

the Yoga Center of Columbia

FALL 2011

www.columbiayoga.com

FREE Introductory Classes, September 19 - 25, 2011

Detailed list of Free Introductory classes at The Yoga Center on page 4. Register in advance for free classes by phone: 410.720.4340 or e-mail: info@columbiayoga.com. Classes will fill quickly. No obligation.

All Continuing AND Introductory Classes Begin September 26th.

Register now for all Fall classes on-line or use the inserted registration form.

More Than A Studio, We Are The Yoga Center!

It is hard to believe that it has been 6 years since I became the owner of the Yoga Center of Columbia. I was cleaning out some old files recently and came across some old newsletters from 10 years ago and it was a great reminder of how much the practice of yoga has grown in our country. The Yoga Center has grown because the need for yoga has grown on many levels.

As stress grows in our lives, many people need a way to get that stress out of their bodies and relax. Many people come to yoga for health reasons or because they have not had time to keep in shape and need a way to increase their strength, flexibility and balance. Some people come because they need to do something to get reconnected to their bodies. Yoga meets you where you are.

I am proud that part of our growth has been yoga for EVERYONE. We currently have a class for all ages and physical conditions. From prenatal to chair yoga there is something for every age and physical condition. We have also added specialized classes like Yoga for Athletes and Mom's Night Out Yoga! One of the old ads from those newsletters said "We are not just a studio, we are the Yoga Center". That headline still applies today as our wonderful community continues to grow, we are much more than just a studio! Please join us for classes this fall, we would love to have you!

Kathy Donnelly
Owner / Director,
Certified Anusara Yoga Teacher

Mini-Sessions

Itsy Bitsy Yoga® - Tots (11- 24 months)
with Katie Huber
4-weeks, Tuesdays, 9:30am - 10:15am
Session 1: Sept. 27 - Oct. 18 \$48
Session 2: Nov. 1 - Nov. 22 \$48
Free Class Sept. 20

Itsy Bitsy Yoga® - Tykes (2 - 4 1/2 yrs)
with Katie Huber
4-weeks, Tuesdays, 10:30am - 11:15am
Session 1: Sept. 27 - Oct. 18 \$48
Session 2: Nov. 1 - Nov. 22 \$48
Free Class Sept. 20

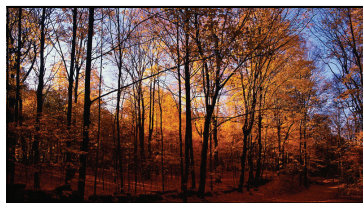
Yoga For Your Back
with Regina Armenta, 6-weeks, \$96
Wed., Sept. 28 - Nov. 2, 1 - 2:30pm
Sat., Oct. 1 - Nov. 5 2:30pm - 4pm
Free Class Wednesday, Sept. 21
Free Class Saturday, Sept. 24

Patterns of Change
with Judith Fischer, 6-weeks, \$96
Tuesdays, 8:00pm - 9:30pm
Sept. 27 - Nov. 8 (9/27 10/4 10/11 10/25 11/1 11/8)
Free Class Sept. 20

Beginner's Yoga Mini-Session
with Regina Armenta, 6-weeks, \$96
Wed., Nov. 9 - Dec. 14 1pm - 2:30pm
Sat., Nov. 12 - Dec. 17 2:30pm - 4pm

Community Yoga Mini-Session
with Donna Querido, 4-weeks
Sundays, Nov. 6 - 27, 11am - 12pm

Yoga For Scoliosis Relief
with Debbie Jensen-Grubb
5-weeks, Oct. 7 - Nov. 4, \$80
Fridays, 4:30pm - 6:00pm



