



Michigan Yoga Association

Presents

Karina Ayn Mirsky

November 14-15, 2009

at

Transformations

3427 Gull Road, Kalamazoo, MI

Karina Ayn Mirsky, MA, ERYT is the director of Sangha Yoga here in Kalamazoo. She has been teaching yoga since 1998 and training yoga teachers since 2003. Karina is a master teacher of Rod Stryker's Para Yoga® and a faculty member of the Himalayan Institute in Honesdale, PA. She also holds a degree in East/West Psychology. Karina teaches yoga as a therapeutic science, spiritual system, and catalyst for personal and global transformation. Her teaching draws on over 1000 hours of yoga training and her experiences as a performance artist, massage therapist, and cancer survivor. Karina lectures regularly at local colleges and universities, has a public access television program, and has been featured chanting on two CDs. She was honored in the March 2008 issue of *Yoga Journal* as one of 21 teachers under the age of 40 who is shaping the future of yoga in America. For more on Karina visit: www.sanghayoga.com

Workshop Descriptions

Solar Tantra - Energize and heat the body, detoxify emotions and awaken the mind through igniting the fire of the soul: *sun salutations, enlivening back bends, mantra, bandha, pranayama and meditation.*

Lunar Tantra - A unique class honoring the feminine aspects of nature and the sacred stillness within: *moon salutes, hip openers, forward bends, inversions, long holds, imagery, breath-work, meditation and chanting.*

Prana Agni (ignite the sacred fire) - Tantric teachings explain that there are 2 kinds of agni (fire): the fire of physical digestion and the sacred fire of spirit. The stronger these agnis are, the more vibrant the health and passionate the life of the yogi. We'll stoke both during this practice originating from the teachings of the *Hatha Yoga Pradipika* and the *Netra Tantra*. Practice will include asana, mantra, visualization, manipulation of the pranic currents and sitting. Some prior yoga experience and an empty belly are recommended.

Yoga Nidra & Tantric Meditation- Yoga Nidra deprograms layers of tension in our systems. It can profoundly heal the body and transform the subconscious mind. While lying in the corpse pose the body often sleeps, the mind is at rest, yet consciousness remains active. After a short talk, we will prepare to take the guided journey into "yogic sleep." The weekend will close with a talk on tantra, the goal of tantric meditation and a guided sitting practice. The ancient technique shared is aimed to create positive change in the subtle energy: *pranayama, mantra, intention and imagery.*

*Please bring your yoga mat, strap, two blocks, a bolster, one or two blankets and a pillow. Lunch is on your own, water and hot tea are provided.

Pre-registration is required for the workshop and can be done by filling out the registration form on the back. Registration fees will not be refunded if cancellation is received after October 30, but can be applied toward MYA workshops within 1 year of cancellation. Registration scholarships based on need are available by contacting Susan Pollard at 269-345-3933. Transformations Center may have rooms available for those coming from out of town (rooms have a private bath, no TV and no phone). To make room reservations, contact Danna Ephland at 269-381-6290, or dephland@csjoseph.org.

Registration for Karina Ayn Mirsky Workshop November 14-15, 2009
 Members \$125; Non-Members \$150 (Priority to members if registered by October 16, 2009)
Mail to: Cathryn Bastien, PO Box 134, Fulton, MI 49052 Email: cbastien19@hotmail.com
 Phone: 269-778-3797 Please make checks payable to MYA.

Name : _____

Address : _____

City : _____ State : _____ ZIP : _____

Email: _____ Phone: _____

(For registration confirmation. Confirmation to be sent after October 30, 2009)

Future MYA Workshops:



PO Box 134
 Fulton, MI 49052

Karina Ayn Mirsky Workshop Schedule		
Saturday, November 14		Sunday, November 15
10:00 am-1:00 pm	Workshop	9:00 am – 12:00 pm
1:00 pm – 2:30 pm	Lunch	12:00 pm – 1:00 pm
2:30 pm – 5:00 pm	Workshop	1:00 pm – 3:00 pm
6:00 pm Saturday – Vegetarian Potluck		

Michigan Yoga Association Officers:

President: Susan Pollard 269-345-3933

Vice President: Paula Alexander 989-723-7200

Treasurer: Eunice Levy 269-372-6276

Members-at-Large: Diana Wilson 269-758-3355; Nancy Diment 269-344-0298

Secretary: Cynthia Griffith-Hoss 269-352-7323

Programs: Cathryn Bastien 269-778-3797

Membership: Yolanda Mitts 269-323-1017