

Unleash Your Teaching Skills



'Enlighten Up' with Beth Lapid

Do you sometimes feel that your teaching isn't a full expression of your authentic voice?

OVERCOME STAGE FRIGHT

LEARN THE BEST PREP METHODS

DEVELOP YOUR AUTHENTIC VOICE

ATTRACT THE RIGHT STUDENTS

MAKE YOUR IDEAS SHINE

Refine your performance skills & develop your best material for class - and life!

"This should be mandatory for every teacher training!"

Shoshanna Kuttner

BETH LAPIDES is an author, artist, yogi, comedian and creativity teacher. She and producer-partner **GREG MILLER** have over 20 years of experience in TV, radio, media, theater and live events.



Beth & Greg have taught at the Yoga Evolution Conference, Brown University, Cal Arts and others. They've taught privately for over 10 years, working with TV and film writers, actors, comics, therapists and many kinds of teachers, including people who have never been on stage before.



"Beth, you are a superheroine to all dull yoga teachers!"

Jill Miller



You know what to teach now learn how to teach with the Beth Method:

CREATIVE EXERCISES

INDIVIDUAL ATTENTION

INSPIRATIONAL COACHING

SUPPORTIVE ENVIRONMENT

PERSONAL INSIGHTS

Beth connects yoga and life. Her LAYOGA column "My Other Car is a Yoga Mat" is a profoundly funny view of yoga on and off the mat. She and Greg detailed their 'free-range comedy' approach in a FITYOGA cover story.

Enlighten your studio with:

- **Seminars**
- **Workshops**
- **Private Coaching**
- **Add-on to Your Teacher Training**

More info:

323-993-3305

BETHLAPIDES.COM

greg@bethlapides.com