

YAGD PRESENTS THE 10TH ANNUAL  
**‘FALL YOGADAY’**

SUNDAY, OCTOBER 21, 2018

THE COMMUNITY HOUSE, 380 S. BATES. BIRMINGHAM, MI

FOR YOGA STUDENTS OF ALL LEVELS AND ABILITIES.

**Session One: 9.30-10-45: ‘Ground Control’ ~ Karen Lutz**

Find stability as we explore the energies found in moving dynamically and juxtapose this with the stillness in holding the same postures. This gentle class is accessible to all. (*Please bring any props you enjoy using.*) A popular past Fall Yogaday teacher, Karen has been teaching in the Birmingham/Bloomfield area for the past 10 years. She is a 500-hour Registered Yoga Teacher.

**Session Two: 11-12.15: ‘Move Freely - Body, Mind, & Spirit’ ~ Lynn Medow**

In a healthy, happy, well-functioning body the fascial system is strong, fluid and flexible. Chronic fascial tension & restriction molds our posture unfavorably. In this class we will meet our points of resistance, releasing and expanding, resulting in freedom of movement in body, mind & spirit. YAGD member Lynn Medow, a 500-hour RYT, is the founder of the Yoga by Design Foundation.

**{Lunch break: 12.15-1.25: *Bring your own or visit a nearby restaurant or coffee shop*}**

**Session Three: 1.30-2.45: ‘Putting the Mind to Rest’ ~ Richard Smith**

Without proper rest both the mind and the body suffer. But how do you rest the mind? Using classic meditation practices Richard Smith will show how to find the rest and the peace a healthy mind needs. YAGD member Richard Smith has practiced meditation for more than 30 years — not least at long-term retreats in Asia, Europe and North America. He has been teaching meditation for the last decade.

**Session Four: 3-4.45: 'The Goldilocks Principle in Yoga' ~ Katherine Schaefer**

Not too much, not too little, just right! Balancing effort (Rajas) and yielding (Tamas) in our yoga practice is how we find harmony (Sattva) in body and mind. Learning how to sense when we are applying too much effort or collapsing takes practice. In this class we explore finding the 'just right' place. A Yoga and Massage Therapist, Katherine has been a YAGD member since 1996.

~ *Savasana* ~

Fall Yogaday favorite and YAGD member Katherine Schaefer will bring 2018 Fall Yogaday to a close with a period of Savasana as a seamless continuation of her class.

**Cost: \$65 for complete day; \$37 for morning or afternoon session.**

**Check-in: 8.45-9.15 am. Bring your yoga mat and a blanket.**

**Space is Limited. Early registration is advised.**

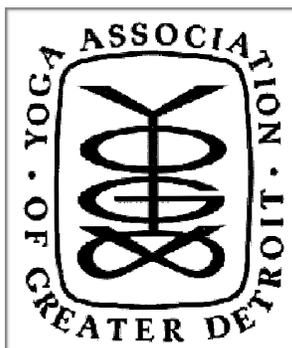
**HOW TO REGISTER:**

On-line: [www.communityhouse.com](http://www.communityhouse.com)    By phone: 248-644-5832 (M-F, 8.30 am-8.30 pm)

In person: The Community House, 380 South Bates, Birmingham MI 48009 (M-F, 8.30am-8.30pm)

**Visa, Mastercard, American Express accepted. (Checks to 'Birmingham Community House')**

Parking is {free} on Sundays at meters and in the nearby Chester Street parking structure



*The Yoga Association of Greater Detroit (YAGD) is one of the oldest and largest associations of yoga teachers in North America. YAGD has presented 'Yogaday' in the Spring for more than 30 years. 'Fall Yogaday' is YAGD's newest addition to the practice and teaching of yoga in South-East Michigan.*