

Yogathon Schedule

7:00 - 8:00 AM

Short Form Ashtanga

Lynn Medow ERYT 500 & assisting, **Stephen George** RYT 200

Yoga by Design, Yoga by Design Foundation

www.yogabydesign.us lymedow@aol.com 248.939.1367

A modified version of the first level Ashtanga series, a specialized sequencing of postures and rhythmic breathing. Practiced in a warm room, Ashtanga yoga wakes the internal fire - a perfect way to start the day!

8:15 - 9:15 AM

Karma Yoga

Katherine Austin ERYT

Karma Yoga

www.karma-yoga.net 248.723.9168 katherine@karma-yoga.net

Our beginning level class to help reveal, heal and evolve your body, mind and soul! Release stress and raise your consciousness to the highest vibration to feel more joy, peace and abundance in all forms! Learn to take your yoga off the mat and into your life.

9:30 - 11:00 AM

Kundalini - Learn to live your Yoga as a Spiritual Practice

Yvette Cobb RN,FNP,IKYT

**YC Yoga for Life Center Birmingham/Detroit, www.yflcenter.com,
248.227.3147**

Through Kundalini, the body becomes a divination tool which is intrinsically receptive to hearing the Well of divine Consciousness. Through asana, chanting, dancing, meditation and Sacred Gong, we will celebrate the fulfillment of our divine connection to Truth, Spirit & Destiny.

11:15 AM - 12:15 PM

Gentle/Restorative

Debbie Thomas RYT 200 & assisting, **Nicole Hall-Gendjar**

Excellent for beginning students, or those looking for a very mellow class. Slow-paced, instructive with use of props and support encouraged Relax and renew to soothing music in a very calm atmosphere.

Yogathon Schedule

12:30 - 1:30 PM

Yoga of Journaling: Finding your Self on the Page, as on the Mat **Lynne Meredith Golodner, MFA,**

Your People LLC lynne@yourppl.com 248.376.0406

Just as yoga provides the quiet contemplation to find the Self and manage moments, the art of exploring the Self through writing brings us closer to understanding, to meaning and to discovery. In this one-hour exploration, we will learn how to use writing as a way to navigate life and to discover our voices. Please bring a notebook and pen.

1:45 - 2:45 PM

Tibetan Heart Yoga

Brian Grenader ERYT 200

Red Lotus Yoga www.redlotusyoga.com 248.601.9642

This is an ancient yoga practice, first created by Naropa in the early 1300's. Combined with a meditation practice taught by the Buddha 500 b.c. These combined practices were first taught by Je Tsongkappa to the first Dalai Lama and have been taught in an unbroken lineage ever since. This will be an intermediate level class.

3:00 - 4:00 Great and Thundering Vibrations

Christopher Davis, CNHP,MT,SP & Carol Damoth, MA,CNHP,CHPT

Holistic Wellness 248.721.7094 holisticwell@gmail.com

Great and Thundering Vibrations is a fun, participatory experience and class for using drums as tools for reducing inflammation, altering consciousness & improving mood. Drums will be provided but feel free to bring your own.

4:15 - 5:15 PM

Yoga Nidra

Barbara Prinzi, RYT 200

Om Shanty Yoga omshantyyoga@gmail.com

Enter the calm stillness of conscious relaxation. In a restful Savasana, you will be guided through a healing Yoga Nidra practice, often translated as “yogic sleep” or sleep with awareness. Through self-exploration into the awareness of subtle sensation, Yoga Nidra can help us to remember the truth of who we are and our connection to all that is. Class will conclude with a short loving kindness meditation.

Yogathon Schedule

5:30 - 6:30 PM -

Yoga of Sound

Valerie Weir IKYTA

www.yogatroy.com

Beginning with a brief yoga kriya, set of poses, we will prepare for a gong meditation of unified sound to heal ourselves and those around us. *"The gong is the only sound that supersedes the mind". Yogi Bhajan*

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YOGA BY DESIGN
FOUNDATION

BECAUSE EVERY BODY NEEDS
DESERVES YOGA