



THE YOGA ASSOCIATION OF GREATER DETROIT
PRESENTS ITS 29TH SPRING
YOGADAY
SATURDAY APRIL 21, 2012
8:30 AM – 5:15 PM



Location: Troy Community Center, 3179 Livernois, Troy, MI 48083

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.

Registration Information

There are five **YOGADAY** sessions: **A, B, C, D** and **E**. Each session has a unique set of concurrently-taught classes. You can register for only one class in each session.

On the registration form, each class is identified by a number. For example, for **Session B** (which runs from 11:15 AM to 12:30 PM), you can register for one of the following classes: **5 – Yoga Flex and Flow**, **6 – A Feeling of Lightness in the Body**, **7 – Unfolding like a Flower from the Inside Out**, or, **8 – Easy Does It Yoga**.

For each session, in case your first-choice class is full when your registration is processed, specify a second choice and third choice.

If you do not want to register for a **whole day of sessions (A, B, C, D and E)**, you can register for just the **morning sessions (A and B)** or just the **afternoon sessions (C, D and E)**.

Lunch Note: You can pre-order a \$10 box lunch that consists of either a **hummus and vegetable wrap**, or, a **turkey wrap on whole wheat lavash**. Each box lunch also contains: celery sticks, carrot sticks, fruit and a cookie. Coffee and tea are also included. (If you prefer, you can bring a sack lunch, or, consult a list of local restaurants at the check-in table.)

Registration Reminder: Please register by April 16, 2012. Even if space is available, registrations mailed after April 16, 2012 might not reach us by **YOGADAY**. Your cancelled check will be your receipt. If you want enrollment confirmation, include a stamped, self-addressed envelope with your registration form and check. On **YOGADAY**, bring a yoga mat or blanket and dress for exercise.

Cancellation Policy: Refunds (minus a \$5 service fee) must be requested on or before April 16, 2012. No refunds after that date. You may send a substitute to follow your schedule.

For Additional Information: Visit www.yagd.org or call the **Spring Yogaday Hot-Line** at: (586) 764-8238.

Check-In ...: 8:30 AM - 9:15 AM
Orientation: 9:15 AM - 9:30 AM

The Yoga Association of Greater Detroit
Saturday, April 21, 2012
YOGADAY

Lunch Break: 12:30 PM - 1:45 PM

Session A: 9:45 AM - 11:00 AM

Session C: 1:45 PM - 3:00 PM

1	<u>Mudras for Your Every Mood</u> <i>Nancy McCaochan</i> Mudras are gestures that direct awareness and prana. Asanas, pranayama, and mudras will be used to create clarity and change.
2	<u>Hip Openers</u> <i>Juli Jeffery</i> This class improves hip flexibility, and also strengthens the back. The poses will bring freedom to your whole body. Bring a yoga belt.
3	<u>Yoga for Stability, Injury Prevention, & Recovery</u> <i>Lynn Medow</i> Learn simple shifts to produce ease and fluidity, and to assimilate optimal alignment and understanding of your body.
4	<u>Chair Yoga</u> <i>Janeen Killewald</i> Gentle stretches, breathing exercises and guided meditation using the assistance of a chair. Reenergize while building strength.

9	<u>Bhakti Vinyasa</u> <i>David Tomaszewski</i> A flowing vinyasa practice infused with inspirational music, chanting, philosophy, meditation, and pranayama.
10	<u>Yoga on the Go</u> <i>Sherry Stone</i> Treat yourself to a Yoga-Break! Everyday situations can be more centered and less stressed with awareness of yoga.
11	<u>A Fresh Look at a Familiar Face: Iyengar Yoga</u> <i>Chris Briney</i> Regardless of physical ability, you can learn to practice Yoga with intelligence and sensitivity to experience a profound transformation.
12	<u>Therapeutic Yoga</u> <i>Dawn Priebe</i> Practice for all. Strengthen and balance the body, quiet the mind, recover from pain and old injuries. Feel Great!

Session B: 11:15 AM -12:30 PM

Session D: 3:15 PM - 4:30 PM

5	<u>Yoga Flex and Flow</u> <i>Audrey Pleasant</i> Basic practice: Easy-does-it stretching and strengthening.
6	<u>A Feeling of Lightness in the Body</u> <i>Tracy Flynn</i> Breath, movement, and meditation develop lightness in the body, buoyancy in the heart and freedom in the mind. For All Levels
7	<u>Unfolding like a Flower from the Inside Out</u> <i>Katherine Schaefer</i> Uplifting backbends that focus on moving with mindfulness, allowing your poses to align and unfold like a flower. For all levels.
8	<u>Easy Does it Yoga</u> <i>Ruth Bennet</i> A perfect way to enhance your day, with gentle stretching, breathing to energize and relax. Ends with guided meditation, For All Levels

13	<u>Yin & Yang Yoga</u> <i>Sandra Krafstur</i> Yin Yoga Asanas are held for several minutes to relax the body. Yang Yoga will focus on stretching & strengthening in standing poses.
14	<u>The Art of Relaxing with Yoga</u> <i>Kyla Remus</i> A peaceful and meditative practice with soft music, serene movement, and breathing meditation to shift your attitude. For all levels.
15	<u>Focus on the Lunge</u> <i>Pamela Alexander</i> A slow flow class with warm-ups, lunge positions and Sun Salutations. Class will end with Yoga Nidra. Bring a Yoga Mat and a blanket.
16	<u>Yoga for Meditators - Preparing the body for stilling the mind</u> <i>Richard Smith</i> Learn to sit comfortably to have ease of body and mind. Gain practical guidance in asanas for sitting meditation postures.

Session E: 4:45 PM – 5:15 PM

17	<u>Savasana</u> <i>Jan Chekirda</i> Progressive, deep relaxation after your active YOGADAY practice.
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Fill out and mail this form with a check payable to: **Y.A.G.D.** Mail to: **Yogaday, 14197 Provim Forest Court, Shelby Township, MI, 48315.** If you want enrollment confirmation, enclose a stamped, self-addressed envelope. **Mail the form (and check) before: April 16, 2012.**

Name: _____ Home Phone: (____) _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail: _____

Sessions:	Circle the 1st Choice	Circle the 2nd Choice	Circle the 3rd Choice
Session A	1 2 3 4	1 2 3 4	1 2 3 4
Session B	5 6 7 8	5 6 7 8	5 6 7 8
Session C	9 10 11 12	9 10 11 12	9 10 11 12
Session D	13 14 15 16	13 14 15 16	13 14 15 16
Session E	17		

Payment Enclosed:
<input type="checkbox"/> \$64.00 for Sessions: A, B, C, D, E
<input type="checkbox"/> \$74.00 for Sessions: A, B, C, D, E & lunch *
<input type="checkbox"/> \$36.00 for Sessions: A, B
<input type="checkbox"/> \$46.00 for Sessions: A, B & lunch *
<input type="checkbox"/> \$36.00 for Sessions: C, D, E
<input type="checkbox"/> \$46.00 for Sessions: C, D, E & lunch *

* If purchasing lunch, circle **one** of the following: Hummus and Vegetable Wrap or Turkey Wrap