

yoga morning intensives

with karina ayn mirsky



KARINA AYN MIRSKY, MA, E-RYT

Karina Ayn Mirsky is the director of Sangha Yoga; she has been teaching yoga since 1998 and training yoga teachers since 2003. Karina was one of the first certified teachers of Rod Stryker's ParaYoga®. She is a teaching faculty member of the Himalayan Institute and an adjunct professor at Antioch University McGregor. She holds degrees in Business Management and East/West Psychology. Karina teaches yoga as a therapeutic science, spiritual system, and catalyst for personal transformation. Her teaching is informed by over a decade of teaching, and her experiences as a performance artist, massage therapist, and cancer survivor. Karina 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.



SANGHA YOGA

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

January 8th- January 15th

8:30-11:30am

\$25/each day (see special offer below)

8 DAYS OF MORNING PRACTICE

tier 1 topics: categories of asana

These eight days will focus on the philological and energetic benefits of different types of yoga postures. Most categories comprise of seated, standing, and lying poses. All classes include, an opening talk, hour asana practice, relaxation, prananyama and meditation. These workshops are open to all levels of yoga practitioners, though some prior yoga experience is recommended.

- Saturday 1/8 - Forward Bending
- Sunday 1/9 - Back Bending
- Monday 1/10 - Lateral Postures
- Tuesday 1/11 - Twisting
- Wednesday 1/12 - Inversions
- Thursday 1/13 - Partner Yoga/Restorative Yoga
- Friday 1/14- Extension/Mudra
- Saturday 1/15 - Integrated Beginner Sequence

SPECIAL OFFER

\$25/class or all 8 for \$125 (a \$75 savings)

PRE-REGISTRATION DEADLINE: Sunday, January 1st (after this date pay at door)

Space is limited pre-registration is recommended. Mail check with this form to Sangha Yoga.

Name(s) _____

Contact # _____ E-mail _____

Intensives: please circle class dates: ALL 1/8 1/9 1/10 1/11 1/12 1/13 1/14 1/15

Number of classes: _____ X \$25 or \$125 for all 8 days: TOTAL ENCLOSED \$ _____