

Yoga Day 2013

Saturday, January 12, 9am – 2pm

Willamalane Adult Activity Center, 215 W. C St., Springfield



**Variety of classes and teachers.
Stay for the day or a class. Stretch,
strengthen, relax, learn something new.**

**Raffle, Re-gift Baskets, Healthy Cookies
and Yogi Teas.**

No experience necessary!
Suggested donation: \$10 all day.

9-9:45am - Intermediate level Hatha Yoga with Justine Halliwill, Yoga Therapist

Experience pranayama (yoga breathing techniques) while increasing strength, balance and flexibility. Discover a sense of union which is the true meaning of yoga.

10-10:45am - Restorative Yoga for beginners with Christen Bradshaw RN, RYT

Restorative yoga is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props. While some restorative yoga poses are beneficial to the entire body, others target specific parts of the body, such as the heart or the lungs.

11-11:45am - Yoga with Kate Hirst, RYT

This class is a brief introduction to how the 5 Ayurvedic elements, earth, water, fire, air, and space manifest in the body, mind, and in nature, and how to use our Asana and Pranayama practice to begin to bring it all into balance.

- Yoga mats provided or bring your own
- Wear clothes you can easily move in

12-1pm - Family Yoga with Erik Lovendahl, RYT, Certified thru YogaKids & YogaWorks

Bring the children and introduce them (and perhaps yourself) to yoga! Spend an hour of bonding time learning about a practice that helps you feel good inside and out. Plant a seed that could last a lifetime.

1-2pm - TaiYoGong Fusion with Suman E-RYT/Yoga Therapist & Tai Chi Master Instructor

Enjoy short demos of Tai Chi, Yoga, Qigong and learn movements bring better balance, flexibility and cultivate chi-energy.

Stand like mountain, move like river.

Benefit for Suman's brother in Mongolia, injured in a car accident. If you cannot attend Yoga Day event on Jan 12th, you can find more information or make a donation directly at: <http://caraccident.mydagsite.com/>

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