



Long Island Yoga Association

March Workshop

Saturday, March 10th, 2012

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

The United Methodist Church

407 Main Street, Farmingdale, NY 11735

Yoga for Osteoporosis with Janine Ambroze

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility, an increased susceptibility to fractures, especially of the hip, spine, and wrist, although any bone can be affected. Of the 10 million Americans estimated to have the disease, 8 million are women and 2 million are men. This workshop will offer an opportunity to gain a greater understanding and appreciation of healthy bones through a brief lecture on the disease accompanied by an all-level yoga practice with specific attention to bone building asanas followed by a question and answer period. Reinforcing more preventative measures through your yoga practice will aid you in finding salubrious solutions to serve the body, mind, and spirit.

Janine Ambroze is a certified 500 Hour RYT, and RPYT, with an R.N., B.S.N. and an Associate's Degree in Surgical Technology. She is the Director of Physiological Studies at the Yoga Teacher Training Institute for the Teach Kids Yoga Program. She is also a faculty member in the Yoga Teacher Training Institute's 200 Hour program and teaches anatomy and physiology. She has advanced training in prenatal yoga, and restorative yoga with a concentration in working with diabetics.

Bring yoga mat, blocks, belt, blanket, and water.

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 March 10th workshop (member) \$30 enclosed/\$35 at the door.
 I will attend the March 10th workshop (non-member) \$50 enclosed/\$55 at the door.
 I will attend the March 10th 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 _____