



Michigan Yoga Association

Two Workshop Offerings:

Friday Evening - Core Stability with Yoga Asana

Saturday & Sunday - The Yoga of Compassion

Featuring Melissa Spamer, M.A., LMHC, ERYT 500, LMT, C. Ay

November 2 - 4, 2018

Fetzer Center, Western Michigan University Campus

2350 Business Court, Kalamazoo, MI 49008, 269-337-3232

Melissa Spamer, M.A., LMHC, ERYT 500, LMT, C. Ay.

Melissa began formally practicing Yoga in 1993. She has completed more than six Yoga teacher trainings and has twenty years of teaching experience leading classes, workshops, retreats and teacher trainings in the U.S., Europe and Asia. Her love of Yoga led her to also become an Ayurvedic practitioner, spending more than two years of didactic study and clinical training at the Ayurvedic Institute with Dr. Vasant Lad. Her approach to Yoga integrates her in-depth studies in Yoga therapeutics, alignment, and energetic embodiment. She has been fortunate to have studied extensively with such celebrated teachers as Angela Farmer, Victor Van Kooten, Rama Vernon, Shiva Rea, Kali Ray, and TKV Desikachar at the Krishnamacharya Yoga Mandiram. She is also a licensed counselor in the state of New Mexico and continues to study interpersonal neurobiology, attachment, trauma, and somatic therapies for a comprehensive approach to healing. She is the co-owner and co-director of *YogaSource* in Santa Fe, director of *Lotus in the Flame School of Yoga & Healing Arts*, and she maintains a private Yoga therapy, Ayurveda, and counseling practice.

To learn more, visit: www.melissa-spamer.com

Core Stability within Yoga Asana

Friday, November 2nd, 6-9pm

Sthira Sukham Asanam - Establishing a comfortable, steady pose. Yoga Sutras of Patanjali, 2.46

Through the evolution of modern therapeutic Yoga, core integration is ever more relevant for a safe practice. This workshop will examine the muscles that are required for core stability and support, as well as common ailments that result from poor postural alignment and musculoskeletal imbalance. We will practice therapeutic movements to safely and effectively develop greater core strength, and also explore further adaptations in asana, the bandhas, innovative sequencing, and current movement theories for greater stability. The intent of this workshop is to bring connection to the center of our being as the

source from which all other expressions of movement originate. You will come away with successful strategies to develop and maintain core stability for the life of your Yoga practice.

The Yoga of Compassion

Saturday, November 3rd, 10am-5pm & Sunday, November 4th, 9am-2pm

Yoga, as often translated, means yoke or unite. In essence this is about connection, interpersonally and collectively. This weekend workshop will focus on how Yoga practice can expand one's ability to access compassion within themselves and how that process then overflows into their relationships.

Through asana, we will examine habitual tension patterns, explore their origins, and ultimately learn how Yoga asana practice can evolve our embodied state from one of tension and disconnection to one of connection, steadiness, and ease. Alignment patterns will be looked at, not from a place of perfection or achievement, but from a place of mindful understanding of how mental/emotional stress patterns take root, express, and potentially release with conscious practice.

This workshop will include meditation, breathing practices, both active and restful asana practice, opportunities for personal reflection and exploration, and integrated teachings of Yoga philosophy on and off the mat.

Saturday, 10am-1pm

Developing Compassionate Self - Awareness within Practice

This workshop will provide a lecture on contemporary neuropsychology and the capacity to rewire our perceptions of Self through Yoga practice and personal reflection. An integration of the philosophical tenants of Yoga as a foundation for building an engaged, transformative practice will be explored. We will practice a sequence of asanas to reflect upon how we meet ourselves in practice, and discover the wise attention we can bring to unconscious patterns that inherently show up within our asana practice.

Saturday, 2-5pm

The Nature of Suffering ~ Chaya & Jyoti - The Shadow and the Light within Practice

The Yoga Sutras of Patanjali speaks in great detail about the unconscious mind directing our actions and behaviors which can lead to future suffering, and prevent one's ability to achieve a state of Yoga. Drawing upon the teachings of the Yoga Sutras, this afternoon workshop will guide the practitioner to explore the realms of conscious, and subconscious thought and action, that interfere with clear compassionate perception, thus affecting how we practice Yoga asana in relationship to ourselves. This afternoon class will begin with a guided restorative practice sharing the myth of Chaya (the goddess of shadow), followed by a brief lecture on the Yoga Sutras with some self-reflective questions, and then practice a sequence of asanas which explore the embodied qualities of shadow and light.

