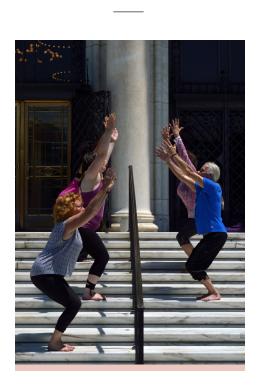


Formed in 1975, we are a multi-discipline resource organization for the Detroitarea yoga instructors, bringing them together to share their knowledge and expertise.









YOGA ASSOCIATION OF GREATER DETROIT

WWW.YAGD.ORG

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## ARE YOU A YOGA TEACHER, TEACHER IN TRAINING, OR SERIOUS STUDENT?

Members of YAGD attend monthly meetings which incorporate programs and seminars on various aspects of yoga and related subjects. Their content is planned so that members continuously help each other to improve their skills in teaching and practicing yoga. Occassional guest and practicing yoga. Occassional guest

Programs and services for students of all levels include Spring and Fall Yoga Days, with many classes to choose from, taught by YACD members. The association holds workshops with nationally known guest yoga teachers. Past workshops have been led by television teacher Lilias Folas, IYAT founder Larry Payne, "Stretch and Relax" author Maxine Tobias, Yoga Journal founding editor Judith Lasater, Jason Crandell, and many others!





## **BENEFITS OF MEMBERSHIP**

- Discounts on events & merchandise
- Monthly meetings/programs
- . . , ,
- Mentoring programs
- Teaching Opportunities
- Mewsletter of local activities in the yoga community
- Free monthly Anatomy Study Group