



Dear Studio Owner:

It is with much excitement that we invite you to host an innovative Karma Yoga Weekend Workshop at your studio. The weekend workshop offering is part of a larger effort of Karma Krew, a Karma Yoga inspired non-profit organization. As Yoga teachers, we created Karma Krew to promote the idea of service as a necessary part and natural extension of one's personal growth process and Yoga practice. This unique workshop combines the traditional heart-centered practice of Karma Yoga with the more common Yoga practices we use in the West to address the body, mind, and breath -- like asanas, breathing, meditation, chanting, and satsang. The result is a powerfully integrative and multidimensional experience that facilitates participants in creating a more compassionate engagement between self and community.

At the Karma Yoga Weekend Workshop, we seek to ignite each participant's Yoga practice by taking it off the mat in a weekend that unveils the power and promise of truly living your Yoga through service. In a time where our world and our planet are increasingly threatened with various economic, social and environmental woes, it is increasingly more important for our community of yogis to practice "living our Yoga" through our *actions* as much as our asanas and to mobilize our collective energy for positive change. This workshop is designed to make that transition off the mat and into our community a very real and possible opportunity for every student of yoga.

We look forward to collaborating with you to offer this transformative workshop to your students in hopes of inspiring them to truly activate their intentions!

Yours In Service,

Amy Lombardo and Scott Feinberg

Co-Directors

Karma Krew, a yoga-based 501(c)3 non-profit organization

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***Turning Inward, Reaching Outward***  
**Service as a Path to Transformation**  
**A Karma Yoga Weekend Workshop**  
**With Amy Lombardo & Scott Feinberg**  
**Co-Founders of Karma Krew**

“As the yoga community matures, it is organizations like Karma Krew who can inspire more and more practitioners to expand their yoga practice beyond the mat and into all the simple choices of daily living. Then we will be able to say Yoga has truly infiltrated the West in a transformative and sincere way.” – Sarah Powers

### **Workshop Mission**

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Through this weekend workshop, we seek to provide a venue for participants to experience first hand the potency of service work when embedded in the context of a Yoga practice. The weekend provides opportunities for active group and self-reflection about how this recipe of “yoga as service” helps us to open to our highest possibilities, both individually and collectively. Furthermore, we hope to demonstrate how these gestures of selflessness begin to carve positive imprints into the contours of own being, thus reflecting back upon our personal growth process and accelerating our awakening.

### **Workshop Format**

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#### **Total hours over three days: 15.0 hours**

The workshop program spans three days and includes a customized Karma Yoga Service Project, seva-infused asana classes, meditation, ritual, and satsang. The workshop typically meets at the following times: Friday 6:00pm -9:00pm; Saturday 9am – 5:00pm w/ lunch break incorporated into Karma Yoga Activity; and Sunday 9am -1pm.

*\*Please note that this is a sample template. The workshop will be customized to meet your specific needs and time schedule.*

#### **Friday’s Agenda:**

*Theme: Without Reverence, There is No Practice*

*Time Allotted: 3 hours*

Friday’s gathering serves to set the intention for the weekend with a look into the traditional roots of Karma Yoga as a time honored path to transformation and how its philosophical tenets are relevant and applicable to modern culture. This portion of the workshop will establish the context of the entire weekend within the Yoga tradition helping participants see their service work not just as volunteering but as a true extension of their yoga path. The evening is sealed with a closing candlelight asana practice and invocation ritual designed to dissolve the roots of limitation and plant the seeds of compassion within each participant to establish the ground for Saturday’s Karma Yoga Project.

**Saturday's Agenda:**

*Theme: Turning Inward, Reaching Outward*

*Time Allotted: 8 hours (includes lunch break)*

Saturday morning begins with a wake-up asana practice which interweaves the themes of service, compassion, and attuning ourselves with the bigger energy that surrounds us. After morning practice, we will embark upon a Karma Yoga Project out in your community. Project details are coordinated in partnership between Karma Krew and your studio. We make every effort to choose projects that allow workshop participants to interact with the individuals they are serving. We find service projects that are workable with the weekend schedule, yet dynamic, interactive, and creative. Examples of projects have included offering free yoga classes and playing games with abused children in local shelters; cooking meals and offering chair yoga to the homeless; and visiting a local nursing home to interview elders to help them create a "wisdom will" to share their knowledge with the world.

Upon completion of the service project, we will return to the studio for reflection on the day's events in group satsang. We will take a deeper look into what insights the day's events revealed and explore a variety of themes relevant to the path of service as a means of dissolving our most deeply rooted spiritual blockages. We will challenge the participants to look at the events of the day in terms of the larger context of their lives and ask them to explore how looking through the eyes of service makes every moment an opportunity to practice yoga. The day's insights are then integrated back to the individual domain through a closing meditation practice.

**Sunday's Agenda:**

*Theme: Planting Seeds of Wisdom for Continued Growth*

*Allotted Time: 4 hours*

As with any new revelation, the true practice lies within our capacity to apply the insights we have gained into our daily lives. The workshop's final day focuses on how to make Karma Yoga a personally sustainable practice by re-thinking our definition of what it means to "practice yoga" and identify ways in our own lives that we can take the yoga "off the mat." We will also discuss ways to establish a grass-roots Karma Krew effort within your studio and community in order to 1) keep the positive momentum of the workshop continuing well after the weekend is over; and 2) elevate the service consciousness of your network of yogis.

