

LESLIE
GLICKMAN
YOGA





"Leslie has incredible knowledge of the body. Her classes flow with balance from beginning to end, her class style and the respect she holds for the practice make her teachings obtainable to all. It is a pleasure to collaborate with her".

~DJ Drez

"Leslie Glickman has assisted me for over 5 years. She has been a leading voice of yoga in her community - Not only running a school but organizing large scale public events. As a teacher she is articulate, well informed, extremely sensitive to the needs of her students and generous with her time and energy. On a personal level, I have always found Leslie to be a thoughtful person with a HUGE heart. She is very present with her friends, family and colleagues. I believe Leslie would bring her whole heart and spirit to whatever venue she was a part of. I highly recommend her"!

~Seane Corn

"Leslie Glickman is a powerhouse and a soulful professional. Her understanding of the business balanced with her deep breadth of teaching makes her a welcome addition to any event roster. She is a smart and tireless partner in promoting the event; and, is fully present to each and every student in her classes. Students resonate with her down-to-earth and approachable personality. I can't recommend her highly enough"!

~ Renee LaRose, former Director of the Yoga Journal Conferences



Creating a Global community and making yoga accessible to all who want to practice. Being based in South Florida, Leslie has built a strong network of teachers and students locally. This community continues to grow and extend far and wide. Through promoting the practice of yoga Leslie elevates herself, her community and the world.

You will see in the following pages some of the ways this global community has developed through sharing and promoting yoga. Leslie travels globally teaching teachers so they can return to their classes and students with more knowledge and in turn elevate and enhance their own community. Leslie leads by example in her pursuit to make yoga accessible to all – she teaches a weekly complimentary class in the park to over 200 people, this class is also streamed live all over the world. She also hosts an annual event; Something BIG on New Years Day where over 2000 people come together as a community to experience yoga. This event is also streamed worldwide.

Leslie has spent the past 25 years teaching weekly classes, private lessons and running her studio. In addition, she offers both 200 and 500 Hour teacher trainings and continuing education for teachers. Leslie is committed to raising the level of education for yoga teachers as well as creating opportunities for people to step on the mat and try yoga in a safe and non-intimidating way.

Leslie looks forward to the opportunity to share her knowledge with you and your community soon.

YIN WORKSHOP LEVEL I & II



COMMUNITY WORKSHOP



SEQUENCING & THEMING



LIVING THE 8 LIMBS



ART OF TOUCH LEVEL I & II



CHAKRA INTENSIVE

These workshops and trainings are intended for teachers. The curriculum will include Theory for a better understanding of the 'whys' of Yin Yoga. An in-depth look at Anatomy as it pertains to this magical practice. Sequencing to create a safe and effective class and of course Practice. These courses will teach the benefits of a long slow deep practice and will show that even the most simple of movements can create a powerful effect.

Yoga is about union...so this workshop is about bringing people together to connect. The workshop and practice will be an all levels flow where everyone is able to work at their own pace - Throughout the class we will link arms and support each other as we move from pose to pose. Then I will introduce and discuss the 5 C's of Community" CALL it in, CREATE, CONNECT, COLLABORATE & COMMON *interests*, and how these five action items help to create a vibrant community.

This is a two part series. Part ONE covers class design and sequencing methodology. I will teach attendees how to create a (SIC) Safe , Intelligent and Creative class and will include a review of my basic theory for class development. Part TWO will teach students how to add creativity into the classes and find a signature style of their own. This skill is a game changer for teachers that want to take their skills to the next level.

For Serious Students and Yoga Teachers, who wish to deepen their practice and education as they explore the teachings of Patanjali and his philosophy of the 8 limb path of yoga. Be your yoga as you are guided through informative lectures and advanced practice during this transformative workshop.

This workshop is intended to help teachers become comfortable administering touch assists. They will learn the art of hands-on adjustments, in both simple and complex asanas. Precise and effective touch can enhance the practice of their students but also comes with a tremendous responsibility. Attendees will learn about pose assessment, stabilization of the foundation, giving assists that are clearly intended and specific.

The Chakra immersion is for those who wish to explore the practice with a new language, that will help them expose the deeper issues stored in their tissues. Our time will be spent in deep discussion and the process our findings with movements specifically designed to take the student to the shadows that lie beneath the surface...and bring them into the light!

YIN WORKSHOP LEVEL I & II

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I created this training because it is my belief that less really is more – going to the deepest edge or holding an intense stretch for a long period of time is often the go-to in a Yin class. However, doing too much can do more harm than good. By incorporating my Pause, Breathe, Notice, Feel methodology as the basis of the yin practice, I teach how to develop a more sensitive and conscious class that leaves lasting effects physically, mentally, emotionally and spiritually.

