



Long Island Yoga Association

April Workshop

Saturday, April 10, 2010

10:00 a.m. to 2:00 p.m.

The United Methodist Church

407 Main Street, Farmingdale, NY 11735

KUNDALINI YOGA: Awakening the Spirit With Donna Davidge - AMRITA

This workshop will present Kundalini Yoga sets to awaken the energy of the body as well as opening the breath and mind. People who have not done Kundalini Yoga before, especially if they have done other forms of yoga, need only come with an open mind! All levels welcome. Kundalini Yoga actively uses breath and mantra in addition to movement and asana.

Donna Amrita Davidge has been teaching Kundalini Yoga as taught by Yogi Bhanan since the mid-80's, has produced videos, DVDs, cassettes and booklets, to further educate people on the practice. In 1997 she opened Sewall House Yoga Retreat in Maine, which was chosen as one of the top ten yoga retreats world wide in 2009 and offers small (2- 8 at a time) personalized yoga retreats. Amrita teaches at the Open Center and Golden Bridge in NYC when not serving guests at her retreat in Maine. Amrita has also studied other forms of yoga extensively since 1999 and sees the study and practice of yoga as an ongoing experience of learning and personal growth, both for herself and the many students she has dedicated her teaching to over the years. She very much believes yoga is a path of self healing and self awareness that leads us to examine our lifestyle overall. She has a Masters in Nutrition, offers teacher trainings in Maine and is the yoga columnist for the New England publication *Inner Tapestry*. Archives of the articles, as well as information on the Retreat Center, can be found at www.sewallhouse.com. Amrita is 3HO certified and Yoga Alliance E500 T500.

Bring yoga mat and any props that you generally use in a yoga class.

Registration begins promptly at 9:45 a.m.

A light vegetarian buffet will be served at 1:15 p.m.

Please bring a non-perishable food item for donation to a local food pantry.

REFUND POLICY: If you pay a workshop fee in advance and then find you cannot attend, **credit will be applied to the next month's workshop or, if you have paid for that workshop, then credit will be applied to the next unpaid workshop. If the credit is not used at that time, it will be forfeited and placed into the Retreat Scholarship Fund.** However, you **MUST** send in your registration and mark it "**credit from last month.**" If we do not receive your registration, we cannot reserve a space for you. In addition, you **MUST** notify us a minimum of 48 hours prior to the event if you are not attending. Failure to give us 48 hour advance notice at (631) 261-1777 will result in forfeiture of workshop fee.

Long Island Yoga Association

PO Box 657, Northport, NY 11768

Phone: 631 261-1777 Email: longislandyogaassociation@yahoo.com

Website: longislandyogaassociation.org

Please make checks payable to: LIYA

Mail to: Workshop Registrar, LIYA, PO Box 657, Northport, NY 11768

I will attend the April 10 workshop (member) \$30 enclosed/\$35 at the door.

I will attend the April 10 workshop (non-member) \$45 enclosed/\$50 at the door.

I will attend the April 10 workshop. I have a credit from last month.

Pictures of this workshop may be used in the SATSANG or on the website. Please notify LIYA if you do **NOT** want your photo used. **If you are NOT notified, your registration has been accepted. We will see you at the workshop.**

Name _____ Phone _____

Address _____ Zip _____ Check# _____

Email _____