

Saturday, March 27 - 9:00 am – 12:00 pm - Functional Strength Training in Yoga Asana Practice with Carly Hopper, MS



This workshop will focus on how to safely and effectively create strength and flexibility in the body by using your own body's resistance through yoga poses. By finding the creative balance in the body and mind you will learn how to strengthen muscles, retain bone density, and increase joint flexibility.

Carly Hopper, M.S. - Carly Hopper is a Sun Moon Yoga teacher with 16 years experience in the fitness industry. Carly brings to all of her activities energy, enthusiasm, and a deep-rooted spirit of helpfulness. Her degrees and certificates include: MS in Community Health, ACE and NETA Group Fitness, Personal Training, Pilates and Yoga certifications and completion of 200 hours of yoga training

approved through the Yoga Alliance. Carly believes being functionally fit is the key to maintaining an active healthy lifestyle.

Saturday, March 27 - 1:30 pm – 4:30 pm - Creatively Sharing Yoga with Mary Margaret Anderson, www.yogamn.com



Mary is the owner of Yoga Studio in Plymouth, MN [www.yogamn.com].

Belly up and have a gentle taste test at this Old Country Buffet of yoga classes—from the whacky to the wild to the mild. We will split up this 2 1/2 hours with a variety of sitting, standing, breathing, chatting, snacking and laughing so you will end with a Mind and Bod full of idears, happiness, fun and energy to take your yoga to EVERYONE. Experience, spectate and learn about World Yoga, Pigs Fly Yoga, Butts n Guts, Yoga Booty Ballet, Laughter Yoga and even....Lobby Yoga. Let's go!

Mary Margaret Anderson - Laughter Professor is trained and certified in traditional yoga, laughter yoga, group fitness, cycling and just about every kind of group wellness sweat activity. She is a mom, wife and athlete who is passionate about laughing, loving, giving, and being silly for wellness.

Sunday, March 28 - 9:00 am – 12:00 pm - Art & Science of Dynamic Flow with Mona Cenicerros, MS



A free-form Vinyasa practice integrates an eclectic mix of yoga styles and diverse influences. The spirit of this style is to encourage synergy amongst participants, creating a group yoga energy experience. Mona Cenicerros has Dynamic Flow Vinyasa classes that have been running continuously, with the same participants for 15 years.

Mona Cenicerros, M.S. — Owner Sun Moon Yoga, director of nationally-approved yoga training program, ten years a fitness instructor and personal trainer, certified by the Center for Thai Yoga Therapy since 1999.

Weekend Intensives Yoga Study Schedule March 26-28, 2010



Friday Evening

7:00 pm – 9:30 pm – Ingathering and Presentations

Group A [returning students] – Be the Evidence with Melanie Williams

Group B [new students] – Welcome to Sun Moon Yoga Study with Mona Cenicerros

Saturday

8:00 am - Doors Open - On mats at 8:30 am

9:00 am – 12:00 pm - Functional Strength Training in Yoga Asana Practice,
with Carly Hopper, MS

12:00 pm - 1:30 pm - Lunch (studio remains open)

1:30 pm – 4:30 pm - Creatively Sharing Yoga with Mary Margaret Anderson,
www.yogamn.com

4:30 pm – 5:00 pm - Retail and business

5:00 pm – 6:45 pm - Studio closed

7:00 pm – 9:00 pm – Presentation on Science & Spirituality by Gary Rockswold, Phd.
Dr. Rockswold is a dedicated yoga student and author of more than 30 math textbooks. He is a popular keynote presenter at math and science conferences nationwide.

Sunday

8:30 am - Doors open

9:00 am – 12:00 pm – The Art & Science of Dynamic Flow with Mona Cenicerros, MS

12:00 pm - 1:00 pm - Retail and business

Homework

Homework assignment for April: Sun Moon Yoga Study 2010 manual reading assignments. Research Anusara Yoga and write a minimum 2-page paper. Answer these questions: WHAT is Anusara Yoga? WHO created it? WHEN was it created? WHY is it different? WHERE can you find out more about it or get training? Bring a copy of any article (print or web) on Anusara Yoga, highlighted with notes in the margins.