The Yin workshop can be broken down into a ½ day Workshop or Master Class that is appropriate for teachers and students or a full weekend intensive training. In the case of a training the weekend is directed at teachers and they will receive CEU’s for the hours.

Level I is for teachers new to Yin, the curriculum will include a general review of theory and anatomy and an introduction to Leslie’s Pause, Breathe Notice Feel methodology. You will build a class as a group to practice sequencing and then have an opportunity to experience the practice.

Level II is for teachers with experience that want to dive deeper into their training. This course will include an in depth look at anatomy (including injuries, conditions etc...) we will review breathwork and the Systems of the Body. Develop advanced sequencing and introduce theme weaving. At the end of each section of the training we will include a Q & A to discuss and review.

[BACK TO TOP](#)



CLASS BREAKDOWN

- Master Class – 2 hrs (w/live music)
- Full Day Workshop
- ½ Day Workshop
- Weekend Intensive

SAMPLE SCHEDULES

TRAINING

SATURDAY	SUNDAY
12:00-2:30pm Theory & Practice	12:00-2:30pm Anatomy & Sequencing
3:30-6:00pm Anatomy for Yin	3:00-6:00pm Sequencing & Practice

MASTER CLASS

TWO HOURS

30 minutes – Theory
90 minutes – Practice & Discussion
*Hiring a local musician for live music is a great way to engage the community and add to the student experience.

LESLIE GLICKMAN YOGA

CLASS BREAKDOWN

- Mega Class – 60-90 Minutes
- Master Class – Two Hours
- ½ Day Workshop



WATCH

Something BIG Yoga

Business of Yoga Interview



Yoga is about union...so this workshop is about bringing people together to connect. There is something magical that happens when a big group is on the mat for a MEGA CLASS. The practice will be an all levels flow where everyone is able to work at their own pace. Throughout the class we will link arms and support each other as we move from pose to pose. Reaching out to your neighbor allows you to both give and receive support to and from the whole, leaving the mat with the feeling that no one is in this alone. With the right mix of music and energy there is always a chance that there could be spontaneous, cheers, hugging or dancing.

In a half day workshop or Master Class there will be a discussion on how to bring “The 5 C’s of Community” CALL it in, CREATE, CONNECT, COLABORATE & COMMON *interests*, into action. The 5 C’s are, like yoga, simple but not easy. With dedication and generosity you can have a thriving yoga community in which your students grow along with your business. The 5 C’s may sound like common knowledge, but implementing them in an effective and intelligent way is the challenge. This workshop will give you the tools to connect your community, change the experience for your students, as well as your level of success. By making the practice of yoga accessible to all, we elevate ourselves, our communities and the collective energy of the world.

The Community Workshop can be broken down into a MEGA CLASS to open or close an event, a Master Class (for teachers and or students) or a half day workshop.

BACK TO TOP

Part ONE covers class design and sequencing methodology. I will teach attendees how to create a (SIC) **Safe, Intelligent** and **Creative** class and will include a review of my basic theory for class development. The process is meant to help teachers use their knowledge of anatomy to design a class that prepares the body to move into the more complex poses in the asana in a safe and intelligent way. There is no sequence to memorize but instead a template that can be used over and over again to continue to create classes for the future.

After gaining a deep understanding of the class development we will begin to write sequences together as a group. Feedback and discussion add a great element to the learning process and we get to test the theory together.

SEQUENCING
&
THEMING

Part TWO of the series will teach you how to add creativity into the classes and find a signature style of your own. Again I will share my system of theme weaving into the sequencing methodology. The group dynamic adds a wonderful element to the learning process although each teacher will have to discover for themselves the direction they want to take with their class. In this session the teachers must find a commonality between the poses they choose and the message they share with their students. This skill is a game changer for teachers that want to take their skills to the next level.

Once there is a deeper understanding on how to weave the theme into the practice we will develop a class as a group and then test it out together.

