



Long Island Yoga Association

January Workshop

Saturday, January 14th, 2012

NEW TIME 1:00 p.m. to 4:00 p.m.

The United Methodist Church

407 Main Street, Farmingdale, NY 11735

Discovering Your Bliss with Ricki Grossman

We will practice Dharma Yoga Surya Namaskar Vinyasa and be introduced to DY Shiva Namaskar Level I to warm up the body, bring flexibility to all muscles and joints, and wake up the nervous system. A gentle yet powerful series of balancing, stretching, back bending, twisting and mild inverted postures will follow. This practice ends with Deep Relaxation, breathing exercises, and concentration/meditation to remove impurities and bring a sense of well-being to the body and radiant peace to the mind. We will conclude with a sampling of healthy living recipes and snacks.

Ricki Grossman is a certified 500 hour Dharma Mitra yoga teacher. Though educated as a registered nurse with a Masters in Education, she has studied many alternative healing modalities. She graduated New York College with a holistic nurse with Asian massage degree; she also received her certification from Ann Wigmore institute as a living food specialist. Ricki currently teaches in her home and conducts healthy lifestyle, nutrition and living food workshops.

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

Website: longislandyogaassociation.org

Please make checks payable to: LIYA

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

- I will attend the January 14th workshop (member) \$30 enclosed/\$35 at the door.
 I will attend the January 14th workshop (non-member) \$50 enclosed/\$55 at the door.
 I will attend the January 14th 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 _____