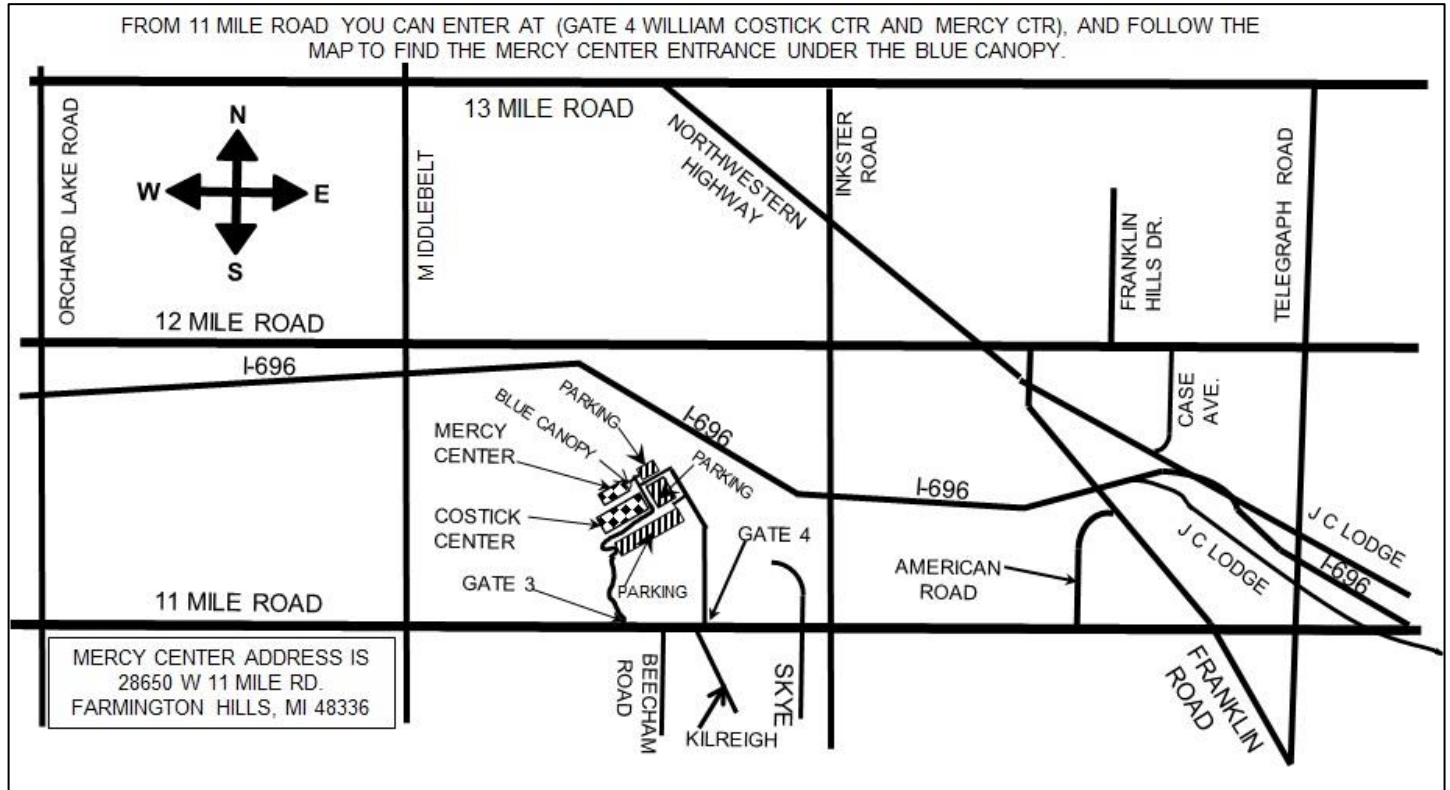




THE YOGA ASSOCIATION OF GREATER DETROIT
PRESENTS ITS 34th
SPRING YOGADAY
SATURDAY MAY 6th, 2017
8:30 AM – 4:45 PM



Location: Mercy Center, 28650 W 11 Mile Rd, Farmington Hills, MI 48336



Cancellation Policy: Refunds (minus a \$5 service fee) must be requested on or before April 28th, 2017. No refunds after that date. You may send a substitute to follow your schedule.

Additional Registration Forms or Information: Visit www.yagd.org or call Juli at 734-516-2241.

Magazine Sharing Table: At the yoga magazine sharing table, you can pick up some free yoga magazines and/or you can bring some of your yoga magazines to share.

Registration Information

There are four YOGADAY sessions: **A, B, C, and D.** Each session has a unique set of concurrently-taught classes.

