

melissa spamer

classes & workshops



MELISSA SPAMER

E-RYT 500, LMT, Certified Ayurved

Melissa has been practicing yoga for seventeen years and consistently teaching yoga for twelve years. She weaves together a rich tapestry of inspired teachings from such celebrated teachers as Angela Farmer, Victor Van Kooten, Rama Jyoti Vernon, Shiva Rea, Kali Ray and the students of Desikachar in the lineage of Sri Krishnamacharya. Melissa has directed her own 200 hour RYS. She is also a graduate of the renowned Ayurvedic Institute in New Mexico. She has been teaching on the principles of ayurveda for the past 4 years, and now offers both ayurvedic consultations and treatments to bring balance to the body, mind and spirit.



SANGHA YOGA

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

august 2010 class offerings

WOMEN'S HEALTH THROUGH YOGA & AYURVEDA

Thursdays: August 12, 19 & 26: 5:15-7:15pm

\$20 per class/All three classes for \$50

YIN FLOW & YOGA NIDRA

Fridays: August 13, 20 & 27: 5:15-6:45pm

\$15 per class/All three classes for \$40

SOLAR FLOW - PRANA VINYASA CLASS

Saturdays: August 14, 21 & 28: 8am - 9:45am

\$15 per class/All three classes for \$40

NOURISHING OURSELVES: *Integrating Modern & Ayurvedic Perspectives on Health & Nutrition*

Saturday: August 28: 1:30-5:30pm

\$35 pre-registration/ \$45 at the door

see back for more details

PRE-REGISTRATION REQUIRED. Pre-registrations must be received by Saturday, August 7th.

Deliver payment with this form to Sangha Yoga. Cash or check only. Check's payable to: "Sangha Yoga"

Name _____

Contact # _____ Email _____

Please CIRCLE dates to designate which events you would like to attend with Melissa Spamer:

Women's Health, Thursdays:	8/12	8/19	8/26	_____ (x)price
Yin Flow, Fridays:	8/13	8/20	8/27	_____ (x)price
Solar Flow, Saturdays:	8/14	8/21	8/28	_____ (x)price
Nourishing Ourselves, Saturday:			8/28	_____ (x)price

TOTAL ENCLOSED \$ _____

WOMEN'S HEALTH THROUGH YOGA & AYURVEDA

Thursdays: August 12, 19 & 26: 5:15-7:15pm

August 12 – Menstruation and PMS

August 19 – Hormonal Balance for All Ages

August 26 – Menopause and Beyond

\$20 per class/All three classes for \$50

These classes will teach on the ayurvedic principles of balance for the whole woman, integrating the practices of yoga. Each week we will focus on a different topic or theme in women's health. Herbs, foods and lifestyle practices will be given. Supportive yoga asana sequences will be taught to bring harmony to wherever the imbalance has taken root. Wonderful information will be included in each session for women at any stage of life.

YIN FLOW & YOGA NIDRA

Fridays: August 13, 20 & 27: 5:15-6:45pm

\$15 per class/All three classes for \$40

This class will flow easily through a gentle sequence of yin style asanas, and lead you seamlessly into an experience of yoga nidra (guided deep relaxation). This class is intended to help ground the nervous system and gently open the body, unwinding patterns of body; mind stress and tension, inviting a state of true rest. This class is a perfect way to end your week and open into the weekend.

SOLAR FLOW – PRANA VINYASA CLASS

Saturdays: August 14, 21 & 28: 8am - 9:45am

\$15 per class/All three classes for \$40

This class will celebrate our Agni, the radiant fire that governs digestive intelligence, mental clarity, and the courage to live our life fully! We will practice surya namaskars, warrior sequences and spinal twists of all varieties. This class will warm your body, detoxify your mind and free your spirit! Come soar on the flames of Agni.

NOURISHING OURSELVES: *Integrating Modern & Ayurvedic Perspectives on Health & Nutrition*

Saturday: August 28: 1:30-5:30pm

\$35 pre-registration/\$45 at the door

During this workshop we will specifically focus on foods and nutrition, both from the ancient view of ayurvedic principles as well as how that meets modern nutritional research and our bodily requirements for optimal health. We are arriving at a new time upon this planet as we know that the health of our ourselves is directly connected to and related with the health of the earth. We are realizing we are no longer victims of this body or the ailments that manifest. Come and gather knowledge on how you can nourish yourself more fully. We will address the following areas: energetics of food, energetics of water, essential nutrients; absorption and malabsorption, supplementation and over-supplementation, how what we eat leads to the manifestation of various pathologies, hyperconscious and unconscious eating patterns, examining digestive upset and how to find balance by learning about the different types of agni (digestive strength) and ama (toxins). Some understanding of ayurveda is helpful but not essential.



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WWW.SANGHAYOGA.COM