

YOGIS GIVE BACK 07

PROGRAM

WELCOME BY **DAVID BELZ** THE SHOP

KUNDALINI OPENING BY **STEPHEN VALDEAN**

STANDING POSES BY **ADAM BALLENGER** KULA YOGA CENTER

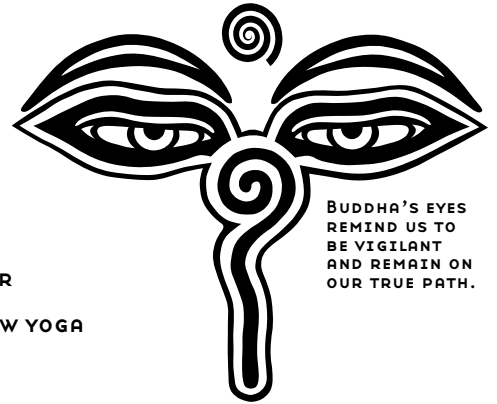
VINYASA SEQUENCE BY **JENNIFER ELLEN MUELLER** FLOW YOGA

FLOOR ASANAS BY **D'ANA BAPTISTE** CENTERED CITY YOGA

BIKRAM FINISHING POSES BY **JACKIE YOUNG** BIKRAM YOGA SANDY

MEDITATION / SAVASANA BY **CHARLOTTE BELL** CHARLOTTE BELL YOGA

COMMUNITY KIRTAN (SING-A-LONG) BY **LERAINE HORSTMANSHOFF** & THE BAND



BUDDHA'S EYES
REMINDE US TO
BE VIGILANT
AND REMAIN ON
OUR TRUE PATH.

ASSISTED BY

AL BURGESS

LINDA BURBANK

JOHN COTTRELL

LUCY DILLON KINKEAD

MARLENE LAMBERT

KIM LYNN

CHRISTINE HASEGAWA

SCOTT MOORE

RACHEL POSNER

JEFF SILVERSTEIN

VELVET VALDEAN

ALEX WHEELER

NOW IN ITS THIRD YEAR, *YOGIS GIVE BACK* IS A WAY FOR THE LOCAL YOGA COMMUNITY TO GATHER UNDER ONE ROOF AND TO GIVE SELFLESSLY TO OTHERS IN NEED. ALL PROCEEDS BENEFIT THE HOPE CENTER FOR CHILDREN'S SCHOLARSHIP FUND, A DEVELOPMENTAL PROGRAM THAT SUPPORTS KIDS WHOSE FAMILIES SUFFER FROM DOMESTIC VIOLENCE, SEXUAL ABUSE AND SUBSTANCE ABUSE. THIS GATHERING IS MADE POSSIBLE BY THE GENEROUS SUPPORT OF TODAY'S TEACHERS, ASSISTANTS AND MUSICIANS. MUCH THANKS TO THE PRODUCTION TEAM, OUR SPONSORS AND ESPECIALLY YOU.

SPONSORS

AIDAN'S



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TREE

AIDAN'S TREE COLLECTS GIFTS, COATS AND OTHER NECESSITIES FOR LESS FORTUNATE KIDS AND FAMILIES DURING THE HOLIDAY SEASONS

Hugger  Mugger™
yoga products

TAPAS TERRA: AS GOOD AS THE ORIGINAL. BETTER FOR THE PLANET.
WE MANUFACTURE 95% OF OUR MERCHANDISE IN UTAH AND ARE HONORED TO SUPPORT THE LOCAL YOGA COMMUNITY. PLEASE CHECK OUT ALL OF OUR ECO-FRIENDLY PRODUCTS AND MUCH MORE AT HUGGERMUGGER.COM



REVENGE OF YOGA THE MUSICAL: JUNE 6-15, 08.
THE FULL 2-HOUR SHOW ON THE BIG STAGE. INFO, VIDEO AND MUCH MORE AT: WWW.SBDANCE.COM

CATALYST
RESOURCES FOR CREATIVE LIVING

READ ABOUT WHAT'S VITAL,
ALIVE AND RESPONSIVE IN
OUR COMMUNITY

CHECK OUT PHOTOS FROM TODAY AND INFO ABOUT PARTICIPANTS AND SPONSORS

WWW.YOGISGIVEBACK.COM

IN OUR YOGA COMMUNITY

CENTERED CITY YOGA (CENTEREDCITYYOGA.COM)

- DEC 15: KIRTAN WITH BRONWEN BEECHER & LERAINE HORTSMANHOFF
A CELEBRATION OF THEIR CD RELEASE & D'ANA BAPTISTE'S DVD RELEASE. \$20 SUGGESTED DONATION
- JAN - JUN: YOGA ALLIANCE 500 HR CERTIFICATION PROGRAM WITH D'ANA. INCLUDES RETREATS, WORKSHOPS, CLASSES
- APR 18-20: BRYAN KEST WORKSHOP HERE AT THE ROSE WAGNER. ONLY 30 SPACES LEFT! \$195
- APR 30-MAY 4: RETREAT AT HIDDEN SPRINGS RANCH WITH D'ANA BAPTISTE. \$795
- MAY 2: KIRTAN WITH SHANTALA

