

Thank you for your interest in hosting Sara!

In this packet are in-depth descriptions of the different kinds of events that she offers.

They include:

- Book Talk & Signing for *The Way of the Happy Woman* (45 minutes)
- Key Note or Inspirational Talks (30 minutes-1 hour)
- ½ day (3 hour) workshops
- 1 day (5-6 hour) workshops
- 2 day (10-12 hour) workshops
- 5 day Teacher Training

She's open to discussing with you what your needs are; and she loves to travel and work with women all over the world if the fit is right. If you see something here that interests you, e-mail me, Sara's assistant, at info@thewayofthehappywoman.com and we'll talk more!

Best wishes,

Chrissy Hoff

Executive Assistant to Sara Avant & The Way of the Happy Woman

1) The Way of the Happy Woman Lecture and Book Signing (*45 minutes, including Q & A*)

Millions of women are trying to do it all, all the time, and all they end up feeling is depleted and defeated! During this inspiring evening gathering, author, teacher & women's mentor Sara Avant Stover will show women how to connect with their innate happiness through refreshingly simple practices that bring them back in sync with their own cycles and those of nature. Sara's suggestions nurture the body, invigorate the mind, and lift the spirit, yielding the same benefits as a getting-away-from-it-all retreat.

Come alone, bring a girlfriend, but simply: come! You deserve it.

2) Spread Your Legs & Open Your Heart: How Living Your Sexuality Brings the World to Its Knees (*Keynote or inspirational speech; or 3 hour workshop*)

Conservative pantsuits, figure-hiding jackets, tamed hair, stern grimaces: these were often the hallmarks of powerful women for the last generation, who rose to prominence by presenting a masculine exterior to the world.

What is emerging now, however, is a different signpost of women with power. No longer masculine or gender-neutral, these truly empowered women are alive in their purpose and embodied in their experience, so that their femininity is a reflection of their power, not a detraction from it.

How do you know one of these women? She looks sexy. She feels her feet on the ground and the breath in her belly. She flaunts her curves and the sashay of each step; and her confidence and sexuality make her dress size irrelevant. She smiles brightly and doesn't apologize for her fullness, for she sources her vitality, her creativity, and her vavoom from her sexuality.

She is a woman: passionate, emotionally insightful, in-tune with larger currents, caring, rooted, sexual, powerful.

Who she is in the world and how she expresses her sensual, sexual self are not separate. They are intertwined and interdependent. She is powerful because she has fully embraced the wild power of her sexuality, not in spite of it.

Are you ready to be this woman and to live this life? Learn how to spread your legs to open your heart. What that means is that when you learn how to turn yourself on daily, from the inside out, you will discover that right in the center of your sexuality lives your greatest gifts. Being connected to your sexuality means being connected to your power, your spiritual insight, your creativity, and your radiant health.

When this happens you know where to source the courage and energy to create more beauty in the world, and you know how to show up in relationship in ways that can get you what you really want. You can turn your life into an exquisite expression of the deepest and most embodied version of you. And when things get scary, overwhelming, or lonely, you'll have all the resources you need, inside, to get you through.

When you feel juicy, sensual, alive, and deeply connected to your own soul—at any age—that's when you're truly powerful. You're turned on just because it feels good to be YOU—not because you're trying to please someone else, be more like a man, be 'less emotional', or control or reign in your femininity.

It's time to claim your vitality, your womanhood, and YOUR sexy!

3) The Way of the Happy Woman Spring Workshop *(1/2 day, 1 day, or weekend)*

Calling all women who do too much! Let's gather together to feel the "spring in our steps" again after a cold, dark winter, shall we?!

Take a break from your usual roles as mother, wife, daughter, sister, and/or business woman. Instead seek refuge in the good company of other women and the wisdom of essential feminine self-care rituals. This is a gift that no happy woman can afford to live without!

Spring is the season to create yourself anew; to purge old, stale habits from your life; and to bring forth into the world your latest and greatest ideas. However, the inevitable hustle

and bustle of our day-to-day lives can keep us too busy to listen to these inner callings for a renaissance. If we're not careful, we can stumble through these blooming months tired, depleted, and disconnected from our soul's impulse to shine. This is your chance to do the opposite—to become more connected with yourself and more lit up from within than ever before.

