

The Yoga Association of Greater Detroit



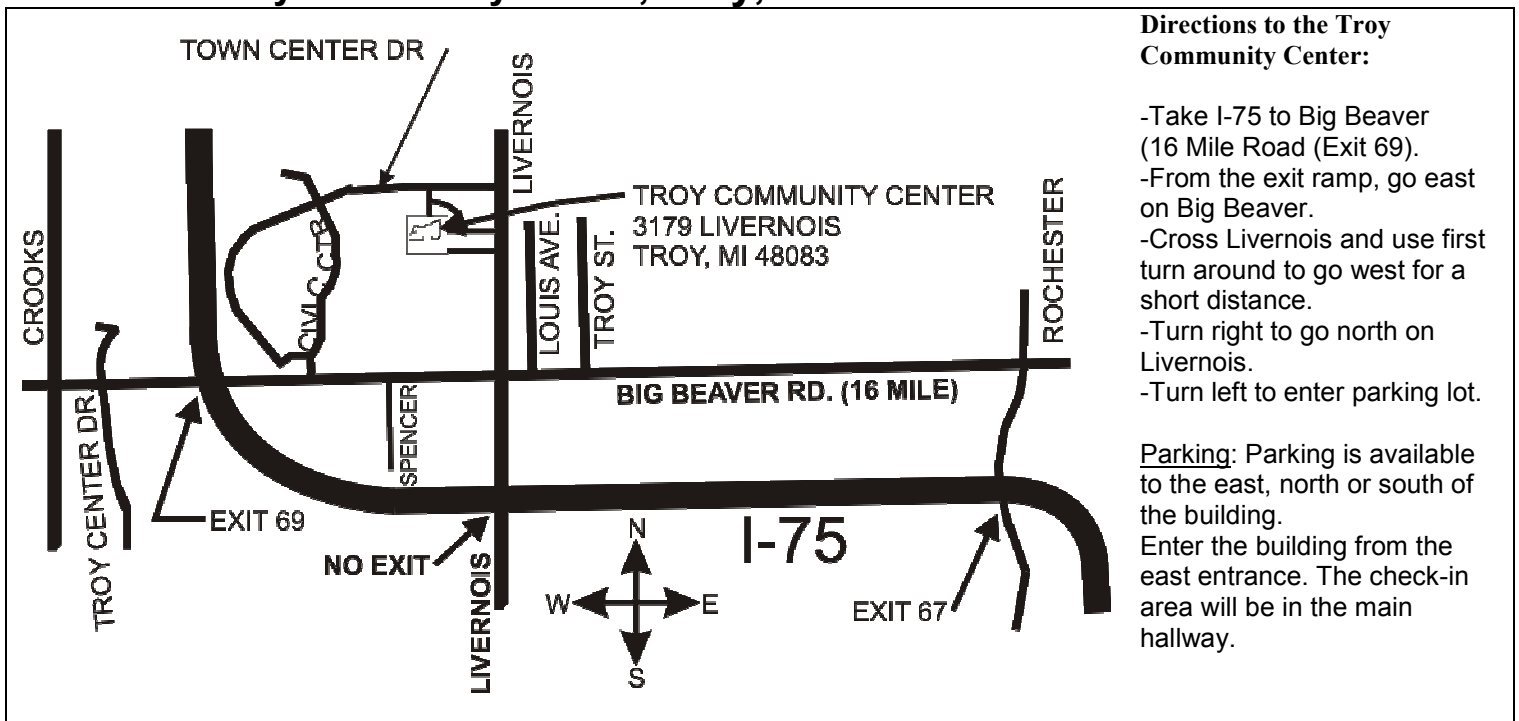
Presents its twenty-sixth

Yogaday

Saturday, May 2nd, 2009

8:30 a.m. - 5:15 p.m.

Location: **Troy Community Center, Troy, MI**



Directions to the Troy Community Center:

- Take I-75 to Big Beaver (16 Mile Road (Exit 69)).
- From the exit ramp, go east on Big Beaver.
- Cross Livernois and use first turn around to go west for a short distance.
- Turn right to go north on Livernois.
- Turn left to enter parking lot.

