

CYTA Day of Yoga 2008

Body/Mind/Spirit
A Three-Part Workout
for ALL OF YOU

May 3, 2008



Ursuline Academy
5535 Pfeiffer Road
Blue Ash

Cincinnati Yoga Teachers Association
www.cincinnatiyoga.org

Registration Form — DAY OF YOGA

May 3, 2008 — Ursuline Academy, 5535 Pfeiffer Road, Cincinnati, Ohio 45242 (Blue Ash)

Make checks payable to CYTA and mail to:

CYTA

3351 Twilight Drive

Cincinnati Ohio 45241

Mail Before April 30, 2008

Please check box(es):

- All 3 sessions
- Spirit Session - 9:00-10:00 am
- Mind Session - 10:30-12:00
- Body Session - 2:00-3:30 pm

\$55 for All 3 Sessions;
\$20 for one session;
\$40 for two
(\$65 at the Door)

Name _____

Address: _____

City, State _____

ZIP _____

Email _____

Phone: (____) _____

Amount enclosed _____

www.cincinnatiyoga.org

DAY OF YOGA 2008

Body / Mind / Spirit

A Three-Part Workout for ALL OF YOU

When: Saturday, May 3, 2008

Where: The Little Theatre, Ursuline Academy, 5535 Pfeiffer Rd. in Blue Ash (across from TriHealth Pavilion).

What: CYTA presents a workshop to rejuvenate Body, Mind & Spirit

Time: 8:30 am – 3:30 pm

Bring: a mat or blanket

Wear: Loose fitting clothes

Fee: \$55 pre-registered, \$65 at the door

CYTA will provide water and fruit at the breaks. There are several restaurants in the neighborhood or bring a brown bag lunch.

Join us for a whole person workout

8:30 am Registration

9:00 am Class Begins

12:00 pm Lunch Break

2:30 pm Class Begins

**Spirit: 9:00 – 10:00 am
Pranayama**

With Jyoti Hegde (Guest Instructor)

Pranayama is the yogic art of using breath for life force control. Come build your awareness of the integration of body, mind and breath for relaxation, concentration, and control of emotional stress, thus leading to physical/mental health on the path to self-realization.

Jyoti Hegde, a resident of Cincinnati, has been teaching Pranayama or ancient yogic breathing techniques for the past Two and a half years in Blue Ash.

She acquired her training in India under Divya Yog Trust and Bihar School of Yoga. Jyoti has been conducting sessions comprising all the breathing techniques along with some chakra concentration therapy & autogenics.

**Mind: 10:30 am – 12:00 pm
Yoga for Longevity**

With Wini Denny (CYTA member and co-founder)

This Hatha Yoga class will concentrate the mind by easing the breath into ever deepening postures. The emphasis will be on freeing the mind of the shackles of habitual thought patterns so as to enable it to flow into stillness and quiet.

Wini Denny has been teaching Yoga since 1974. Her interest in Yoga was to help relieve her symptoms of arthritis. She learned that nutrition has an equally important part in total health and body movement.

Her husband furnished a place for Yoga classes and in the founding years of CYTA the teachers met at her studio. Wini teaches Progressive Yoga with instruction of diet according to one's constitution, according to Ayurveda.

**Body: 2:00 – 3:30 pm
Men's Health for an Active Lifestyle**

With Roger Null (CYTA member and co-

founder) and Dan Erdman (CYTA member)

Do you want to feel great for the rest of your life???

We want to dispel the *myth* that Yoga is mostly for women. Yoga can be for men too!

It is Strong. It is Logical. It is Sensible!

Yoga reduces the effects of too much stress, a factor that causes heart problems and other ailments. Yoga develops *Strength, Flexibility, Balance, and Focus.*

Roger Null and Dan Erdman have written a book titled "Yoga and the 21st Century Man: Fitting Yoga Into a Busy Man's Life."

We'll show you how to incorporate Yoga into your day, at home or work, or at play. Simple poses that can go with you that don't require you to have any props. Just use what is available wherever you are. We'll help you develop and maintain a high quality of health for an active lifestyle.

Note: This class is valuable to all teachers because of the subtle differences of teaching yoga to men students.

Do it ALL for just \$55 or pick individual sessions for \$20 each. \$65 at the Door. Fill out and mail registration form before April 30. Call 513-563-7655 for answers to any questions you may have.