On the registration form, each class is identified by a number. For example, for **Session A**, you can register for one of the following classes: **1 – Yoga for Life, 2 – Sun Salutations & Variations**, or, **3 – Thank your Body.**

You can register for the **whole day** or for just the **morning sessions (A and B)** or just the **afternoon sessions (C and D).** For each session, in case your first-choice class is full when your registration is processed, please specify a second choice.

Registration Reminder: Please register by April 28, 2017. Even if space is available, registrations mailed after that date 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 other props you like.

Lunch Note: You can bring a sack lunch or consult a list of local restaurants at the check-in table. Coffee and hot tea will be available throughout the morning until after lunch break.

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

SPRING YOGADAY
Saturday, May 6, 2017
The Yoga Association of Greater Detroit

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

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

Session B: 11:15 AM – 12:30 PM

1	Yoga for Life The beauty of yoga - it supports and sustains no matter how or when we come to the mat. Whatever age or stage, condition or circumstance: awareness, breath, knowledge of modifications and purpose illuminate the way for all. Bring props - blocks, blanket & strap – if you have them.	<i>Lynn Medow</i>
2	Sun Salutations & Variations A basic, a warm-up, a practice in itself. Done at a slower pace so everyone is welcome. Join us in exploring/experiencing some variations that you may know or that may be new to add to any practice.	<i>Stephanie Hembrough</i>
3	Thank Your Body Visualize yourself --- inside your body. See and feel what your body is doing. Stretch it a little or a lot. Ask what it needs right now. Feel the flow the breath creates. Thank your body!	<i>Vince Spadacini</i>

4	Inversions progressing toward Headstand Build up to your headstand in a proper sequence. The class instructions lay the foundation for a safe and elegant pose and an unshakeable structure in an upside down world.	<i>Doris Sheikh</i>
5	Flexibility, Fun & Friendship Two long-time friends who took their first yoga class together in 1977 offer a relaxing, lighthearted practice to ease your body and lift your spirits	<i>Dianna Kinaschuk & Audrey Pleasant</i>
6	Flow This will be a moderately active class as we move mindfully with the flow of the breath. People of all abilities are welcome; however, you will enjoy this class more if you are able to move easily from standing to the floor.	<i>Sharon Holcomb</i>

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

Session D: 3:15 PM - 4:45 PM

7	Not Your Grandma's Chair Yoga This class is designed for the yoga student who finds being on their knees uncomfortable. Gentle, seated stretches will lead into a vinyasa flow, including Sun Salutes, using the chair for support.	<i>Lynda Herman</i>
8	The Uncommon Core It's all about that core! Learn to move with grace and power, express each yoga pose coming from your core. Experience the union (yoga) of force and finesse when you move consciously from your core. Fun poses to experience the core connection.	<i>Mike Wysner & Dawn Priebe</i>
9	Restore and Release This restorative class is focused on being in passive meditative postures such as gentle twists and stretches for up to three minutes. We will use props, when appropriate, to support & encourage our bodies to relax, release and restore. Bring a blanket, block & strap if you have them.	<i>Pat Halloran</i>

10	Healing Sounds Tibetan Singing Bowls to assist in 7 Chakras Spinning correctly, Directional Sounds breathing for Centering your energies, and Six Healing Sounds guided meditation for Emotions and Organs to balance the Lungs, Kidneys, Liver, Heart and Stomach, Spleen and Pancreas.	<i>Dan Roney</i>
11	Moon Salute Triad After exploring the large variety of Moon Salutes, Mike, Patti and Jan have each found a favorite. Join us as we each present our preferred moon salute. Who knew that the moon salute could be so different?!	<i>Patti Nevin, Jan Chekirda, Mike Wysner</i>
12	Yoga at the Wall This therapeutic yoga class will focus on alignment with the wall as a prop. The class is excellent for beginning students by offering support on body alignment & balancing and is an aid for continuing students who want to open their bodies into advanced yoga poses. The class will also include breath work & meditation.	<i>Jennie Kurth</i>

Savasana (progressive, deep relaxation) will be taught by your Session D teacher during the last 15 minutes of Session D. You do not have to change rooms.

Fill out and mail this form with a check or money order payable to: **Y.A.G.D.** Mail to: **Yogaday, 33149 Myrna Court, Livonia, MI 48154-2915.** If you want enrollment confirmation, enclose a stamped, self-addressed envelope. **Mail the form (and check) by: April 28, 2017.**

Name: _____ Phone: (_____) _____

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

E-Mail: _____

Sessions:	Circle the 1st Choice	Circle the 2nd Choice
Session A	1 2 3	1 2 3
Session B	4 5 6	4 5 6
Session C	7 8 9	7 8 9
Session D	10 11 12	10 11 12

Payment Enclosed: ___ \$60.00 for Sessions: A, B, C, D ___ \$30.00 for Sessions: A, B ___ \$30.00 for Sessions: C, D
