

YOGA FEST CLASS DESCRIPTIONS

SESSION ONE (2:00 – 3:15)

Yoga ABCs *Shults Aerobics Studio**Marget Braun*

Yoga has antidepressant, stabilizing and rejuvenating properties. Enjoy a beginning practice with the basic ABC poses of yoga, a breathing exercise, and end with restorative yoga and music. Focus on alignment and sensation. Get a feel for how yoga basics can lift your mood and energy. Welcome to beginners and experienced alike.

Session includes:

- building a pose from the ground up
- review of six categories of yoga poses
- 3 tips for home yoga practice

Yoga & Art: Creative Interplay *George Dance Studio**Ellen Horovitz*

In this session, a rigorous yoga session will be followed by creative expression with art materials and dialogue. No art experience is necessary.

Twelve Standing Poses *Chapel**Mary Aman*

Get ready for a challenge! This class will review briefly the essentials of the twelve standing poses, including standing balancing poses and rotations, and then build them into a flow series. Some yoga experience strongly recommended.

SESSION TWO (3:45 – 5:00)

Yoga 101 *Chapel**Mary Aman*

This broad basics offering is for you whether this is your first, or your hundred and first yoga class. Come and learn, or review, core alignments, five basic standing poses and beginning backbends.

Yoga Flow *George Dance Studio**Sherry Hecker*

Come step into the currents of grace as we flow through poses with alignment and playfulness! Taught in the style of Anusara Yoga, this class is for students with familiarity of yoga poses and ready to have fun.

Yoga for Stress Management & Feeling Good *Shults Aerobics Studio**Marget Braun*

Pamper Yourself! Yoga helps transform stress to take care of your nervous system, yourself. In this workshop you will pamper yourself with restorative yoga and learn self-care foot massage with hot towels. All welcome.

Session includes:

- hot towels to pamper your feet and give yourself a foot massage
- 3 restorative yoga poses with props
- 3 yoga tips to de-stress your nervous system and relax body&mind.

YOGA FEST TEACHER BIOS

Marget Braun RYT is a yoga teacher with a background in yoga and research. She teaches yoga and creative arts at Nazareth College, and community programs in yoga cancer care. Marget designed the yoga therapy intervention for a University of Rochester NCI study investigating yoga for cancer survivorship. She is published in *Yoga Journal*, *Yoga Mentor*, and *Yoga International* magazines. Marget is a graduate of Open Sky teacher programs and a registered Yoga Alliance 500 ERYT teacher. In addition to yoga Marget loves trees, babies, and vegetarian cooking. yogacara.org

Mary Aman, M.A., RYT 500, began her yoga practice in 1993, and shortly after became drawn to the clarity and accessibility of the lineage teachings of B.K.S. Iyengar. She has completed both Advanced and Essential Teacher Trainings under the superb direction of Francois Raoult, internationally renowned yoga teacher and direct student of B.K.S. Iyengar. Mary has also studied with Arthur Kilmurray, Elise Browning Miller (scoliosis), and Judith Hanson Lasater (anatomy and restorative yoga). In January 2009, she spent two weeks in southern India where she visited the Great Temple of Madurai, practiced Kathakali (theater) and bathed an elephant in the backwaters of Kerala. Mary holds degrees from SUNY Geneseo and Columbia University. “My body is my temple, and asanas are my prayers.” B.K.S. Iyengar

Dr. Ellen G. Horovitz, ATR-BC, LCAT, RYT is the Director of Graduate Art Therapy, a licensed creative art therapist and registered yoga teacher (RYT- through the Yoga Alliance) as well as a member of IAYT (International Association of Yoga Therapy). Ellen offers Art Therapy and [YogaTherapy](#) through the Creative Arts Therapy Clinic at Nazareth College and did her training under Francois Raoult, internationally renowned yoga teacher and direct student of B.K.S. Iyengar. She has authored 6 books, numerous book chapters, and articles and is currently co-editing *Yoga & the Mind: exercising wellness*. When not teaching art therapy, practicing on the mat or working with clients, Ellen can be found blogging at the premier go-to- site for photography, <http://www.pixiq.com/contributors/ellenghorovitz>.

Sherry Kessler, RYT

Sherry is a Registered Yoga Teacher with Yoga Alliance and has been teaching in the style of Anusara yoga for over 3 years. She has trained at Blue Lotus Yoga Studio in Rochester, NY. Sherry is in the Doctor of Physical Therapy Program at Nazareth College, loves running and spending time with her family in her spare time.