

Grounding Principles

Serve. Love. Give. Purify. Meditate. Realize. Do Good, Be Good, Be Kind, Be Compassionate.



The Rotary 4-Way Test:

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

Vision

Together we see a world where people unite and take action to create lasting change—across the globe, in our communities and in ourselves.

Registration Open to the Public

Registration includes continental breakfast and lunch

- Early bird before April 15 \$ 60
- After April 16 \$ 70
- Donor (includes 1 registration) \$ 250
- Sponsor (includes 2 registrations) \$ 500
- Gold Sponsor (includes 4 registrations) \$ 1000
- Platinum Sponsor (includes 6 registrations) \$ 1,500
- Diamond Sponsor (includes 8 registrations) \$ 2,000

Limited to 70 members. No refunds please.

- To register by mail, please [Click Here](#) or scan the QR code



Please make check payable to: Ann Arbor Rotary Foundation

Please write in memo: 2025 Yoga

Mail to: PO Box 131217, Ann Arbor, MI 48113-1217

- To register online, please [Click Here](#) or scan the QR code



Rotary
Club of Ann Arbor
Presents



SECOND ANNUAL ANN ARBOR ROTARY YOGA RETREAT



Saturday, May 10, 2025
8:30 am – 4:15 pm

Venue: Westminster Ballroom,
The Kensington Hotel,
3500 S State St. Ann Arbor, MI

Faculty

Program Chairman: Sam Kottamasu, MD

Retired Clinical Prof. of Radiology
Chairman, Board of Trustees, Central Michigan
University 2012

Program Director: Jody Tull, MA (Music)

Certified Yoga Teacher
Founder, Be in Awe Yoga RYT 500, Ann Arbor

Becky Bail, RN (UofM)

Registered Yoga Teacher
Certified Healing Touch Practitioner

Cinda Hocking

Medical Social Worker
Certified Yoga Instructor

Bala Murthy

Rotary Ambassadorial Scholar
Governor, Rotary District 6380, 2022-2023

Steve Ragsdale, Ph.D

Professor of Biological Chemistry, Michigan Medicine
Yoga Scientist

Dr. C. Saravanan

Doctor of Physical Therapy
Certified Yoga Therapist

Jonathan Tyman, Ph.D

Ashtanga Yoga Teacher

[Click Here](#) or scan the QR code
for faculty profiles



Saturday, May 10, 2025

8:30 am: Welcome–Dr.Sam Kottamasu

8:35 am: Pranayama–Jody Tull

9:10 am: Sun Salutations–Jonathan Tyman

9:30 am: Breakfast

10:00 am: Science of Yoga–Prof Steve Ragsdale

10:20 am: Yoga for neck and back pain–
Dr. C. Saravanan

11:00 am: Finding your Voice–Jody Tull

11:30 am: Healing Touch – Becky Bail

12:00 pm: Laugha Yoga – Bala Murthy

12:30 pm: Lunch

1:00 pm: Habits for Health and Wellbeing –
Jonathan Tyman

1:30 pm: Yoga to prevent falls and improve
balance – Dr.C. Saravanan

2:15 pm: Yoga for better Mental Health–
Becky Bail

3:00 pm: Yoga to strengthen upper and lower
extremities – Cinda Hocking

3:30 pm: Deep relaxation–Savasana–Jody Tull

3:45 pm: Group reflection and sharing

4:00pm : Closing remarks

4:15pm : Adjourn

Benefits

Participants will learn breathing,
movement and mindfulness
exercises to increase strength and
flexibility.

Practical Sessions and Lectures

Pranayama, Asanas, Meditation, and More

Learn from Expert Yoga Teachers & Medical
Professionals

Increasing your capacity to feel good and enjoy
life

Discover a refreshing perspective to activate
your own healing environment

This program is applying for Continuing
Education Credits for Physical Therapists

Proceeds support AARC's Charitable Projects

**Please bring a yoga
mat, small cushion
and towel**

