



180 Little Lake Dr #1
Ann Arbor, MI 48103

On The Mat For Charity

Fundraising for local charities

On The Mat: Thanksgiving 2017

Donations will be given to Habitat for Humanity. Make checks to Habitat for Humanity.

Asana Basics: Working With The Chair

Monday, November 20 9:30 - 11:00 am Susan \$20 (suggested donation)

Light Your Inner Fire! Warm Up Yoga

Saturday, November 25 9:30 - 11:00 am Sally \$20 (suggested donation)

Sutra II.I Yoga Philosophy

Saturday, November 25 11:15 - 12:15 pm Sally \$20 (suggested donation)

Please see reverse side for class descriptions.



aparigraha

non-covetousness, modesty in life, non-possessiveness

"This is not to desire things that are unnecessary for the maintenance of life: for desire is followed by attachment, attachment leads one towards aversion and avarice and avarice towards jealousy and hatred. It is difficult to know where need ends and when greed begins."

"By covetousness or miserly clinging on, we stop energy from flowing, from creating more energy and eventually, by this offense against a natural law, it is we who are impoverished and poisoned by our own hoarding of life's riches." Light on Life, p 254.

On The Mat Class Descriptions

Asana Basics: Working With The Chair

Susan Bellinson is teaching

Learn how a chair can be used to deepen and enhance your practice of yoga. The chair helps us achieve and maintain correct alignment. It also enables us to stay longer in each pose so that we can study each asana in more depth. This morning, we'll use the chair throughout a sequence of basic asanas.

Light Your Inner Fire! Warm UP Yoga

Sally Rutzky is teaching

This all levels class is a how to use both active and passive yoga poses to get warm inside when it is cold outside. Standing poses generate warmth through motion. Passive poses can do the same organically using the body, mind and breath.

Sutra II.1

Yoga Philosophy

Sally Rutzky will lead the discussion

Burning zeal in practice, self-study and study of scriptures, and surrender to God are the acts of yoga.

The last three *niyamas*: *tapas*, *svadyaya* and *Isvara pranihanana* work in our daily lives and in asana practice. We will review how each works in our 'outside' lives, and then look at how they apply when we go 'inside.'

Donations collected for Habitat for Humanity

Habitat for Humanity of Huron Valley works to enrich Washtenaw County through a legacy of affordable homeownership for families of low-income.

Habitat for Humanity of Huron Valley is a source of hope and inspiration for Washtenaw County, the State of Michigan, and the entire nation. We are a leader in enabling more citizens to have greater opportunities to improve their lives through homeownership. Our impact is seen in revitalized neighborhoods, families achieving financial stability, and children who achieve more in school and in life.

We are leaders in the affordable housing business and take the lead in pulling people together – developing partnerships and collaborating with a variety of organizations – to reduce poverty levels and increase the numbers of households of homeowners. Through affiliations with state and local government, we pursue political action to benefit affordable housing efforts.