## **Benefits to your Studio for Hosting**

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By hosting this workshop, you and your studio will receive many benefits including:

1. Increased income through workshop attendance.
2. Increased exposure in larger community through student's participation in community service work on behalf of your studio.
3. Increased exposure in national yoga community through listing on Karma Krew website as a Karma Krew workshop hosting facility.
4. Opportunity to create a more cohesive community of students at your studio through community-based activities and partner work during the course of the workshop.
5. Opportunity to become Karma Krew certified studio with on-going support from Karma Krew, Inc. in facilitating regularly planned karma projects at your studio.
6. Opportunity to hook into a growing network of yogis dedicated to taking their practice "off the mat" and making conscious change in the world.

## **Benefits to Participants**

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Benefits to students participating in this workshop include:

1. Learning about the traditional roots of Karma Yoga as it was first introduced in yogic texts like the *Bhagavad Gita* and understanding why it's so relevant today.
2. Exploring how to effectively use intention to root your service work in the "seat of the soul" rather than the "seat of the ego."
3. Identifying how to learn from the "shadow" side of service (examples: being the 'fixer', getting trapped in expectations and the ego, service workaholism, cynicism, having a "save the world" complex, service burn-out, etc.).
4. Discovering how to utilize the paradox of service (inner informing outer, outer informing inner) to enhance one's spiritual fulfillment.
5. Finding out how to make Karma Yoga a personally sustainable practice (knowing boundaries, respecting your natural rhythms).
6. Creating stronger connections with fellow students and the studio through the communal focus of this workshop.
7. Having opportunities to start a grassroots Karma Yoga effort at home to encourage community building and responsible citizenship.
8. Re-thinking their definition of what it means to "practice Yoga" and identify ways in their own life that they can take the Yoga "off the mat."
9. Experiencing how engaging, nurturing, and fun Karma Yoga can be and discover its potency for dissolving our most challenging spiritual blockages.

## What Previous Workshop Participants are Saying

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*“Incredible! I loved how totally respectful you both were in every way to everybody. This was the most inspiring weekend of our teacher training. I feel our whole group has bonded on a deeper level.” – Brenda*

*“This was so relevant! It made me realize that being aware of the things you do and the way you act can inspire anyone. I can’t wait to serve in more ways!” –Liz*

*“How well thought out this program was with loving regard to detail and with emphasis on heart.” – Renee*

*“This workshop planted a seed of desire in me to serve in my community. It gave me practical tools and authentic experience that I can use to cultivate a practice of service with my yoga.” – Nathan*

*“This workshop made the teachings of yoga tangible. Before, I thought of yoga as an individual practice. Now, I realize I can share my insights with other in so many different ways.” - Alicia*

## About the Teachers

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**Amy Lombardo**, is a nationally certified Yoga Instructor, Empowerment Life Coach, Wellness Counselor, and founder of her own consulting and teaching practice, True Nature Wellness. Amy has completed hundreds of training hours in Yoga (mainly Anusara, Hatha, and Vinyasa styles), Tai Chi, kinetic awareness, and mindfulness-based stress reduction. Passionate about expanding the reach of alternative therapies like Yoga to new venues, Amy regularly brings her work outside the studio, teaching classes, workshops, and retreats internationally in nursing homes, day care centers, schools, offices, and private residences. Her students currently range in age from 2 years to 97 years old, and her audiences range in size from 1 person to over 300 at a time. As a Co-Founder of Karma Krew, Amy hopes to create Karma Yoga opportunities for others that are authentic to the tradition from which they came but also relevant to the concerns of today’s world. Located in Manhattan, Amy currently oversees the New York City chapter of Karma Krew, organizing monthly volunteer outings of Yoga students to such places as soup kitchens, nursing homes, and inner city schools. She is currently working to expand the network of Karma Krews through New York City and beyond. Through her work, Amy hopes to rekindle people's connection with the world around them, as well as the world within them and provide tangible opportunities for others to integrate spiritual practices more fluidly into their lives and communities.

**Scott Feinberg** is a nationally certified teacher of both Yin and Vinyasa based Yogic systems as well as Co-Founder of the Karma Yoga inspired non-profit Karma Krew, Inc. Scott’s teachings are deeply rooted in the intention to create transformation through the cultivation of a well balanced spiritual practice that integrates various forms of asana, pranayama, and meditation along with the heart opening practice of karma (selfless

service). His practice reflects an integration of Taoist, Buddhist, and Yogic philosophies. Scott's primary emphasis is centered on effectively applying the many gifts and lessons of Yoga practice to the adventures of daily living. His teachings emphasize turning inward and aligning with our essential nature so that we can then connect to the world around us with a wider and deeper embrace. In addition to his regular teaching schedule, Scott is a leader of international retreats, workshops, and immersions including co-leading *The New Orleans Revival Retreat*, a weeklong yoga and community service retreat focused on the revitalization of post-Katrina New Orleans. Through his efforts with Karma Krew, Inc., Scott also leads monthly volunteer outings of Yoga students to such places as homes for the developmentally challenged and abused children shelters and is currently expanding these initiatives to Yoga communities nationwide. His Karma Krew related efforts further include the outreach of Yoga to underserved populations with an initial campaign of placing yoga teachers in abused children shelters across the country.

**For more information on hosting a Karma Krew Weekend Workshop at your studio please contact Amy Lombardo @ 917.846.6862 or Scott Feinberg @ 561.339.9642 or [info@karmakrew.org](mailto:info@karmakrew.org). We look forward to hearing from you soon! Namaste.**