



Curated Workshops Just For Your Community

Fall Workshop Catalogue 2025
in partnership with Darci Rae Nyal, E-RYT 500



Let Me Tell You More...

Each semester I curate a collection of workshops, designed to offer something unique: thoughtful, creative, and embodied experiences that go beyond the standard yoga class. Each workshop is a 2-hour journey blending movement, reflection, and accessible teachings. Studios can select the workshops that best align with their students and schedule.



About Me

After 14 years, what I love most is working with students and teachers who want to go deeper—whether through workshops, mentorship or teacher trainings. My aim is to offer workshops that spark curiosity, feel approachable, and give people something meaningful to take home.

Quick Facts:

- Yoga Alliance E-RYT 500
- 10,000 hours taught
- Trained more than 30 teachers
- Modo, Level 2, Yin, Prenatal, Fit & Barre Certified
- Former brick-and-mortar studio owner (8 years)
- I've been teaching since 2011



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Curated Workshops for Fall 2025

Sacred Circles

Retail price: \$40-\$50

Length: 2 hours

Class Size: 15

Find stillness in the rhythm of brush and breath

A blend of yoga and creative expression. We begin with grounding breath and movement, then explore the practice of mandala—an ancient symbol of wholeness and meditation. Each participant will create a small watercolor mandala, guided not by perfection but by presence. The practice ends in meditation and rest, with students taking home their mandala as a reminder of inner steadiness. Paint supplies provided.

Embodied Gods & Goddesses

Retail price: \$30-\$40

Length: 2 hours

Class Size: Unlimited

Explore the symbols of Hindu tradition as living archetypes

A blend of yoga and creative expression. We begin with grounding breath and movement, then explore the practice of mandala—an ancient symbol of wholeness and meditation. Each participant will create a small watercolor mandala, guided not by perfection but by presence. The practice ends in meditation and rest, with students taking home their mandala as a reminder of inner steadiness.

Beyond Your Edge

Retail price: \$30-\$40

Length: 2 hours

Class Size: Unlimited

Build strong foundations to break-through yoga poses

This workshop begins with an hour of functional strength training for the joints—building stability in the shoulders, hips, and core to support greater mobility. We then transition into a flowing asana practice designed to integrate that strength into movement. Students are guided toward peak poses they may have thought were beyond their reach, discovering what becomes possible when strength and freedom meet.

Ha-Tha: The Dance of Sun and Moon

Retail price: \$30 - \$40

Length: 2 hours

Class Size: Unlimited

Balance solar and lunar energies through story and salutation

This is a flow-based workshop that explores the balance of sun and moon energies through breath, story, and movement. After a short dharma talk introducing Ida and Pingala—the yogic channels of solar and lunar energy—we'll move into a vinyasa sequence that includes Surya Namaskar (sun salutations), Chandra Namaskar (moon salutations), and grounding earth salutations. The class closes with meditation and savasana, leaving students with a felt sense of balance between effort and ease.

The Call to Courage

Retail price: \$30-\$40

Length: 2 hours

Class Size: Unlimited

the Bhagavad Gita's teachings explored through story telling & movement

This workshop introduces the timeless wisdom of the Bhagavad Gita in a way that is accessible and poetic. We'll begin with a dharma talk exploring some of the central questions the Gita raises—Who am I? What is my path? From there, the practice unfolds through pranayama and a steady vinyasa sequence, during which I'll be sharing some of my favorite excerpts from the text to bring the teachings to life.

Thank you for taking the time to review my curated workshops for Fall 2025.

My hope is that these offerings feel like a meaningful addition to your studio's schedule and a way to support your community in going deeper into their practice. I see this as a partnership; your studio provides the space and community, and I bring thoughtfully designed workshops. If one of these offerings resonates, I'd love to connect and discuss how it might best serve your students.

With Care,

Darci Nyal 

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