

# power of asana series

new workshop series with  
sangha senior teachers



## SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga  
Meditation and Movement*



Select Sundays: 2-4pm  
(see back for details)

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\$15 pre-registration / \$20 at the door  
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### **POWER OF ASANA WORKSHOP SERIES**

There are said to be over 88,000 different yoga postures or yoga "asanas." Asanas are categorized into groups having similar physiological and, or energetic benefits. Certain combinations of yogic exercises also have a therapeutic purpose. This workshop series will focus on specific groups of yoga postures or therapeutic intentions for asana. Join senior teachers Kara Aubin and Mark Duval as they share these educational workshops at Sangha Yoga. See back for details.

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**PRE-REGISTRATION RECOMMENDED.** Cash or check only: payable to Sangha Yoga

Name(s) \_\_\_\_\_

Email \_\_\_\_\_ Contact # \_\_\_\_\_

Please write the number of people attending each workshop and the total amount enclosed below:

Neck & Shoulders 7/18 \_\_\_\_\_ Yin Yoga 10/10 \_\_\_\_\_ Lower Back: 10/24 \_\_\_\_\_

TOTAL ENCLOSED: \$15 x (# of participants x classes) \_\_\_\_\_



### SANGHA YOGA

**MALL PLAZA 157 S. KALAMAZOO MALL, SUITE 140 :: KALAMAZOO MI 49007 :: (269) 232-0983**

**WWW.SANGHAYOGA.COM**

## **POWER OF ASANA WORKSHOP SERIES:**

Select Sundays: 2-4pm

See below for July-October 2010 workshop dates

\$15 pre-registration / \$20 at the door

### **NECK & SHOULDER CARE w/ Kara Aubin:**

**Sunday, July 18th**

Our daily lives demand a lot from our upper bodies. Most people experience occasional tension in the neck and shoulders. Many people experience discomfort on a regular basis. Millions of dollars are spent every year in the USA on chiropractic care and massage therapy to assist in alleviating pain in the neck and shoulders. This workshop is aimed at offering simple yogic exercises to empower us to reduce our own pain and prevent future discomfort in the neck and shoulders.

### **YIN YOGA w/ Mark Duval:**

**Sunday, October 10th**

Yin Yoga is a very distinct style of hatha yoga that stretches the connective tissue rather than conditioning muscles like most other styles of hatha yoga. Yin Yoga is characterized by passive asanas held for several minutes each. These postures target releasing connective tissue, specifically the densest tissue along the back of the legs and torso, also tendons in the joints and along the spine. Over time, the practice of yin yoga can lengthen these tissues and increase range of motion, making it an ideal practice for students who have limited flexibility. Yin Yoga can greatly support the comfort in the body for prolonged seated meditation periods.

### **LOWER BACK CARE w/ Kara Aubin:**

**Sunday, October 24th**

Many of us have stiff or achy lower backs. Some low back discomfort is caused by tightness in the hips; other's is caused by weak core stabilizing muscles. Pinched nerves cause by ruptured or herniated disks can also cause low back pain. No matter why your back bugs you, come to this class for low back care.



#### **Kara Aubin, RYT 200**

Kara has been studying yoga since 1998, her primary style is ParaYoga. Kara is a leading teacher at Sangha Yoga and is Karina Mirsky's senior teaching assistant. Kara specializes in working with beginning yoga students, athletes, and busy professionals. Kara and her husband Dan are well known local jewelry artists.



#### **Mark Duval, CMT, E RYT 500**

Mark has studied, practiced, and taught yoga in Kalamazoo since 1989. His background includes Iyengar, Anusara, Ashtanga Vinyasa, Yin Yoga, Viniyoga, meditation, and various other health practices. Mark is also a talented local musician and massage therapist.



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