

## **FOUR DESIRES MENTORING PACKAGES WITH LUCY PIRNER, MS, LPC, ERYT**

**The Four Desires: Creating a life of Purpose, Happiness, Prosperity and Freedom**, by Rod Stryker is a powerful tool of self discovery. Have you ever wondered; Who am I? How do I live a life of purpose? How do I maintain lasting happiness? The Four Desires will lead you to:

- \*IDENTIFY your soul's unique purpose (Dharma Code)
- \*UNCOVER false beliefs that limit you from your true potential.(Vikalpa)
- \*DISCERN limiting habits and create a plan for a new trajectory (Departure Point)
- \*DEVELOP a powerful intention (Sankalpa)

Lucy has studied extensively with Rod Stryker and is a Certified Four Desires Trainer. She is passionate about leading people through the process that has been life changing for her and so many others.

Lucy offers Four Desires workshops and retreats throughout the year in River Falls and Hudson Wisconsin. If you are unable to attend one of these workshops or prefer to do this work on your own, Lucy provides the mentoring packages below.

### **PHASE 1: On your own (Approximately 6-10 hours)**

- Purchase the Four Desires Bundle from [www.parayoga.com](http://www.parayoga.com)
  - Read the first 51 pages of the book
  - Do workbook assignments given by Lucy
  - Complete the meditations from the CD and readings referenced in the book
- \*Two email exchanges are included for Q&A and clarification on the assignments***

#### **Meet with Lucy (1.5 hour individual, 2 hours for 2 people)**

- Review and refine Vikalpa and Dharma Code
  - Receive Homework: Weekly assignments and daily practices to solidify the work.
- \*Weekly email check-ins are included for 30 days between phases***

### **PHASE 2 (30-40 Days following Phase1): On your own (Approximately 2-4 hours)**

- Complete the workbook assignments and associated reading and meditations from the CD

#### **Meet with Lucy (1.5 hour individual, 2 hours for 2 people)**

- Review Sankalpa, Dharma Code and Vikalpa
  - Receive Homework: Weekly assignments and daily practices to solidify the work.
- \*Weekly email check-ins are included for 30 days following phase 2***

### **Basic Package**

1 person \$378

2 people \$585

### **Design Your Own Package**

Need or want more support in the process? Want to be guided through a yoga or meditation practice? Add to your package:

- In Person: \$108 per hour individual or \$153 per hour for 2 people
- Skype or phone mentoring \$54 per 30 minutes

## **Lucy L. Pirner, MS, LPC, ERYT**

Red Twig Yoga Studio founder  
Licensed Professional Counselor  
Experienced Registered Yoga Teacher (ERYT-500)  
Ayurveda Yoga Specialist

Lucy has been counseling teenagers and adults since 1991. She entered the world of yoga and meditation in 1999 in search of a cure for her own depression and anxiety. Smitten by the power of the cure, Lucy sought out her teaching certificate in Atma Yoga, a Kripalu-based method that focuses on returning to the purest state of the soul~ The Atman, and began teaching in 2001. Eight years later, she became a LifeForce Yoga® Practitioner (a research supported method of treating depression, anxiety and trauma) and began integrating yoga into her psychotherapy practice in Hudson, Wis. In 2013, Lucy completed her 500 hour Teacher Training & Intensive "Exploring the Sacred Rivers of: Tantra, Hatha Yoga, Ayurveda, and Energy Medicine" through Devanadi School of Yoga & Wellness. Since completing the program, Lucy has become a faculty member for their Teacher Training Program. In 2015, after years of intensive study, Lucy completed her certifications as: a ParaYoga® Level I Teacher; and as an Ayurveda Yoga Specialist through the Himalayan Institute.

Empowered by the teachings and a rich community of seekers, Lucy continues her studies with Yogarupa Rod Stryker in the Parayoga® tradition. She is honored to be part of the Parayoga® Ethics Committee, and as a Certified Four Desires Trainer, Lucy deeply enjoys helping others find their Dharma and learn what is limiting their full potential.

Lucy has extensive training in both Western and Eastern healing modalities of treating mental health and nurturing spirituality. She is passionate about sharing these teachings to help you decrease suffering, find your purpose, and create a life of fulfillment. Lucy's approach is compassionate and grounded. Whether meeting individually or teaching a class, Lucy's methods are well informed and embodied, allowing space for all to find their healer within.

Lucy's psychotherapy practice is in the Inspiring Actions Yoga & Wellness center in Hudson, WI where she also teaches drop-in yoga classes, workshops, and Yoga for Stress & Mood (group therapy). In River Falls, Wisconsin, Lucy can be found at Red Twig Yoga Studio & Gardens where she offers retreats and individual yoga therapy.