Parking: Parking is available to the east, north or south of the building. Enter the building from the east entrance. The check-in area will be in the main hallway.

Schedule:

- 8:30 a.m. - 9:15 a.m. Check-in
- 9:15 a.m. - 9:30 a.m. Orientation
- 9:45 a.m. - 11:00 a.m. Session A
- 11:15 a.m. - 12:30 p.m. Session B
- 12:30 p.m. - 1:45 p.m. Lunch
- 1:45 p.m. - 3:00 p.m. Session C
- 3:15 p.m. - 4:30 p.m. Session D
- 4:45 p.m. - 5:15 p.m. Session E

Remember: Pre-registration is required. Class size is limited. Please register early. Bring a mat or blanket, and dress for exercise.

Fees: \$64.00 Whole Day
\$36.00 Morning or Afternoon only
\$10.00 Boxed Lunch

-Boxed Vegetarian Lunch Available: Ridley's Garden Club sandwich with cucumbers, purple onion, shredded carrots, alfalfa sprouts, roasted peppers, artichokes, low fat cheese and light sun dried tomato cream cheese spread on 8-grain bread with fruit cup and fat-free, sugar-free fruit cookie. (\$10.00 prepaid only)

-Or bring a sack lunch.

-Also, a list of local restaurants will be available at check-in.

Check-In: 8:30 a.m. - 9:15 a.m.

Group Gathering/Orientation: 9:15a.m. - 9:30a.m.

Session A: 9:45 a.m. - 11:00 a.m.

- 1 **Wake Up and Stretch** Marty Mok RYT
Enjoy a gentle flowing series of wake-up stretches, breathing and musical accompaniment. A great way to start your day. **For all levels.**
- 2 **Vinyasa** Jeffrey Friedland RYT
Breath and Movement. A challenging set of linked postures for experienced practioners.
- 3 **Yoga for our bones** Ellie Howard
Easy to follow adjustments that preserve bone density and prevent osteoporosis. Routines and Postures targeting weight-bearing bones in the upper and lower body to promote balance.
- 4 **Yoga Basics** Juli Jeffery RYT
You will be introduced to classic Yoga Postures, linking movement with breath. This will help you build strength, increase flexibility and promote inner peace. Beginning and continuing students welcome.
- 5 **"Gentle" Balances** Janeen Killewald
"Gentle" Physical Balances to enhance your overall sense of feeling, balanced from the inside out. (especially great for beginners)
- 6 **Yoga at the Wall** Nancy McCaochan
Demonstrates how the a wall can be used to increase resistance, provide support and cultivate alignment.

PLEASE REGISTER EARLY!

Even if Space were available, registrations mailed after April 25 may not reach us before Yogaday,

Refunds (minus \$5 service fee) through April 25, 2009. No Refunds after that date. You may send a substitute to follow your classes

Session B: 11:15 a.m. - 12:30 p.m.

- 7 **Pranayama** Dan Roney
A class on Asian Pranayama / Chi Kung Breath and 5 Elements Energy with 6 healing sounds, an exploration in Mind, Movement, Sound and Breath to energize and heal our Physical, Emotional, and Psychic/Spiritual selves.
- 8 **Peaceful Headstand (by pieces)** Doris Sheikh
Build up a headstand part by part. Foundation will be designed so the structure would be unshakeable in an upside down world.
- 9 **Sitting Atop a Three-Legged Stool: Kriya Yoga – The Yoga of Action** Tracy Flynn
We will center our practice on the Yoga Sutra the ancients gave us to describe this three-pronged approach to transforming our lives. We will chant, practice postures, work with the breath, and combine all three! This is an all-levels practice, but experience is recommended.
- 10 **Mindful Yoga** Linda Bowers
Join us as we combine the essence of Mindfulness meditation with the practice of yoga and discover the peace and stillness within you. This practice will benefit your mind, body and spirit!
- 11 **Yoga for the Young at Heart** Kathy Videcoq
Class will have more therapeutic warm-ups' and fewer classical postures. The warm-ups' will flow from one to another. You will learn breathing and relaxation techniques along with positive reinforcement. We also use bands for strength building. Bring one of your own or buy one from the instructor for \$5.
- 12 **Anusara Yoga-Backbends** Katherine Schaefer
Backbends require trust and courage to open your heart and good biomechanics to keep you safe. They uplift your mood and can even relieve depression. This class will offer techniques to open the stiffest parts of your body while maintaining safety in the vulnerable areas. Come learn a step by step gradual flow of postures culminating in urdhva danurasana (upward facing bow pose). Remember anything is possible! Please inform Katherine of any injuries or limitations before class begins. Bring a blanket and mat. All levels.

