

In the spirit of Eischens Yoga, the Ferndale Yoga Community presents...

# EISCHENS YOGA WORKSHOP WITH KARI TOMASHIK

November 14 & 15 - Saturday & Sunday - Open to Everyone

## Saturday:

11 am - 2 pm Yoga Flow and Alignment

Flowing moves stagnant energy, enlivening and refreshing the body and spirit. The flow of our yoga practice will inspire us to feel the best we can feel while honoring exactly where we are. Our practice includes yoga postures, breath work, restorative poses, and chanting. \$45 (\$33- high school or college students)



Private Yoga Sessions

1/2 hour \$45

Call Kari for appointment.

2:30 pm - 5:00 pm Aligned Shins Create Upright Posture.

Proper strength, length, and alignment in the shin bones allows energy to transfer up towards the base of the spine to create upright posture. The two shin bones are vital in all the yoga poses because they span two very important joints, the ankle and the knee joint. If there is misalignment at the shins there is inevitably restriction at the joints. Our practice will examine the importance of the shin bones and calf muscles, to align the ankle and knee joints, as well as bones in the feet. \$40 (\$29- high school or college students)

WHERE ATTENTION GOES ENERGY FLOWS

## Sunday:

8 am - 11 am Yoga Flow and Alignment

Giving to ourselves in our yoga practice fills the places inside us that need healing and nourishment. Our yoga practice includes asanas, pranayama, restorative poses, and chanting. \$45 (\$33- high school or college students)

1:00 pm - 3:30 pm Back to Inversions

Inversions demand a strong healthy back. Understanding the position of the thoracic spine and cervical curve (neck) is essential so that all the spinal muscles (core) support us in the inversions. We will look at the curves of the upper spine and discuss the importance of alignment of the pectoral girdle. We will practice poses such as, Downdog, Incline, "L" pose, Headstand, Shoulderstand, Supported Bridge, and Viparita Karani, to align the upper core giving us power and ease in these poses. (Open to all. Do not need to do Inversions to attend this workshop). \$40 (\$29- high school or college students)

3:30 pm - 4:30 pm Questions and Answers (Q & A) \$10  
Circle around for Questions and Answers. Open to everyone.

Register early to reserve your spot. Walk-ins welcome if space is still available. Location: Ferndale Yoga etc, 247 W. Nine Mile, Ferndale, MI 48820. 1/2 block west of Woodward. Use Troy Street entrance, 1 block south of Nine Mile. Crosswalk leads to our door. Bring a mat and quarters for parking.

For information: Call Kari 231-383-1883

email: karitomashik5@gmail.com

clip & mail registration form below < clip & mail registration form below < clip & mail registration form below < clip & mail registration form below <

Early Registration must be received by November 9, 2009. Please register me for the following:

- All 4 sessions, Early registration (\$155/\$122 Student)  with Q & A (\$165)
- All 4 workshops, Regular registration (\$170/\$124 Student)  with Q & A (\$180)
- Yoga Flow Saturday (\$45/\$33 Student)  Aligned Shins Saturday (\$40/\$29 Student)
- Yoga Flow Sunday (45/\$33 Student)  Back to Inversions Sunday (\$40/\$29 Student)

Name \_\_\_\_\_ Phone \_\_\_\_\_  
E-mail \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Mail checks payable to: Kari Tomashik, 10515 Fowler Road, Honor, MI 49640