YOGA
in the Sivananda Yoga Tradition

WEEKLY CLASSES
Classes emphasize traditional postures, breathwork, relaxation & meditation, available to all levels of experience, beginner to advanced. Tuition: $60, for 6 classes.
Monday 7:15 - 8:30 am, Level II. Course begin June 5, July 10
Tuesday 6 - 7:15 pm, Level I. Course begin May 30, July 11
Tuesday 7:30 - 9 pm Level II. Course begin May 30, July 11
Thursday 7 - 8:30 pm Level II. Course begin June 1, July 13

ANNUAL YOGA RETREAT
Saturday, June 3, 10 am - 4 pm, $60

TEACHERS
David Black  Master Yoga Teacher
Bobbi Ebsen  skilful & fresh, newly trained in the Sivananda tradition
Haju Murray  30 years experience

CONTACT & CLASS LOCATION
Zen Buddhist Temple 1214 Packard Street, Ann Arbor
a2buddha@provide.net  |  www.zenbuddhisttemple.org
734.761.6520

ALSO OFFERED
Introductory Meditation Courses
Public Services, Sunday 9:30 am, 4 pm
info: www.zenbuddhisttemple.org, or a2buddha@provide.net

In YOGA I (for beginning students), students learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath.

The YOGA II class is based on the format of the sequence developed by Swami Vishnu Devananda which is practiced worldwide in the Sivananda Yoga organization. The class begins with a guided relaxation followed by some simple stretching. Students then practice several pranayama (breathing) techniques designed to calm the mind and clear the subtle energy channels. Several rounds of the classic hatha yoga sun salutations follow and then a specifically ordered series of asanas (postures) which incorporate the breath and physical movements intended to stretch and strengthen the major muscle groups and stimulate the internal organs. The postures and variations are available to students of all ranges of ability from beginner to advanced.

Emphasis is placed on movement of the spine. Short periods of relaxation follow the related sequences. The 1-1 1/2 hour class concludes with a 15 minute guided relaxation and a very short closing meditation.