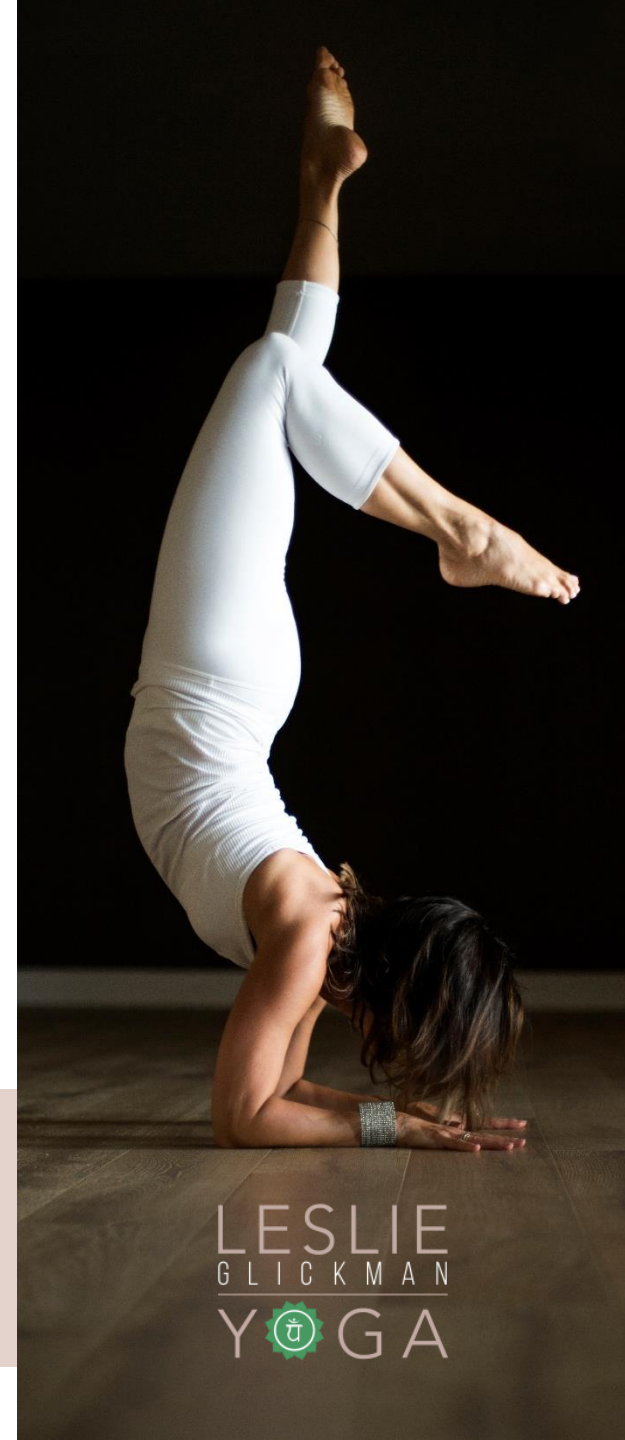
Both sessions end with opportunities to ask questions and give feedback based on each student's experience. Valuable notetaking will take place and they will begin to have a journal of classes they can share for a lifetime.

Each part can be taken separately or together.

CLASS BREAKDOWN

- Half Day Workshop
- Full Day Workshop
- Weekend Intensive

[BACK TO TOP](#)



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This workshop is intended for teachers and students alike, who wish to consciously take their yoga off the mat and make it a way of life. Patanjali's 8 limbed path reveals the full spectrum of the yoga practice. The teachings are a gift to humanity and allow us the opportunity to experience ourselves as a whole, not just physically but mentally, emotionally, and spiritually as well.

We will break down and discuss these teachings as they pertain to the practice and to our everyday living. You will do an experiential practice for each of the limbs in order to understand the depth of the teachings. This workshop will deepen your understanding of yogic philosophy and how you can “Live Your Yoga” a little more everyday. The path of yoga teaches us to pay attention to our actions, words and our thoughts.

You will leave the workshop able to integrate the teachings into your classes, your practice, and your life. As a yoga teacher or a student with a dedicated practice, an understanding of the 8 Limbs is essential.

The training will include asana practice, meditation, pranayama, lecture and discussion. CEU's will be available for registered teachers.

SAMPLE SCHEDULE

SATURDAY	SUNDAY
12:00-2:30 Yama's & Niyamas	12:30-2:30 Pratyahara & Dharana
2:30-3:30 - Break	2:30-3:30 Break
3:30-6:00 Asana & Pranayama	3:30-6:00 Dhyana & Samadhi

CLASS BREAKDOWN

- Half Day Workshop
- Full Day Workshop
- Series of Workshops
- Weekend Intensive

[BACK TO TOP](#)



This workshop is intended to help teachers become comfortable administering touch assists. They will learn the art of hands-on adjustments, in both simple and complex asanas. Precise and effective touch can enhance the practice of their students but also comes with a tremendous responsibility. Attendees will learn about pose assessment, stabilization of the foundation, giving assists that are clearly intended and specific. They should come ready to be adjusted as well as do hands-on work with each other.

