



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



YOGA ASSOCIATION OF GREATER DETROIT
WWW.YAGD.ORG

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BENEFITS OF MEMBERSHIP

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

ARE YOU A YOGA TEACHER, 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. Occasional guest speakers add to that process.

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

JOIN US!

For membership inquiries, contact Membership Karen Lutz - cpkaren@me.com or 284-229-6422.

For general organization inquiries, contact Charlene Vukovich President - fitnessfan1@mac.com or 248-535-3101

