



Long Island Yoga Association

December Workshop

Saturday, December 2nd, 2017 • 10:00 a.m. to 3:00 p.m.

Registration begins promptly at 9:45 p.m.

The United Methodist Church

407 Main Street, Farmingdale, NY 11735

The Point of Change

With Jennifer Brilliant

Change is inherent in life and movement. Our interests, businesses and bodies change. Through our yoga practice, we learn to ride these changing waves of life with more ease.

In this special workshop, Jennifer will guide you through a slow flow vinyasa sequence. She'll share more of the specific tips from her dancer days on being embodied, graceful and alive. Access your inner winds, creativity and intelligence for a fun, fluid practice.

You'll practice choosing the moments 'how' and 'when' you change so you can be ready for anything.

Jennifer Brilliant, (C-IAYT, E-RYT500, YACEP) has over 30 years of experience guiding people in therapeutic, creative and athletic movement. Her vast knowledge of the human body is drawn from the Pilates method, the Alexander technique, BodyMind Ballwork, and Integrative Yoga Therapy, as well as 10 years as a professional modern dancer with Jennifer Muller/The Works.

Please bring yoga mat, blanket and any other props you usually need.

REFUND POLICY: No refunds

**Please bring a
non-perishable food
item for donation to a
local food pantry.**

Long Island Yoga Association

PO Box 657, Northport, NY 11768

Phone: 631-261-1777

E-Mail: longislandyogaassociation@yahoo.com

Website: liyoga.org



Please make checks payable to: LIYA • Mail to: Workshop Registrar, LIYA, PO Box 657, Northport, NY 11768

- ☐ I will attend the December 2nd workshop (member) \$40 enclosed/\$45 at the door.
- ☐ I will attend the December 2nd workshop (non-member) \$55 enclosed/\$60 at the door.
- ☐ I will attend the December 2nd workshop. I have a credit from last month.
- ☐ I will attend the December 2nd Luncheon only. For those not attending workshop \$10 suggested donation.

Pictures of this workshop may be used in the SATSANG or on the website. Please notify LIYA if you do **NOT** want your photo used.

If you are NOT notified, your registration has been accepted. We will see you at the workshop.

Name _____ Phone _____

Address _____ Zip _____ Check# _____