Lunch Break: 12:30 p.m. - 1:45 p.m.

YOGA PROPS, CLOTHING, BOOKS, TAPES FOR SALE
A SMALL NUMBER OF YOGA MERCHANDISE
SUPPLIERS WILL BE ON SITE. NOT ALL SUPPLIERS
WILL ACCEPT CREDIT CARD.

Yoga Hotline (586) 294 YAGD

The YAGD sponsors a Yoga Hotline (586) 294-YAGD (294-9243), to help yoga students and potential students identify yoga classes, teachers, dates, and times. Students may call for information about current classes throughout geographical area covered by the membership.

Yoga Association of Greater Detroit (YAGD)

Members attend special programs and seminars on various aspects of yoga and related subjects. Monthly membership meetings led by YAGD members and visiting experts including physicians and psychologists, support the YAGD goal of helping teachers improve their knowledge and understanding of yoga, as well as their teaching skills. YAGD membership includes more than 100 teachers from across Michigan including Pontiac, Ann Arbor, Chelsea, the tri-county area and Canada. Members include students of Desikachar, Iyengar, Sivananda, Jois, Kripalu, Baba Hari Dass, Anusara and other traditions. Additional info on YAGD is available at www.yagd.com.

Yogaday 2009 Choose one session for each time block. Circle session number on registration form.

Session C: 1:45 p.m. - 3:00 p.m.

- 13 **Hip Hip Hooray** Mimi Holland-Moritz
This practice will work progressively towards increased strength and stability. It will focus on hip rotator muscles, inner thighs, perineum floor and the large muscles of the back.
- 14 **Mother Series** Diane Siegel-DiVita
The Mother series, as designed by Jahangir Palkivala, is a full practice which includes Sun salutations, the 5 Tibetans, standing asanas, inversions, seated poses, and lying poses. It was designed to take care of the most common health problems. He says, "Take care to do the Mother series and Mother will take care of you." In addition to a sticky mat, a block is necessary.
A challenging series that is NOT for beginners.
- 15 **Gentle Yoga.** Patti Nevin
Allow awareness, alignment, and breath to assist you in deepening gentle poses; and to help quiet your mind.
For All Levels
- 16 **Ahm, Meditation and Pranayama** Pamela Alexander
Balance your energies with pranayama, explore the personal experience of Ahm, rest and renew with meditation and yoga nidra. These practices will move you into a deep state of peace and relaxation. This practice is open to all practitioners experienced or not.
- 17 **Health Starts at the Bottom of Our Feet** Pam Dear
An alive foot that lifts, extends, connects, and feels it what we need in yoga. It unlocks the hips, sacrum, and coccyx and allows the spine to extend. We examine the foot in asana to create a strong balanced and light foot.
- 18 **Relaxing Yoga** Kyla Remus
Yoga to relax and renew. Basic yoga, with an emphasis on the meditative quality of a practice. This class is good for beginners or continuing students.

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Session D: 3:15 p.m. - 4:30 p.m.

