

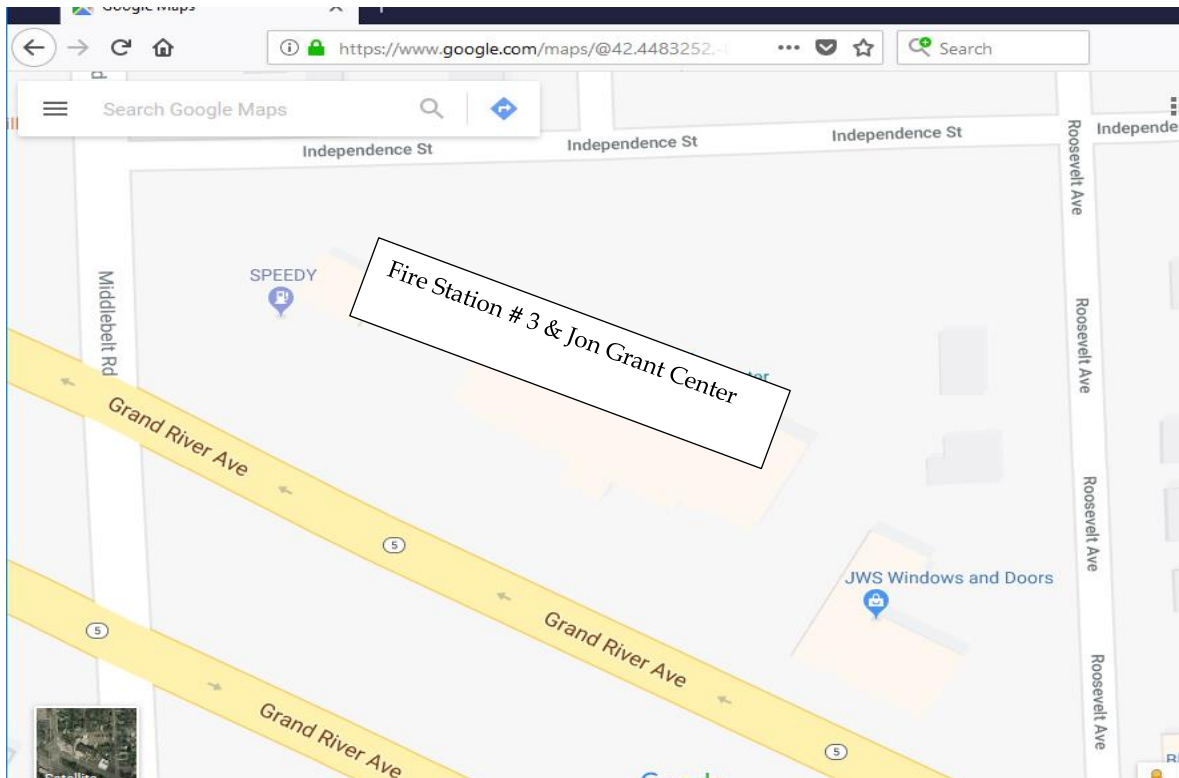


THE YOGA ASSOCIATION OF GREATER DETROIT
PRESENTS ITS 35th
SPRING YOGADAY
SATURDAY APRIL 28, 2018
8:30 AM – 4:45 PM



New Location: Jon Grant Community Center, 29260 Grand River, Farmington Hills, MI

The center is near the northeast corner of Grand River and Middlebelt and is attached to Farmington Hills Fire Station #3. When you see the fire station, you are there. Parking is in the back of the fire station. Reach the parking lot from either Roosevelt (east of the fire station off of Grand River) or from Independence (north of the fire station off of Middlebelt).



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

Cancellation Policy: Refunds (minus a \$5 service fee) must be requested on or before April 20, 2018. No refunds after that date but you may send a substitute to follow your schedule.

Magazine Sharing Table: At the yoga magazine sharing table, you can pick up free yoga magazines and related materials.

Registration Information

There are four YOGADAY sessions: **A, B, C, and D.** Each session has two 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 Our Bones** or **2 – Shakti Yoga**.

You can register for the **whole day** (4 classes) or for a **half day** (2 classes).

For each session, please specify your first-choice class on the registration form.

Registration Reminder: Please register by April 20, 2018. Register early to ensure your first class choices. 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 check out a local restaurant. 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, April 28th, 2018
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	<u>Yoga for Our Bones</u> <i>Eleanor Howard</i> Easy-to-follow adjustments that preserve bone density by targeting weight-bearing bones in the upper and lower body. These postures are designed to promote strength and balance.
2	<u>Shakti Yoga</u> <i>Mark Boynton</i> Uplift the body, mind, and spirit during this yoga practice by using Chakra Mantra Chants prior to the poses. Shakti Yoga includes pranayama (breath control) in between the dynamic poses.

3	<u>Yoga with a Fascial Focus</u> <i>Lynn Medow</i> Fascia is the fabric of our form, the universal tissue of relationship. Yoga is a journey of unifying and connecting; a process giving rise to the rhythmical sums of our parts. This accessible yoga practice with a fascial focus honors individual form while freeing energy channels, promoting elasticity and hydration.
4	<u>Correct Alignment in Yoga Poses</u> <i>Doris Sheikh</i> Rediscover your true skeletal alignment, experience greater range of motion, ease of movement and agility. Conserve energy, reduce point pressure and minimize pain and fatigue.

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

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

5	<u>Laughter Yoga</u> <i>Laura Lerman</i> Started by a medical doctor in 1995, Hasyayoga promotes laughter without comedy, jokes or props. It builds resilience to stress by strengthening inner resolve and joyfulness. Get out of your head and into your body with childlike playfulness and yogic breathing. No experience needed, just a willingness to mindfully breathe and play. Mildly aerobic.
6	<u>Gentle Yoga Salutes & Flows</u> <i>Patti Nevin</i> Since we meet right after lunch, we'll have fun with some warm-ups, flows, and balances before we experience a variety of "Salutations". Experience with the classic Sun Salutation is highly recommended.

7	<u>Happy Feet Create a Strong Foundation</u> <i>Katherine Schaefer</i> If you spend most of the day in shoes & walking on flat hard surfaces, this class is for you. Wake up your feet to their innate ability to carry you with grace. Enjoy better balance, steadier yoga poses & a healthy relationship to the earth. Learn self-massage techniques & how to strengthen the intrinsic muscles of the feet to relieve tired sore feet. Your feet will thank you for the TLC!
8	<u>Dueling Pachelbels</u> <i>Jan Chekirda & Lynda Herman</i> Join us as we explore two different flowing routines using the music of <i>Pachelbel's Canon</i> . You will see why this is a student favorite! Taught by former YAGD presidents Lynda Herman and Jan Chekirda.

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 20, 2018.**

Name: _____ Phone: (_____) _____

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

E-Mail: _____

Sessions:	Circle your 1st Choice
Session A	1 2
Session B	3 4
Session C	5 6
Session D	7 8

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