

UPCOMING 2017 WORKSHOPS AND EVENTS

One hour workshops are lecture-style, seated in chairs, and include some gentle stretching. No mats or yoga clothes required.

Two hour workshops are on mats and include a 30-40 minute yoga practice. Dress for easy movement. Suitable for beginners and all levels.

For information on fees and registration, click on the links or call the numbers below:

Sunday, February 26, 1:00 - 3:00 pm

Yoga for Vitality and Clarity Workshop

Sage Yoga, Damascus, Maryland

For more information: call 301-253-3150 or visit <http://www.sageyogadamascus.com>

Tuesday, February 28, 7:30 - 9:00 pm

Yoga for Vitality and Clarity Workshop (with practice)

Thrive Yoga, Rockville, MD

For more information: visit <http://www.thriveyoga.com/workshops>

Tuesday, March 14, 2017, 2:00 - 3:00 pm

Yoga Designed for the Brain Workshop

Brooke Grove Retirement Village

18100 Slade School Rd, Sandy Spring, Maryland

For more information: call 301-388-7209

Saturday March 25 - Sunday March 26

Yoga for Lifestyle Medicine, presented by Smithsonian Associates and Therapeutic Yoga of Greater Washington

A two-day immersion in yoga for difficult diagnoses and special conditions. Geared toward all persons seeking greater health and peace of mind, their healthcare providers and caretakers.

Presenter (on behalf of the Alzheimer's Research and Prevention Foundation),
Yoga for Alzheimer's Prevention and Treatment

Ripley Center of the Smithsonian Institution in Washington, D.C.

For information and registration: <http://www.yogaaslifestylemedicine.com/>

Sunday, April 30, 2017, 3:30 - 5:30 pm

Yoga for Vitality and Clarity, 200-Hour Teacher Training segment

Thrive Yoga,

Rockville, Maryland

Tuesday, September 26, 8:30 am - 2:30 pm

Alzheimer's Foundation of America (AFA), Concept in Care Educational Conference

Presenter, Yoga Designed for the Brain

Melville Marriott Long Island, Melville, NY

For information and to register go to: <http://www.alzfdn.org/registration/afas-15th-anniversary-educating-america-tour-september-26-long-island-ny/>



SARASVATE

Yoga designed for the brain

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