a "yoga-hater", and ask any questions you may have about yoga. Then, two private individual yoga training sessions will be created for you, to complement your personal yoga hating point of view. You can take what you have learned to group classes, practice on your own through private yoga training, or resign to being a yoga hater for a little while longer.
Members: \$210

Stretching & Yoga for the Office Workers

September 26th · 2:00 – 3:30pm

Do you sit at a desk for 40 or more hours per week? Is it not only a pain in the neck, but a pain in the back, wrists and shoulders too? In this workshop, you will learn simple stretches and yoga techniques that address the physical toll that office work can take on the body. This 90 minute workshop is open to everyone, especially those new to yoga.
Members: \$35

Registration is required for Stretching & Yoga and Look Ma No Hands. Please contact Mike Gray at mgray@mp-sportsclub.com or 202.974.6632.

Look Ma, No Hands!

A Hands-Free Yoga Series

October 2, 9, 16, 23 and November 6th

12:40 – 1:40 pm · Five one-hour classes

Do you suffer from wrist, hand and shoulder issues that keep you from enjoying vinyasa yoga classes? Do you wish you could take more yoga classes, but all the down and upward dogs leave you feeling worse for wear? In this five-week series, we will practice a vinyasa, hatha, and restorative yoga practice that doesn't place any body weight on the hands, while still building strength and flexibility. Suitable for all levels, ages and abilities.

Members: \$125

About the instructor: Stefanie DiLibero is a licensed acupuncturist, certified yoga teacher, and founder of Gotham Wellness. A recent transplant from NYC, Boston and Montreal, it is her mission to make yoga accessible to everyone. Stefanie's classes are personalized to create a welcoming, breath-centered, non-competitive, stress relieving and healthy environment that meets you where you are, as you are. She leads yoga vacations internationally, and has taught at Harvard University and Boston's Beth Israel Hospital, as well as various offices, universities, schools, senior and community centers, and fitness facilities in the United States, Belize, Canada, and Costa Rica. Stefanie has made travel an integral part of her life and education for over 15 years, having volunteered, worked, or studied in Asia, Africa, Central America, and the South Pacific.