

Positive-I Presents: IDY-Integrative Dynamic Yoga Touching the Power of Freedom Workshops with Kamie Noelani, E-RYT



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



Registered Yoga Teacher



Registered Yoga School

Touching the Power of Freedom

Each Workshop is an extended IDY-Integrative Dynamic Yoga™ practice, three hours in length with specific emphasis placed on the application of the IDY Method and IDY Seven Principles of Synergy. Workshops focus on a particular posture theme, such as standing and balancing postures, inversions, backbends, and twists. Time is spent demonstrating poses and assisting each other in realizing the full potential and freedom of each posture.

Participants may choose to attend one Workshop or all six Workshops as an Immersion Series. Workshops can be taken by those new to yoga as well as seasoned practitioners and yoga instructors.

Touching the Power of Freedom Workshops	Sunday 12:00-3:00pm
Workshop 1 - Stand Your Ground	June 13
Workshop 2 - The Sweetness of Desire	June 27
Workshop 3 - Ignite the Fire	July 11
Workshop 4 - The Center of Being	July 25
Workshop 5 - Right Where You Should Be	August 8
Workshop 6 - The Surrender to BE	August 22

Cost: \$35 for one Workshop; \$60 for any two Workshops
\$150 for all six Workshops as an Immersion Series
**10% off for downtown employees with a current paycheck stub*

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.

IDY Workshop Descriptions

Touching the Power of Freedom Workshop Descriptions

Participants may choose to attend one Workshop or all six Workshops as an Immersion Series. A Workshop can be taken by those new to yoga as well as seasoned practitioners and yoga instructors. Each Workshop includes an extended mixed level IDY-Integrative Dynamic Yoga™ practice.



- **Workshop 1 - Stand Your Ground** - Focus is placed on grounding standing postures and establishing the foundation of a pose. Once we experience the support of the earth we begin to test the bounds of gravity and expand and explore standing balancing postures. Starting with establishing roots, it is here that the journey begins.
- **Workshop 2 - The Sweetness of Desire** - Experience the fluidity of asana movement through IDY Power Flow. Playing with the ebb and flow of life's rhythm, our focus is placed on IDY's Power Sequencing, providing a full-spectrum IDY experience. In this workshop we "let go and step into the flow."
- **Workshop 3 - Ignite the Fire** - In this workshop we activate our power and move toward a higher purpose. Through the practice of standing and seated twisting postures, we will discover the spark of inspiration that ignites power and will - fueling the fire of transformation.
- **Workshop 4 - The Center of Being** - Discover the place that unites forces from above and below, within and without. Here we integrate and balance the aspects of our being - opening the heart and expressing from our center. With patience and acceptance, and a whole lot of compassion, we will explore backbending and heart opening postures. This workshop is guaranteed to loosen your self-defined boundaries.
- **Workshop 5 - Right Where You Should Be** - There is a subtle world of vibration...tune-in, transform your life by expressing your truth. In this workshop we turn our world upside-down, practicing variations of headstand and shouldstand, balancing the "active" and "introspective" energies within.
- **Workshop 6 - The Surrender to BE** - Playing with the challenges of hand and arm-balancing postures inspires us to accept where we are along the journey of living life and recognize that we are in the perfect place, whole and complete - blissful. In this workshop we discover the true essence of being.

Why Attend A Workshop?

- **Learn a specific skill:** Focus is placed on a particular aspect of the IDY Method as applied to yoga as therapy.
- **Detailed instruction and practice:** Detailed instruction and modifications are given for individual needs.
- **Interactive learning:** Learn and practice in a mindful and intentional way.
- **Knowledge and understanding:** Why things are done a certain way is explained and practiced.
- **Gain a solid foundation:** The IDY Method is universal and can serve as the foundation for any yoga tradition.
- **Techniques practice:** These classes are longer than a typical practice but won't require your entire day.
- **Q and A:** These classes are about establishing a dialogue, participant questions guide the overall format.
- **Practicing is learning:** Yoga is an experiential process...here you will discover your capabilities.

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