

The Yoga Association of Greater Detroit
Presents



SPRING YOGA DAY



April 27th, Saturday



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

The Mercy Center entrance is on the East side
of the buildings under the blue canopy



www.yagd.org/yagd-events/

Twelve unique classes.

Register: Full day (4 classes) or Morning/Afternoon (2 classes)

Enroll online or mail

(For each time period, please specify your class choice)

Deadline for both Online & Mail-In registration: April 22nd

**Cancellation: Refunds (minus a \$5 fee) must be requested by
April 22nd. You may send a substitute to follow your schedule.**



Juli 734-516-2241

On the DAY

Bring a yoga mat or blanket and any other props you use.

Free yoga magazines available.

To-Buy: Yoga-related merchandise available. Cash/Credit card payments accepted.

Lunch break is 75 minutes. Bring your own lunch or check out a local restaurant.
Hot water and tea will be available all morning until after lunch break.

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

SPRING YOGADAY
Saturday, April 27, 2019
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	<p><u>A Perfect Blend to Yoga</u> <i>Jan Chaney</i> This class is a perfect blend of postures for all levels of yogis particularly for individuals suffering from knee, shoulder and/or wrist injury and pain. We will begin on our backs then transition to chair and standing poses. Must be able to move from floor to standing with or without the help of the chair.</p>
2	<p><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 joint pressure and minimize pain and fatigue.</p>
3	<p><u>Balance Energy with Kundalini & Chakra Meditation</u> <i>MJ LaDuke</i> Enjoy a seated series of asanas that will take you through a journey of each major energy center to let go of unwanted energy & awaken dormant energy. Followed by a review of healing crystals and a guided supine chakra meditation. Bring a pillow and/or blanket for comfort.</p>

4	<p><u>Laughter Yoga</u> <i>Laura Lerman, Certified Laughter Yoga teacher</i> Hasyasana (Laughter Yoga) promotes laughter without comedy or jokes. 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. You just need a willingness to mindfully breathe and play. Mildly aerobic.</p>
5	<p><u>Chair Yoga</u> <i>Christine Walbridge</i> Stretch and strengthen and meditate using a chair as a tool. Class will include warrior poses, twists and some yin yoga.</p>
6	<p><u>Lymphatic System Yoga Detox</u> <i>Debbi Kause, E-RYT 200, RYT 500</i> Discover how to boost the immune system and reduce inflammation by enhancing lymphatic circulation through a sequence of yoga poses, deep diaphragmatic breathing, rebounding, mudra, acupressure points and self-massage to detoxify the body, calm the nervous system and promote healing. PROPS: Firm blanket, 2 blocks, strap.</p>

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

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

7	<p><u>Just Yoga</u> <i>Lynda Herman</i> No goats, no gimmicks, no gear (except your mat). A fusion of gentle vinyasa, yin and restorative yoga. Bring a mat and blanket (and any other props you use).</p>
8	<p><u>Playful Yoga</u> <i>Mike Wysner & Dawn Priebe</i> Be playful and open to a new yoga experience. Drop the idea of doing it right. Transcend your routine poses. Listen to your body as it whispers where it wants to go, follow the flow. Explore, try something different. You may be delightfully surprised. Join Mike and Dawn as they introduce some playful poses.</p>
9	<p><u>Mantra Snan with Yogic Breathing & Beyond Mindfulness Meditation</u> <i>Mihir Sahoo</i> Gentle stretching asanas followed by Yogic breathing to embark on a journey of exploring your SELF with the sounds from ancient Yogic wisdom. Repose in your SELF with a guided meditation to relax and rejuvenate.</p>

10	<p><u>My Inner Child</u> <i>Karen Lutz, E-RYT, CT</i> Come to your yoga mat to find your inner child and move playfully while interacting with those around you. Learn useful tools to bring to your own practice and to share with children.</p>
11	<p><u>Bhavana & Prana</u> <i>Denise Kimpe</i> Develop your practice of self-care. Experience your connection to meditation and asana with attitude and breath! Lengthen, strengthen and stretch. Wherever you are in your practice, recognizing your prana and movement is a start!</p>
12	<p><u>Body as Instrument</u> <i>Chris Briney</i> <i>Certified Intermediate Level III Iyengar Yoga instructor</i> Iyengar Yoga is known for its attention to detail and alignment. This class will focus on basic yoga postures with that attention to detail in order to draw out each practitioner's highest self-expression.</p>

Notes:

- **Savasana (progressive, deep relaxation)** will be taught by your Session D teacher during the last 15 minutes of Session D.
- **Class numbers are only needed for mail-in registration.**

Register online or mail in this form with a check or money order payable to: **Y.A.G.D.** Mail to: **Yogaday, 33149 Myrna Court, Livonia, MI 48154-2915. Form with payment must be received by April 22, 2019.**

Name: _____ Phone: (_____) _____

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

E-Mail: _____

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

Payment Enclosed:

- ___ \$50.00 for Sessions: A, B, C, D
 ___ \$25.00 for Sessions: A, B
 ___ \$25.00 for Sessions: C, D