

This retreat aims to reach the vision of Rotary which is global peace, harmony and health.



Second Annual Rotary Yoga retreat is an attempt to present yoga as a holistic approach for body, prana (life force), mind, intellect, and emotions. Yoga asanas (positions), pranayama breathing techniques, and specialized techniques of meditation are part of this retreat.

This retreat will provide theory and practices for specific ailments: Allergies, Diabetes, Cancer, Stress, Women's Health, and Back pain. In order to become a student of yoga, one need not be diagnosed with these ailments. Practice of yoga techniques with individual care and attention will be provided by trained yoga teachers.

Registrations are open to Public
Registration includes Continental
Breakfast and Lunch on Saturday and Sunday
and Tea on Saturday.

Individual (before April 15th)	\$80
Individual (after April 15th)	\$100
Physical Therapists and Yoga Therapists (Approved for 11.75 CEUs)	\$200
Sponsor (Includes 5 registrations)	\$1000

[Limited to first 120 registrants only]
{Program sold out in 2018}
[No refunds please]



Please make check payable to
Rotary Club of Saginaw Sunrise
Provide your e-mail address and mail to:
Gayle Ortner, 3400 N, Center Road,
Suite 400, Saginaw, MI 48603
Email: rotaryyoga@gmail.com
Tel: 989 401 4251

Rotary Club of Saginaw Sunrise
Rotary District 6310
presents



Second Annual Rotary Yoga Retreat

At

Saginaw Valley State University
Saginaw, Michigan

Curtis Hall, Second Floor
Saturday, May 18, 2019

8:30am to 5:00pm

Sunday, May 19, 2019

8:30am to 4:00pm

Guest Faculty

Renowned faculty from India and USA will share their insights in their respective fields.



Prof. N V Raghu Ram
Founding Member, VYASA Yoga University, Bangalore, India



Dr. Sudha Rajan, MD
Founder Member, VYASA Houston, TX



Dr. Nidhi Choudhary, MS, PhD
Integrative Women's Health Specialist, Bangalore, India



Dr. Amritanshu Ram, MS, PhD
Integrative Oncology Researcher, Healthcare Global Enterprises Ltd., Bangalore, India



Dr. Saravanan, PT, DPT, CLT, C-IAYT
Certified Yoga Therapist
Yoga Bharati, Detroit, MI



Dr. Suchitra V Zambare, MD
Endocrinologist, Novi, MI

Saturday, May 18, 2019

- 08:30am: Registration and Breakfast
- 09:15am: Welcome
- 09:30am: Stress and The Science of Yoga
Prof. NV Raghu Ram
- 10:30am: Break
- 11:00am: Mastering the mind with Asanas
Dr. Saravanan
- 11:15am: Asanas - Basic Yoga Practices
Dr. Saravanan
- 12:15pm: Prana—The Bridge
Prof. NV Raghu Ram
- 12:30pm: Pranayama Practice
Prof. NV Raghu Ram
- 01:00pm: Lunch
- 01:45pm: Trataka Meditation to improve concentration - YB Team
- 02:00pm: Yoga for Women's Health
Dr. Nidhi Choudhary
- 02:15pm: Women's Health Practices
Dr. Nidhi Choudhary
- 03:30pm: Break
- 04:00pm: Yoga for Cancer
Dr. Amrit Ram
- 04:15pm: Sound Resonance Technique- Advanced Meditation for Cancer
Dr. Amrit Ram
- 05:00pm: Close

Sunday, May 19, 2019

- 08:30am: Breakfast
- 09:00am: Yoga for Diabetes
Dr. Sudha Rajan
- 09:30am: Yoga Practices for Diabetes
Dr. Sudha Rajan
- 10:30am: Break
- 11:00am: Preventing Falls and Improving Balance
Dr. Saravanan
- 12:00 pm: Yoga based Nutrition
Dr. Suchitra V Zambare
- 01:00pm: Lunch
- 01:30pm: Deep Relaxation Technique
Prof. NV Raghu Ram
- 02:00pm: Laughter Yoga
Dr. Saravanan
- 02:30pm: Iyengar Yoga for improved posture and alignment
Dr. Nidhi Choudhary
- 03:30pm: Panel Q&A, final remarks
- 04:00pm: Close

Please bring your Yoga Mat



This program is approved for 11.75 hours of Continuing Education Units (CEUs) for Physical Therapists

SUPPORTED BY