Based on the teachings outlined in Sara's book, *The Way of the Happy Woman: Living the Best Year of Your Life*, this workshop shows you how to step into the fertile magic that spring's medicine promises. You'll practice seasonal women's yin and vinyasa yoga to help you detox your body, insight meditation for cleansing your mind, and journaling, group practices, and lifestyle secrets to revamp how you spend your days. All of these will help you to reclaim the ease, empowerment, and wise-woman knowing that longs to be expressed through you!

You will leave this weekend with:

- Down-to-earth concrete practices for staying rested, healthy, inspired, and centered throughout the spring season.
- Warm-hearted connection with yourself and other women.
- Doable Detox tips to feel lighter in your body.
- Clear goals for what you want to birth into the world this season.
- A deepened trust of your intuition and feminine power to create.
- More vitality, clarity, and greater ease of body and mind.
- More love, more energy, and more presence to share with everyone in your life.

(Please bring your journal and a clear intention for what you would like to receive this weekend)

4) The Way of the Happy Woman®: Winter Workshop (*1/2 day, 1 day, or weekend*)

Find freedom from the holiday hoop-la! Take a break from the insanity of shopping, cooking, and festivity planning. Instead seek refuge in the good company of other women and the wisdom of essential feminine seasonal self-care rituals.

This is a gift that no happy woman can afford to not give herself!

Winter is the season to rest, hibernate, and get cozy with your hidden visions and deepest dreams. It's the season to tap into our true power as women—our intuition. However, the inevitable hustle and bustle of this time of year often calls us to be more “outside of ourselves” than ever. If we're not careful, we'll stumble through these dark months depleted, disconnected, and ignorant of our inner impulses. This is your chance to do the opposite—to become more connected with yourself and lit up from within than ever before.

| Based on the teachings outlined in Sara's book, *The Way of the Happy Woman*, this workshop shows you how to step into the silent magic that winter's medicine promises. You'll practice seasonal women's yin and vinyasa yoga, insight meditation, journaling, group practices, and lifestyle secrets to help you reclaim the ease, empowerment, and wise-woman knowing that longs to be expressed through you!

You will leave this weekend with:

- Down-to-earth, concrete practices for staying rested, healthy, and centered throughout the holiday (and entire winter) season.
- Warm-hearted connection with yourself and other women.
- Clear goals for what unexpressed dreams you want to incubate for the next three months.
- A deepened trust of your intuition and feminine power.
- More vitality, [and greater](#) ease of body and mind.
- More love, [more](#) energy, and [more](#) presence to give to those you love, [and to yourself](#).

Please bring your journal and a clear intention for what you would like to receive from our time together.

**Summer and Autumn Workshops are also available*

5) Mojo on the Mat: Unleash your Feminine Prowess and Get Your Sexy On! (1/2 day, 1 day, or weekend workshop)

One of the biggest problems that women face today is decreased vitality. This means low libido; low energy; feeling out of synch with ourselves, our loved ones, and our surroundings; and simply not feeling like we're doing anything WELL much less with GUSTO and FLOW.

In this workshop, Sara will teach you how to bring your sexy, your mojo, your feminine flair back into every area of your life--and to do so from the inside out by making some simple tweaks in your yoga practice, as well as in your lifestyle, that have profoundly delicious results!

When you feel juicy, sensual, alive, and deeply connected to your own soul—at any age--that's when you're truly sexy. You're turned on just because it feels good to YOU--not because you're trying to please someone else.

When you learn how to turn yourself on daily, from the inside out, on your yoga mat, you will discover that right in the center of your sexuality lives your greatest power, spiritual realization, creativity, and radiant health.

It's time to reclaim your vitality, your womanhood, and YOUR sexy!

During this workshop you will:

- Learn the key mindset shift you need to step into everyday to live in your feminine flow again.
- Discover how women's yin & flow yoga can ignite your libido like nothing else can.
- Delight in reclaiming the lost passions and parts of yourself that hold the key to your greatest joy as a woman.
- Learn to identify and trust the inner & outer cycles and seasons of your joy and vitality to live in a place of more sustained flow.
- Feel in your own body how your feminine power, creativity, intuition, and divine connection live in your body's sexual center, your second chakra.
- Walk away with simple, everyday practices that you can do to get lit up and to get your sexy on, stat!

Please bring your journal and a clear intention for what you would like to receive from our time together.

Women of all yoga levels (including brand new beginners) are welcome!

6) The Way of the Happy Woman: Women's Yoga Teacher Training

(30 Hours/ 30 Yoga Alliance CEU's/5 days)

“Empower Women, Change Lives, and Harness Your Own Feminine Power in the
World's Only Women's Yoga Teacher Training!”

