

# Summer Yoga 2009

## Gentle Yoga

A class for those new to yoga or for those who prefer a gentler yoga practice. The basic yoga postures (asanas) will gradually increase strength and flexibility as they teach proper body alignment. The class will cover the benefits of the postures and the proper, safe way to enter into and out of them. Yoga at this level is adaptable to all levels of fitness and abilities.

### **Monday Mornings 10:00-11:30**

July 27th – August 17th

### **Tuesday Evenings 6:30-8:00 PM**

July 28th – August 18th

Classes may be attended on a drop in basis for \$15 or pay for the 4 week session and get a discount. To register for the 4 week session send check or money order in the amount \$55.00 payable to Tree of Life Yoga. Specify which class and time you wish to take, include a daytime phone number. Make-up class credit can be used during the 4 week session at any class.

***If you are experiencing financial hardship please contact us to discuss special arrangements. Sliding scale and barter options may be available.***

## Moderate/Mixed Level Yoga

This moderately paced class builds on the basic yoga postures and breathing techniques for a more challenging yoga practice. The body becomes stronger and more supple as the practitioner develops the sensitivity to advance in the inner and outer practices of yoga.

### **Tuesday Mornings 7:30-9:00 AM**

July 28th – August 18th

## Continuing Yoga

This class is led as an intermediate level class offering a more demanding practice for body and mind. Yin yoga, active inversions and meditation will be the focus of the session.

### **Thursday Evenings 6:30-8:00 PM**

July 30th – August 20th

## Open Community Class

### **Saturday Mornings 9:00AM-10:00AM**

Weekly ongoing class at the Wellfield Gardens, 1000 N. Main, Elkhart. Sliding scale \$4–\$10. Outside in the gardens weather permitting, or indoors at the administrative office across the street.

## **Green Tree Yoga Summer 2009 Retreat Ronora Lodge in Watervliet, MI**

*Four days and three nights filled with yoga and nature – July 23-26, 2009*

*Immerse yourself in the practice of yoga in community; enjoy fresh air, natural beauty, a tranquil setting with a private lake, and delicious healthy food for an ashram-like experience.*

*Special events this year include a sweat lodge on Saturday night, a kirtan on Thursday evening, and an Indian dinner on Friday.*

*Come for a day, or for the whole retreat. There are many registration options. Register by 7/09/09 and save.*

Contact: [kim@sagewater yoga.com](mailto:kim@sagewater yoga.com)  
[treeoflifeyoga@comcast.net](mailto:treeoflifeyoga@comcast.net)

Details at:  
[www.treeoflifeyogacenter.com](http://www.treeoflifeyogacenter.com)

***Private yoga sessions are available to help design a home practice and to refine alignment techniques. A personalized CD will be made for your home practice. Massage, Reiki, Holographic Health and Ancient Ayurveda Counseling sessions available. Please call Teji (Ruth) for more information and to schedule (574) 876-9180.***