

# Livestream classes

with Donna and senior associates

[www.donnafarhi.co.nz](http://www.donnafarhi.co.nz)



Welcome to the 2022 livestream classes presented by Donna and two of her senior associates, Neal Ghoshal and Lisa Petersen. A total of thirteen classes began February 2nd and continued weekly through to April 27, 2022. The classes were recorded and are now available to purchase for US\$18 each. When purchased individually, they will be available to you for 30 days. When several or all classes are purchased as a bundle, access to all classes in that bundle will continue beyond 30 days until the date advised on the bundle detail page. The larger the bundle, the more time you have to access each class.

**Purchase:** <https://donnafarhi.co.nz/study-category/livestream-classes/> or click the class names below.

**Bundle Deals:** If you want more time to watch the replays, explore the [bundle deals here](#).

## Teacher



**Donna Farhi**

Leading yoga teacher Donna Farhi has been practicing for over 40 years and teaching since 1982. As a post-lineage pioneer, Donna has been at the forefront of generating a new model for teaching that fosters self-inquiry through the cultivation of a deepening trust in one's own perceptions. Through creating a warm atmosphere free of judgement and competition she invites students to investigate their experience and to adapt and evolve their practice according to their individual needs. Incorporating the rigorous backing of anatomical principles for safe and sustainable practice, Donna offers progressive levels of engagement that allow people of all levels of experience and from all traditions to build their own authentic yoga practice.

**#1 Unwinding** - [purchase a recording of this class](#): Experience gentle release of the body through spinal rotation and full body spiraling.

**#3 Lateral Line** - [purchase a recording of this class](#): Through side bending we release deeply held tension and liberate movement potential.

**#5 Spinal Extension** - [purchase a recording of this class](#): Exploring back bending as an easeful and joyful movement that can support lifelong erect posture.

**#9 Restoratives** - [purchase a recording of this class](#): Practices to deeply revitalize and nourish.

**#11 Core Steadiness** - [purchase a recording of this class](#): Finding cohesion through the center of the body as the support for expansion.

**#13 Waking Up For Yoga Nidra** - [purchase a recording of this class](#): Preparation through a simple enlivening practice paves the way for a deep dive into the practice of Yoga Nidra.

## Teacher



**Neal  
Ghoshal**

Neal has been practicing yoga for 23 years and teaching since 2003. He sees yoga as a guide to restoring our place and understanding of who we are and how we can live peacefully, happily and completely fulfilled. Neal's teaching focuses on exploring and refining natural movement and alignment principles – learning to embody these principles in a way that takes our spiritual practice into our everyday lives.

### **#2 Dynamic Alignment from the Ground Up** - [purchase a recording of this class](#):

Discover the connection between yielding (our relationship to ground, gravity and space) and how it may inform and guide us towards easeful posture and a felt sense of structural alignment from within.

### **#4 The Breathing, Moving Body** -

[purchase a recording of this class](#): In this class we explore moving with the breath, being moved by our breath, and using our breath to soften into an experience of easeful being.

### **#12 Go With the Flow** - [purchase a](#)

[recording of this class](#): In this class we harness our naturally fluid body to inform our flowing yoga practice.

## Teacher



**Lisa  
Petersen**

Lisa is a somatics innovator and Yoga teacher who is passionate about guiding people towards personal transformation both on and off the mat. She is internationally known for her integrity, clarity, and presence. Her teaching is informed by a rich understanding of embodiment, experiential anatomy, and developmental movement patterns. She is moved by finding the balance between being and doing, movement and stillness, strength and fluidity, discipline and freedom.

### **#6 Befriending the Breath, Gravity and Space** -

[purchase a recording of this class](#): This class explores how to combine spaciousness with ease, poise and grace within asana. The breath will be our guide.

### **#7 Centered Body Calm Mind** - [purchase a](#)

[recording of this class](#): Discover the strength and flexibility of your vertical core (your spine), and how it is central to posture, movement and a deep sense of inner calm.

### **#8 Fluidity and Form** - [purchase a recording of this](#)

[class](#): Explore the practice of asana as a meditation in motion and learn how to create seamless flow within the body. We will work specifically with fascia and transitions in this class.

### **#10 Free the Head, Neck and Shoulders** - [purchase](#)

[a recording of this class](#): Combine ancient yogic wisdom with cutting edge neuroscience in this somatic exploration of how to retrain the nervous system and release tension wherever and whenever you want.