

Positive-I Presents: IDY-Integrative Dynamic Yoga Sunday Shri ~ Yoga Spirit with Kamie Noelani, E-RYT



Sunday Shri ~ Yoga Spirit

“TAKE YOUR PRACTICE TO THE NEXT LEVEL.”

Offered on the 2nd and 4th Sundays of the month, Sunday Shri -Yoga Spirit is a complete IDY-Integrative Dynamic Yoga experience. This is *not* an ordinary yoga class. The Sunday Shri -Yoga Spirit sessions are two hours in length and taught with the intention to assist and guide participants to go inward to cultivate their spiritual unfolding. Each session includes a spiritually based philosophical discussion and inquiry, guided meditation, asana/posture practice, breathwork, relaxation, and applications for daily living. Sunday Shri-Yoga Spirit sessions are for those new to yoga, seasoned practitioners, and those seeking to make a shift in their lives. Take your practice to the next level!

IDY-Integrative Dynamic Yoga™

IDY-Integrative Dynamic Yoga™ is an emerging hatha yoga style that provides enhanced mind/body integration. The IDY Method blends traditional yoga principles and contemporary spiritual and philosophical practices with exercise science and restorative functional and physical conditioning methods to create a complete mind/body experience. IDY facilitates optimal health, fitness, wellness, and personal awareness.



Kamie Noelani
M.A., E-RYT, RYT, CMP
IDY Principal Instructor
NCYI Program Director



Sunday Shri ~ Yoga Spirit Summer Series	Sunday Morning 9:00-11:00 a.m.
Life is in Session	June 13
The Surrender to Be	June 27
Feel, Deal and Heal	July 11
No More Comfort in the Comfort Zone	July 25
The Paradox of Completion	August 8
Spiritual Follow-Through	August 22
Cost: \$15 for one Sunday; \$72 for all six Sundays <i>*10% off for downtown employees with a current paycheck stub</i>	
Location: Positive-I, 142 W. 2nd Street, Chico (downtown Chico, upstairs next to The Banshee)	
Register online at: www.norcalyogainstitute.com	
For more information contact Kamie Noelani at: (530) 680-7222 or info@norcalyogainstitute.com	



Kamie Noelani is an Experienced Registered Yoga Teacher (E-RYT) with 10 years of teaching experience. Kamie is the creator of the Integrative Dynamic Yoga-IDY Method and Founder and Program Director of the Northern California Yoga Institute ~ teaching specialty classes, workshops, immersions and 200-hour Registered Yoga Teacher Trainings in Northern California. Kamie also offers one-on-one personal training and is a Savvy Fitness Functional Intervention Training-F.I.T. Instructor focusing on restorative functional conditioning. Kamie's intention for each one-on-one session, specialty yoga class, workshop, and teacher training is to "serve, guide, and inspire" ~ empowering clients and students to take personal responsibility for their health, compassionately greet their edge, patiently expand their limits, and connect to their inner power, wisdom, beauty, and grace.