This 5-Day Women's Yoga Teacher Training Gives You the Skills, Sisterhood,
Confidence, and Knowledge You Need to Teach Yoga to Women during ALL Stages and
Seasons of Life

It's no surprise to anyone who's attended a yoga class that yoga is, by and large, taught
by women to women.

But here's the surprise: most women don't know how to practice yoga as women.

Many of us have been taught to practice yoga in a masculine, not a feminine, way. We're
competing with one another; treating our bodies like machines (rather than like

intelligent, intuitive, creative organisms); practicing the same way everyday despite our age, mood or energy level; we're practicing out of obligation instead of our deepest love and devotion.

And in practicing this way, we are missing out on living as our fullest selves. We're not tasting and embodying our truest power, radiance, and purpose.

What would the world look like if more women walked around empowered and comfortable in their own skin? If they knew how to be the wise medicine woman and practice yoga in a way that was truly healing and nurturing when they had PMS? When menstruating? Feeling depressed or run down (with low libido in tow)? Enduring the ups and downs of perimenopause? Nursing a broken heart? Or wondering how to step into the role of a respected and wise elder during post-menopausal years?

Can you imagine how inspiring that would be? We have so much deep wisdom and empowerment we can pass onto others, once we learn to give it to ourselves.

We need to become this woman. And then we need to teach other women how to do the same.

During this 5-day Women's Yoga Teacher Training you will:

- Acquire the skills and confidence needed to teach yoga to women in all stages of life—
from menses to menopause.

- Get in-depth, insider knowledge of the cycles and seasons of womanhood—body, heart, and mind--and how they relate to yoga.
- Tap into your feminine leadership and discover how to share your vision and voice without sacrificing your softness.
- Find out how to sequence, pace, and organize your yoga classes to serve women in different life stages.
- Ignite your creativity, intuition, wisdom, and compassion as a yoga teacher.
- Learn the both the fundamental and nuanced differences between masculine and feminine approaches to yoga.
- Discover how to intimately commune with your own inner and outer cycles through the practice of women's yin and flow yoga.
- Laugh, love, and learn from other inspiring women!
- Empower other women to love and respect their bodies, their wisdom, and their intuition.

Here's what you'll cover over these five days:

- Day 1: The Way of the Happy Woman & Women's Yin/Yang Yoga
- Day 2: Spring (PMS & Menstruation)
- Day 3: Summer (Sexuality & Fertility)
- Day 4: Autumn (Menopause & Breast Health)
- Day 5: Winter (Women's Meditation, Intuition & Creativity)

Each day we'll meet from 9:30am-12:30pm; 2:00pm-5:00 pm to unravel and unpack the different “seasons” of a woman’s life, emotional world, and monthly hormonal cycle.

During the morning sessions Sara will give an inspiring talk and then lead you through a yoga and meditation practice that illustrates the day’s topic (see above).

In the afternoons you’ll explore the specifics of the morning practice—posture choices, sequencing, themes, and pacing. Then you’ll have a chance to do some practice teaching and get feedback from both Sara and your peers. There will also be time for Q & A, lively discussion, and other group/partner practices to deepen your experience and understanding.

There is no other course like this available in the world. Based both on Sara’s book, *The Way of the Happy Woman: Living the Best Year of Your Life* and the culmination of 15 years of her own personal and professional experience working with women around the world, this training offers an innovative and necessary approach to feminine health and happiness. It integrates the ancient wisdom of Yin and Flow Yoga, Ayurveda, Taoism, and Buddhist meditation, tailored specifically for our bodies, hearts, minds, and lives.

Our ancestors adhered to the daily, seasonal, and yearly rhythms of nature by necessity, but modern life overrides these cycles. This course will reconnect you with those ancient rhythms in a way that’s practical and accessible for the here and now.

All graduates will receive a certificate upon completion.

Who this course is for: You must have at least two years of yoga experience to attend this

course. Participants need not be yoga teachers to attend this course—it can be a potent way to deepen one’s own personal practice and feminine embodiment and wisdom as well.

Required course materials: *The Way of the Happy Woman: Living the Best Year of Your Life* and “The Women’s Yoga Kit” (These are available at www.SaraAvant.com).

To promote these events, please find photos and bios in Sara’s press kit:

<http://www.saraavant.com/press-kit/>).