- 19 **Partner Yoga** Dawn Priebe and Mike Wysner
Join Dawn and Mike for some fun. Partner Yoga never fails to get laughs, as you learn numerous poses. You can achieve greater strength, stretch, and balance with your partners support. All levels welcome, no partners necessary.
- 20 **The Peaceful Warrior** Lynda Herman
Find peace in the difficult warrior postures. Take your everyday peace away from the practice into your everyday life.
- 21 **Yin & Yang Yoga** Sandra Krafusur RYT
Based on the practice of Paul Grilly this class will explore the principals of Yin Yoga that focus on stretching connective tissue. During Yin Yoga, the body relaxes and asanas held for several minutes that allow the connective tissues to stretch. After Yin Yoga we will continue with Yang Yoga and focus on stretching and strengthening the body in a series of standing poses. This class is for students with previous experience.
- 22 **Sun Salutations with Variations** June McCarthy
Reach Out, Stretch Out, Lengthen, And Strengthen. A vigorous flow designed for the continuing student.
- 23 **The Healing Power of Yoga** Ruth Bennet
Experience the healing power of yoga with gentle stretches and flowing movements. Learn breathing practices for both increased energy and relaxation. This class is designed to bring body, mind & spirit into balance. Suitable for all levels.
- 24 **Inversions** Helene Rottenberg
We will spend some time working on handstand, forearm balance, headstand, and shoulderstand.

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Session E - (Closing Session) 4:45 p.m. - 5:15 p.m.

- 25 **Savasana (Lying Relaxation)** Sherry Stone
 - 26 **Savasana (Lying Relaxation)** Lauren Burtell
- Deep Relaxation. Release and Relax after your active Yogaday practice. Practice a progressive letting go of all tension..

Fill out this form and send with check made payable to Y.A.G.D. Mail to: Yogaday, 14197 Provim Forest Court, Shelby Township, MI 48315. Your canceled check is your receipt. If you want additional confirmation, enclose a stamped self-addressed envelope. Pre-registration only. No walk-in registration. Register early as space is limited. Refunds (minus \$5 service fee) through April 25, 2009. No refunds after that date. You may send a substitute to follow your schedule. **(Please Print)**

Name _____ Home Phone (____) _____ Work Phone (____) _____

Address _____ City _____ State _____ Zip Code _____

E-MAIL: _____ Check Number _____

SESSION:	First Choice (Please Circle)	Second Choice (Please Circle)	Third Choice (Please Circle)	Payment Enclosed:
Session "A"	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	\$64.00 for whole day
Session "B"	7 8 9 10 11 12	7 8 9 10 11 12	7 8 9 10 11 12	\$74.00 for whole day & lunch
Session "C"	13 14 15 16 17 18	13 14 15 16 17 18	13 14 15 16 17 18	\$36.00 for AM Session
Session "D"	19 20 21 22 23 24	19 20 21 22 23 24	19 20 21 22 23 24	\$46.00 for AM Session & lunch
Session "E"	25 26	25 26		\$36.00 for PM Session
				\$46.00 for PM session & lunch

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Yogaday

**Saturday, May 2, 2009
8:30 a.m. - 5:15 p.m.**

**Troy Community Center
Troy, MI**

Sessions include: **Hatha Yoga at all levels
Meditation
Relaxation
Breathing**

The Yoga Association of Greater Detroit (YAGD) is a multi-discipline resource organization that brings together Michigan yoga teachers to share their knowledge and help each other continuously improve their skills in teaching yoga.

Teachers Keep the Students in Mind

Although membership is limited to teachers and future teachers, the organization takes seriously its responsibility to the yoga students in the area. In addition to the one-day Yogaday workshop, YAGD sponsors weekend yoga workshops with outstanding visiting teachers from around the world.

Past workshop instructors, include Desikachar student Richard Miller; International Association of Yoga Therapist (IAYT) founder Larry Payne; *Stretch and Relax* author Maxine Tobias; well-known television teacher Lillias; and Yoga Journal founding Editor Judith Lasater.

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Yogaday

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Shelby Township, MI 48315