There is a science and an art to assisting in class. Our touch must convey information to the student so they have the opportunity to learn a new action in their body. It is unethical to impose upon or disrupt a student's practice. This workshop will teach teachers how to share only what is needed for students to adapt and awaken their practice.

Level I will include the foundation asanas.

Level II will focus on how to support your students in more advanced postures.

[BACK TO TOP](#)

ART
OF TOUCH
LEVEL
I & II

CLASS BREAKDOWN

- ½ Day Workshop
- Full Day Workshop
- Series of Workshops
- Weekend Intensive

SAMPLE SCHEDULES

TRAINING

SATURDAY	SUNDAY
12:00-2:30pm	12:00-2:30pm
Theory & Practice	Anatomy
3:30-6:00pm	3:00-6:00pm
Foundation Asanas	Advanced Asanas & Practice

MASTER CLASS

TWO HOURS

30 minutes – Theory
90 minutes – Practice & Discussion



This Chakra course was created to explore the seven energy centers of the body and is available for both teachers and students. The study of the Chakra's changed my yoga practice forever and I believe this information must be passed down to anyone on a spiritual journey.

The Chakras are like chambers in the body, each one with a different location, role and story. The chakra system helps to explain our energy anatomy, which is related to but different from our physical anatomy. The information revealed in this incredible workshop will help to explain your habitual patterns of thought, emotions, and behaviors. This workshop will include a lecture and discussion on each of the chakras and a specific activity or practice to help restore balance. Each session is meant to uncover the experiences we have stored in our bodies. Participants will gain deep insight about themselves and the people in their lives. This is a profound way to awaken relationships and begin to approach them with a new found compassion and understanding.

The workshop will include asana practice, meditation, breath work, lecture and discussion and so much more...



CHAKRA
INTENSIVE



SAMPLE SCHEDULES

TRAINING

SATURDAY	SUNDAY
12:00-2:30pm	12:00-2:30pm
Chakras 1 & 2	Chakras 5 & 6
3:30-6:00pm	3:00-6:00pm
Chakras 3 & 4	Chakra 7 – Q & A

MASTER CLASS

TWO HOURS

30 minutes – Chakra Review
90 minutes – Practice & Discussion

[BACK TO TOP](#)

BIO

Leslie has been literally living and breathing yoga for almost three decades. An entrepreneur and owner of Yoga Journey Studio, which is the hub of all things yoga for her thriving community in South Florida. Leslie travels the world leading retreats and has been a teacher of teachers for over twenty years, a national presenter, guest speaker and community leader, she has been featured on CBS and ABC News as well as many magazines and newspapers. Her Pause, Breathe, Notice, Feel methodology is the foundation for her approach to teaching, but truly, it is intuition and connection that have inspired her life's work.

Community development is Leslie's passion, she has worked diligently to make yoga accessible to all both locally and globally. She knows that every person has the chance to live an extraordinary life and uses this belief to create connections and a place of belonging for all who cross her path. Yoga has also influenced her personal life and relationships with her husband and two children. She works every day to elevate herself to lead by example and raise the collective energy of the people in her family, community and all over the world through the practice of yoga.

WORKSHOPS + SPEAKING ENGAGEMENTS

- **Conversations on the Cutting Edge**
alongside Gabby Bernstein
- **Yin Yoga, the Journey Within**
presented at Florida Atlantic University as part of their Peace Studies
- **The Business of Yoga**
Bizzy Yogi Online Summit
- **The Yoga Professional Summit**
with Katie Brauer and 20+ Industry Experts



FESTIVALS, CONFERENCES + COMMUNITY

- **Wanderlust 108 - Tampa**
- **Yoga Journal Conference - Miami & NYC**
- **The Yoga Expo - Fort Lauderdale**
- **Yoga Fest Fort - Lauderdale**
- **Rasa Lila Fest - Orlando**
- **Something BIG Yoga - South Florida**
- **Yoga in the Park - Digital Global audience**
- **WOHASU - Miami**

STUDIO

YOGA JOURNEY | BOCA RATON, FL - Studio Owner

Yoga Journey is a training facility with the highest quality standards. The owner, Leslie Glickman is an ERYT 500 and has been teaching since 1995. The studio is a RYS 200 and +300 level training school and has been offering vinyasa yoga teacher trainings since 2010 and has over 200 registered teachers at both the 200 Hour and 500 Hour level in South Florida and internationally as well. Beyond the teacher training we host specialty workshops to elevate the level of education for the teachers in our community.

MEDIA



TO BOOK A WORKSHOP WITH LESLIE OR TO GET MORE INFORMATION CONTACT info@LeslieGlickman.com | LESLIEGLICKMAN.COM