



YAGD PRESENTS THE 11TH ANNUAL
FALL YOGADAY
SUNDAY, OCTOBER 20TH, 2019

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

Session One: 9:30-10:45 *Finding Stability and Balance ~Karen Lutz*

A gentle class to begin your day (please bring your favorite props). Karen will guide you through breathing, lengthening and stretching through a series of asanas. Karen has been teaching in the Birmingham/Bloomfield area for the past 10 years and has her 500 hour Registered Yoga Teacher certification.

Session Two: 11-12:15 *Balance Energy with Kundalini & Chakra Meditation ~MJ LaDuke*

Enjoy a seated series of asanas that will take you on 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 or blanket for comfort. MJ's western-based training through YogaFit has been coupled with an interest in the energy body. She has delivered presentations and written articles on the chakras which have been published in magazines and on SelfGrowth.com.

Lunch break: 12:15-1:25 *Bring your own lunch or walk to a nearby restaurant or coffee shop*

Session Three: 1:30-2:45 *Laughter Yoga ~Laura Lerman*

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. Laura is a certified Laughter Yoga instructor

Session Four: 3-4:45 *More Sukkha (ease) Less Dukkha (suffering)* ~Katherine Schaefer

This class will be an exploration of basic yoga poses using functional movement and foundational support to find ease of movement and alleviate discomfort. Please bring a block and belt if you have them. Katherine is a 500-hour Registered Yoga Teacher, Yoga Therapist and Licensed Massage Therapist.

~ *Savasana* ~

Fall Yogaday favorite and YAGD member Katherine Schaefer will bring 2019 Fall Yogaday to a close with a period of Savasana as a seamless continuation of her class.

Cost: \$65 for full day; \$37 for morning or afternoon session

Check-in: 8:45-9:15 am

Bring your yoga mat and any props you need.

REGISTER:

www.communityhouse.com

248-644-5832

In person or by mail: The Community House, 380 South Bates, Birmingham, MI 48009
(Checks payable to 'The Community House')

Community House office hours: Monday-Thursday, 8:30am-6:00pm; Friday, 8:30-5:00

Early registration is advised as space is limited.

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 associations of yoga teachers in North America. YAGD has presented 'Yogaday' in the spring for more than 30 years. 'Fall Yogaday' (now in its 11th year) is YAGD's newer addition to the practice and teaching of yoga in Southeast Michigan.