

The Yoga Association of Greater Detroit  
Presents



# SPRING YOGA DAY



April 25th, Saturday



Mercy Center, 28650 W II 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/](http://www.yagd.org/yagd-events/)

Eight unique classes

Register: Full day (4 classes) or Half day (2 classes)

Enroll online or by mail

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

Deadline for both Online & Mail-In registration: April 20th

Cancellation: Refunds (minus a \$5 fee) must be requested by  
April 20th. You may send a substitute to follow your schedule.



Sherry 248-588-3271

## 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.

Massages by Sue Albert available for \$55 per hour. Contact Sue at [suealbert@att.net](mailto:suealbert@att.net)

Lunch Break is 75minutes. 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 25, 2020**  
**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**

<b>1</b>	<b><u>Wake Up to Yoga</u></b> <b>Sharon Holcomb, E-RYT 200</b> Ease into the day with yoga poses you can do while still in bed. Sit up and add a few more as well as a brief meditation practice. Next, move to the shower for some standing poses and to your mat for gentle movement. Your day will be off to a comfortable and healthy start. Choose from the poses we'll be practicing to customize your mornings, making your start to the day more serene and comfortable. You may want a pillow and blanket for this lovely, lazy class.
<b>2</b>	<b><u>Fusion Hatha/Integrative Yoga (Chair Yoga with Mat)</u></b> <b>Claudette Bond, E-RYT/RCYT</b> This delightful class will leave you refreshed & energized. The entire session emphasizes the diaphragmatic breath allowing increased energy and removal of toxins. We will address how various asanas benefit particular parts of the body. A brief relaxation will be offered.

<b>3</b>	<b><u>Yoga for Arthritis</u></b> <b>Peg Darnell, E-RYT 200, YACEP Certified Reflexologist, Reiki Master II</b> Help ease the effects of generalized arthritis and avoid future limitations by releasing the joints, increasing range of motion, strengthening surrounding structures, and understanding how arthritis can make honoring your edge a bit more "edgy".
<b>4</b>	<b><u>Chair Yoga</u></b> <b>Stephanie Nagy, RYT 200</b> Curious to learn about doing yoga in a chair? As a traditional prop used in yoga, this style of practice is popular with people unable to get up off the floor with ease. Whether students are recovering from an injury, wheelchair bound or balance impaired, chair yoga provides the same benefits as a traditional practice.

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

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

<b>5</b>	<b><u>Vinyasa Flow Class</u></b> <b>Kristi Warrington, RYT 200</b> Say goodbye to the cold, dark winter months and welcome the Spring! This energizing class with help build strength, balance and flexibility. We will give gratitude for the warmth of the sun with some salutations and seamlessly transition from one asana to another guided by our breath. This synchronizing of our breath and postures will create a moving meditation.
<b>6</b>	<b><u>Finding the Missing Peace</u></b> <b>Richard Smith</b> Relieving stress and finding a way to make the mind (and life) more peaceful need not be a puzzle. Practical, millennia-old meditation techniques that can be used anywhere, at any time, provide the answer. Richard Smith, a student of the seminal Buddhist monk, Ajahn Sumedho, for the last 30 years, has been teaching these techniques for ten years.

<b>7</b>	<b><u>Iyengar Yoga: The Body as Instrument</u></b> <b>Chris Briney</b> <b>Certified Intermediate-Level III Iyengar Yoga Teacher</b> Turn your yoga positions into com-positions! An inquiry into fundamental principles of yoga poses yields a powerful glimpse into their creative potential. In this class we will explore elements that basic, accessible yoga postures have in common with great works of art, science and philosophy! With proper practice, tenacity, and love, true wonders of nature can be comPOSEd by one and all!
<b>8</b>	<b><u>Reflect &amp; Recharge - The art of letting go with yoga</u></b> <b>Kyla Remus, E-RYT 200, RYT 500 &amp; Level I Relax &amp; Renew</b> This slow-paced class will combine meditation and movement to calm your mind and open the body. Enjoy the meditative quality as well as the reflective nature of letting go in the pose and just being in the moment without judgement. Reflect and recharge in an atmosphere of stillness.

**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, 314 Redwood Drive, Troy, MI 48063. Form with payment must be received by April 20, 2020.**

Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

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

**Payment Enclosed:**

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