KULA YOGA CENTER (KULASTUDIO.COM)

- FIRST SUNDAY OF EVERY MONTH AT 7PM: KIRTAN WITH LERAINE HORTSMANHOFF. BY DONATION (\$10-15 SUGGESTED)
- JAN 25-27 AND FEB 1-3: ANUSARA YOGA TEACHER TRAINING. CONTACT ADAM@KULASTUDIO.COM FOR INFO
- MAY 2-4: SIANA SHERMAN, SENIOR ANUSARA INSTRUCTOR
- FREE/BY DONATION INTRODUCTORY CLASSES: 9:30 AM ON SAT AND 6:30 PM ON MON
- FREE FIRST CLASS FOR LOCALS
- SPRING 08: CREATING A THERAPUTIC YOGA PRACTICE WITH ADAM BALLENGER. CONTACT ADAM FOR INFO AND RESERVATIONS

THE SHOP (PARKCITYYOGA.COM)

THE SHOP IS A DEDICATED ANUSARA YOGA STUDIO IN PARK CITY UTAH. WITH YOUR FIRST STEP IN THE DOOR YOU WILL INSTANTLY KNOW WHY IT IS CONSIDERED TO BE ONE OF THE MOST RENOWNED AND AMAZING FACILITIES IN THE COUNTRY. WITH OVER 4,500 SQ.FT. IN AN INSPIRING HISTORIC SPACE, THE SHOP IS A TEMPLE FOR THE SOUL. CERTIFIED AND AFFILIATED TEACHERS PROVIDE SKILLED AND PLAYFUL GUIDANCE TO OPEN YOUR HEART AND YOUR PRACTICE. WE ARE ONLY 30 MINUTES FROM MOST ANYWHERE IN SALT LAKE SO COME AND SEE FOR YOURSELF! 435 649 9339.

FLOW YOGA SLC (FLOWYOGASLC.COM)

NAMASKARAM, FRIENDS! AT FLOW YOGA, WE TEACH WITH A SMILE IN OUR HEARTS. WE'VE GOT A LOT OF VARIETY AND A LOT OF STYLES OF YOGA TO OFFER YOU-FROM THE MOST GENTLE, MINDFUL PRACTICE TO HOT & SWEATY CHALLENGING, AND EVERYTHING IN BETWEEN! VISIT EITHER OF OUR LOCATIONS TO FIND OUT MORE.

- NEW YEARS EVE YOGA TRANCE DANCE WITH SARAH TOMSON. STARTS 10PM AT SUGAR HOUSE. COST: \$20
- YOGA ALLIANCE 200 HR TEACHER TRAINING BEGINS JANUARY 12TH. EARLY REGISTRATION TUITION \$175 (BY DEC 7TH)
- WORLD RENOWNED YOGA MASTER DHARMA MITTRA. WORKSHOP MARCH 29 AND 30. CHECK WEBSITE FOR DETAILS.

BIKRAM YOGA SANDY (BIKRAMYOGASANDY.COM)

A SERENE, ONE OF A KIND SANCTUARY LOCATED IN THE SOUTHWEST OF THE VALLEY. THE STUDIO PROVIDES A NUTRING ENVIRONMENT THAT ENCOURAGES A SENSE OF COMMUNITY FOR THOSE INTERESTED IN EXPANDING THEIR LEVEL OF HEALTH AND AWARENESS. ALL TEACHERS ARE CERTIFIED. ALL LEVELS ARE WELCOME.

- INTRODUCTORY OFFER: \$29 FOR 30 DAYS UNLIMITED YOGA!
- APRIL 26TH: WORKSHOP & MEDITATION WITH RAJASHREE CHOUDHURY.

THE YOGA CENTER (YOGAUTAH.COM)

LOCATED IN HOLLADAY, THE STUDIO OFFERS CLASSES DAILY, INCLUDING HATHA YOGA, GENTLE YOGA, VINYASA, RESTORATIVE YOGA, PRENATAL YOGA, ANUSARA-INSPIRED YOGA, AND MEDITATION. A CALM AND COMFORTABLE STUDIO STAFFED BY ENCOURAGING, EXPERIENCED INSTRUCTORS.

