



Yoga Centers' 20th Anniversary Party!

Saturday, January 28, 2012

Free Workshops All Day!

Enjoy Snacks and Tea with Friends in the Yoga Lounge !

Evening Potluck Dinner and Celebration!

Fabulous Door Prizes!

Fabulous Door Prizes Awarded at Workshops and Final Celebration:

- \$100 Gift Certificate from Foryu
- \$50 Gift Certificate from Dunn Lumber
- Oil change from Evans Plaza Firestone (\$30 value)
- Weekend rental from Enterprise Car Rental in Evans Plaza (\$100 value)
- Acupuncture from Amy Chen (\$200 value)
- Rejuvenizer from Light Unlimited (\$170 value)
- Chiropractic from Clint Tuttle (\$150 value)
- Yoga tights from Saffron & Rose (\$95 value)
- Candles from Ascents Candles (\$30 value)
- 30% off a Sun Sauna infrared sauna (\$1,800 value)
- One hour Private at Yoga Centers (\$90 value)

Schedule (see back for workshop descriptions)

9:00-10:30 am

Workshops: The Joy of Yoga / Use a Life Board to Create the Life You Want

11:00-12:30 pm

Workshops: Fun with Wall Ropes / Work, Rest, Snack

1:00-2:30 pm

Workshops: Free Yourself! Opening the Upper Back, Neck and Shoulders / Chair Yoga

3:00-4:30 pm

Workshops: Cirque de Poleil – Play Yoga for Grown-Ups / Restoratives and Meditation

5:00-6:15 pm (approx)

Vegetarian Potluck Dinner

6:15-7:00 pm (approx)

Cake, Presentations, and Grand Door Prizes

9:00-10:30 am

The Joy of Yoga

Studio 1, with Gordon

Joy begins as a choice deep within and radiates into everything in our living. In the practice of Purna Yoga we learn that few things empower us more than accepting personal responsibility (choosing), so we can choose JOY for our life! We'll explore some fun and simple methods for looking at personal responsibility through Yoga. After building some warmth in the physical body, we'll lengthen the spine to ease the nervous system, open the chest cavity (from diaphragm to collar bones) and use a gentle breathing technique in Shavasana to infuse the cells with glee.

Use a Life Board to Create the Life You Want

Studio 2 with Kathy

Have you made New Years resolutions that faded away by the end of February? Have you been confused and vague about what you want in your life so you've chosen to allow your life to create itself without your inner guidance? Learn how to become your own guide in creating what you want for your life. Learn how to use a life board to help you develop the inner focus and determination needed to create a beautiful life. Enjoy creating a board that will help you remember how to use each day's thoughts and feelings to become all you were meant to be. Supplies will be provided!

11:00-12:30 pm

Fun with Wall Ropes

Studio 1 with John

This is a wonderful workshop for those who would like to explore the asanas using wall ropes. The wall rope system assists one's alignment and allows one to go deeper into the poses and create a greater depth of feeling. The wall ropes are used to help create the alignment that the teacher knows is necessary for integrity and safety. As an added bonus the student is able to stay longer in the pose as the pose is supported and aligned. The student being more relaxed is thus able to work more with the breath and integrate feeling and awareness into the pose. The wall rope system allows the sense of feeling to be maximized and the sense of force to be minimized. This workshop will include fun and easy poses. Because we will do a lot of inversions, those with High Blood Pressure, or women who are on their cycle should avoid this class.

Work, Rest, Snack

Studio 2 with Zofia

Yoga's answer to Eat, Pray, Love! We will do over 25 standing poses in ONE hour. Be ready to work! Then we shall rest, snoring allowed. Be ready to drop! And then there will be a delicious snack waiting for you in the lobby. And we all lived happily ever after. See you all there!

1:00-2:30 pm

Free Yourself! Opening the Upper Back, Neck and Shoulders

Studio 1 with Zofia

In our society the upper back, neck and shoulders become bound up with tension. Come open the shoulders, chest, and back to breathe more easily and bring freedom to the neck and spine. I look forward to seeing you there.

Chair Yoga

Studio 2 with Sandra

Chair yoga is for very elegant people who prefer to sit in chairs to do yoga. It is also a wonderful way to bring healing, strength and energy into your body if you have difficulty getting up and down off of the floor. Sometimes limited range of motion, injuries, illness or just aging joints actually prevent us from doing the very activities that can help us recover our strength and agility and help us get well. We will use meditations to help your mind feel more centered and calm and various stretches and strengthening exercises to help your body become stronger and more flexible - all without having to get up and down off of the floor!

3:00-4:30 pm

Cirque de Poleil – Play Yoga for Grown-Ups

Studio 1 with Deb and Marchella

Join the Mistresses of Merriment, Madame DebAura & Miz Marchella for ninety minutes of asana amusement, partner play, snickers and smiles, all orchestrated to bring out your Inner Child and Inner Smile!

Restoratives and Meditation

Studio 2 with Sandra

This workshop is very close to my heart. Imagine setting aside a whole hour and a half to connect with your deep inner self, to expand your inner light, hold your body in the feeling of love while your body is supported in the healing, restful, yet opening, restorative poses. From the perspective of our tired bodies and overwhelmed minds, it doesn't get much better than this! The Mother of Pondicherry often talked about the importance of helping the body and mind become quiet. In the "quiet" state the deeper restoration and healing can take place. Prepare to feel more alive!

Workshops will be first-come, first-served, so come early to claim your spot! All workshops are open to all levels, including new students. Studio 1 workshops are limited to first 25 students and Studio 2 to first 16 students.