



# Long Island Yoga Association

February Workshop  
Saturday, February 11th, 2012  
1:00 p.m. to 4:00 p.m.

The United Methodist Church  
407 Main Street, Farmingdale, NY 11735

## Flowing into your Heart Workshop with Kate Kaming

The heart is the seat of the soul and the home of our intuitive voice. During this workshop we will flow into a series of poses designed to open your heart, cultivate joy and increase your energy and flexibility. The sequences will be tailored to celebrate each student's unique physical ability as well as their ability to deeply connect to their intuitive essence and capacity for self-love, compassion and acceptance.

**Kate Kaming** began her yoga practice over a decade ago and has been teaching at Yoga since 2004. Kate received both her 200 and 500 hour certifications from the Yoga Teacher Training Institute (YTTI) in Queens and Northport. She received additional certifications in Ashtanga Yoga from David Swenson, Vinyasa Flow from Shiva Rea, and multiple certifications in Pre- and Post-Natal Yoga. Kate is also a Level I Positional Therapy Body Worker and a Level II Reiki practitioner. She synthesizes all these experiences, together with her own personal explorations of yoga in all its forms, into her unique brand of instruction.

Kate is known for her down-to-earth style, funky playlists, and philosophy that marries the wisdom of the ancient yoga sages with the immortal words of Bridget Jones' Diary, "you're perfect just as you are." Kate is indebted to all the wonderful teachers who have crossed her path, especially Marianne Mitsinikos and Mokshapriya Shakti and the YTTI and LIYA communities.

**Bring yoga mat, blocks, belt and blankets.**

**Registration begins promptly at 12:45 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](mailto:longislandyogaassociation@yahoo.com)

Website: [longislandyogaassociation.org](http://longislandyogaassociation.org)

Please make checks payable to: LIYA

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

- I will attend the February 11th workshop (member) \$30 enclosed/\$35 at the door.  
 I will attend the February 11th workshop (non-member) \$50 enclosed/\$55 at the door.  
 I will attend the February 11th 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 \_\_\_\_\_