CHARLOTTE BELL YOGA (CHARLOTTEBELLYOGA.COM)

CHARLOTTE BELL HAS PRACTICED YOGA SINCE 1982 AND BEGAN TEACHING IN 1986. CERTIFIED BY BKS IYENGAR IN 1989, HER STYLE OF TEACHING COMBINES ALIGNMENT PRINCIPLES FROM THE IYENGAR SYSTEM WITH MINDFUL MEDITATION PRACTICE. SHE TEACHES YOGA AND MEDITATION AT WORKSHOPS, RETREATS AND WOMEN'S RIVER TRIPS. SHE IS THE AUTHOR OF *MINDFUL YOGA, MINDFUL LIFE: A GUIDE FOR EVERYDAY PRACTICE*, PUBLISHED BY RODMELL PRESS. FOR MORE INFO, PLEASE VISIT HER WEBSITE.

LERAIN HORTSMANHOFF (LERAINEMUSIC@YAHOO.COM)

FIND HER LEADING KIRTAN AT KULA EVERY FIRST SUNDAY OF THE MONTH, AT CENTERED CITY ON DEC 15 AND SOON AT FLOW. SIGN UP FOR A DIDGERIDOO WORKSHOP ON DEC 8TH. SHE OFTEN PLAYS WITH SHANTALA AND AT CENTER FOR SPIRITUAL LIVING.

STEPHEN VALDEAN

HE TEACHES KUNDALINI AT KULA ON TUESDAYS 6-7:30, STARTING IN DECEMBER AT FLOW YOGA ON THURSDAYS 6-7 AND TEACHING YOGA INTENSIVES ON THE 3RD SATURDAY OF EVERY MONTH AT THE YOGA CENTER.

MARLENA LAMBERT

PRACTICING YOGA FOR 30 YEARS, SHE CALLS HER LIGHT-HEARTED APPROACH HA-HA YOGA. AS A LICENSED MASSAGE THERAPIST, SHE BRINGS HER THERAPEUTIC SKILLS INTO THE CLASSROOM AT WESTMINSTER COLLEGE WHERE SHE HAS TAUGHT YOGA FOR NEARLY A DECADE. AN M. S. IN CULTURAL ANTHROPOLOGY EMPHASIZING SOUTH ASIAN RELIGIONS GIVES HER CLASSES A UNIQUE PERSPECTIVE. MARLENA IS ALSO ANUSARA-AFFILIATED AND HAS BEEN AWARDED RYT-500 STATUS BY YOGA ALLIANCE.

LINDA BURBANK

PRACTICING YOGA FOR 9 YEARS, LINDA TEACHES ANUSARA INSPIRED CLASSES AT THE SHOP, IN HER HOME TOWN, PARK CITY.

KIM LYNN (BERLGI@HOTMAIL.COM)

A BLEND OF STRENGTH AND STILLNESS, HER POWER CLASSES TAKE PLACE TUESDAYS/THURSDAYS AT 8:30 PM, AND WEDNESDAYS/FRIDAYS AT 6 AM. SHE ALSO TEACHES A RESTORE CLASS SUNDAYS AT 10:15 AM. FOR INFO ABOUT UPCOMING WORKSHOPS, RETREATS, OR TO SCHEDULE PRIVATE INSTRUCTION, PLEASE EMAIL.

AL BURGESS (THESUGARSPACE.COM)

AL OFFERS AN ASHTANGA-BASED CLASS FOR ALL LEVELS ON SATURDAY 10-12. AL FAVOURS A POWERFUL FORM THAT FITS WELL WITH HIS CLIMBING LIFESTYLE. FREE FOR THOSE WHO CANNOT AFFORD YOGA. DONATIONS ACCEPTED TO PAY FOR THE SPACE. AT THE ALL NEW SUGAR SPACE ARTS STUDIO, ONE BLOCK NORTH OF DANCING CRANE IN SUGARHOUSE.

SCOTT MOORE (MYSFACE.COM/SCOTTLEROY)

AN INSTRUCTOR FOR SEVEN YEARS, SCOTT TEACHES BOTH POWERFUL, FLOWING CLASSES AS WELL AS RESTORATIVE YOGA. FIND HIM TEACHING HERE THERE AND EVERYWHERE-- CENTERED CITY, KULA AND FLOW. CHECK HIS MYSFACE PAGE FOR INFORMATION ABOUT WORKSHOPS, PRIVATE CLASSES AND HIS NEW MUSICAL ALBUM, *DEEPLY HUMAN*.

RACHEL POSNER (PHOENIXRISINGYOGA@HOTMAIL.COM OR PRYT.COM/RACHEL)

RACHEL IS A PHOENIX RISING YOGA THERAPY PRACTITIONER, YOGA INSTRUCTOR AND COUNSELOR. SHE IS CURRENTLY OFFERING ONE-ON-ONE YOGA THERAPY SESSIONS AND VINYASA CLASSES AT FLOW YOGA. PLEASE EMAIL FOR INFO.