Upcoming Events

- Sept. 18 **Yoga Nidra Workshop**
with Debbie Jensen-Grubb
- Sept. 19 **Free Introductory
Classes Begin**
- Sept. 30 **Mom's Night Out Yoga**
with Katie Huber
- Sept. 30 **Dynamic Anatomy-Feet & Hands**
with Doug Keller
- Oct. 1 **Full Spectrum Master Asana Class**
with Doug Keller
- Oct. 1 **Philosophy / Meditation Session**
with Doug Keller
- Oct. 1 **Belly Dance Workshop**
with Karen Best
- Oct. 8 **Healthy Joints Workshop - Psoas**
with Debbie Jensen-Grubb
- Oct. 9 **Yoga Nidra Workshop**
with Debbie Jensen-Grubb
- Oct. 14 **Mom's Night Out Yoga**
with Katie Huber
- Oct. 15 **Kuan Yin Workshop**
with Karl Ardo
- Oct. 30 **Therapeutic Yoga - Headaches**
with Lucy Lomax
- Nov. 5 **Yoga Salutes Non-Violence**
- Nov. 6 **Embracing Ourselves/Our World**
with Mitchell Ratner
- Nov. 12 **Healthy Joints - Shoulders**
with Debbie Jensen-Grubb
- Nov. 12 **Yoga & Massage For
Labor & Birth**
with Darlene Bergener
- Nov. 13 **Yoga Nidra Workshop**
with Debbie Jensen-Grubb
- Dec. 4 **Advanced Asana Workshop**
with Lucy Lomax &
Cheryl Catranbone
- Dec. 31 **Yoga Nidra Workshop**
with Debbie Jensen-Grubb
- Dec. 31 **Out With The Old**
with Kathy Donnelly
- Jan. 1 **In With The New**
with Kathy Donnelly

The Yoga Center of Columbia
8950 Route 108, Suite 109
Columbia, MD 21045



The Yoga Center is using recycled paper
for this newsletter and we encourage
you to recycle whenever possible.

Call 410.720.4340
Fax 410.772.9591
www.columbiayoga.com

THE YOGA CENTER

Kathy Donnelly
Director

STAFF

Karl Ardo
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Julia Greiwe-Martinez
Jeri Hemerlein
Jeanne Holden
Katie Huber
Bita Jenkins
Debbie Jensen-Grubb
Susan Kain
Jessica Koch
Tom Kight
Melissa Lindon
Lucy Lomax
Debbie Martin
Susanne Meyer
Colleen Palmateer
Chris Ruane
Linda San Gabriel
Rimmi Singh

REGISTRATION

To register for a class, complete the form and enclose full payment, which includes a \$40.00 non-refundable administration fee. Registrations can be made in person, on-line at our website (www.columbiayoga.com), by phone (410.720.4340), fax (410.772.9591) or by mail. Telephone and fax registrations are welcomed with Visa, MasterCard, American Express or Discover.

CLASS FEES:

Continuing Classes - 12 weeks
1x per week: \$192 Twice weekly: \$360
1st class is \$16/class, 2nd class is \$14/class

Introductory Classes - 12 weeks
1x per week: \$192 Twice weekly: \$360
1st class is \$16/class, 2nd class is \$14/class

Prorated fee is \$18 times the number of classes.

Drop in fees: \$16 for registered students
\$20 for non-registered students

Pilates Classes are \$14 each. Drop-in fee is \$18.

Continuing Pilates 12 weeks
1x per week: \$168
Twice weekly: \$336
Upper level Pilates drop-in with instructor permission only.

Introductory Pilates 12 weeks
1x per week: \$168
Twice weekly: \$336

Prenatal Classes are \$16 each (including all registered, drop-ins or pro-rated)

Children's Classes are 12 weeks. 1x per week: \$144
Drop-In fee is \$14 No discounts.

Teens Classes are 12 weeks. 1x per week: \$144
Drop-In fee is \$14 No discounts.

Discounts: Seniors (60 +), Teens and active Military personnel & their spouses get a 10% discount

MAKE-UPS

Missed classes can be made up at any time during the current session at the same level or lower. You may make up in advance of an anticipated absence. There is no need to call in advance or inform the teacher of your regular class.

All classes must be made up during the current session and may not be carried over to the next session.

REFUND POLICY

\$40.00 of the administration fee is non-refundable.
After Week 1 - all tuition less registration fee
After Week 2 - 75% of the tuition
After Week 3 - 50% of the tuition
After Week 4 - 25% of the tuition

There will be no refunds after the fifth week of class. The date a refund is requested determines the amount refunded - not class attendance.

OFFICE HOURS

Stop by, call or email the office:
Monday through Thursday
from 9:00am - 4:30pm
Friday through Sunday
from 9:00am - 1:00pm

A member of our staff will be there to help with registration or to answer any questions.

INCLEMENT WEATHER POLICY

If we need to cancel classes due to hazardous weather, we will place a cancellation message on our telephone, 410-720-4340, and on our website www.columbiayoga.com at least one hour before your scheduled class. If no cancellation message is found, your class will be held. Cancelled classes can be made up in another class during the same session.

BEFORE COMING TO CLASS

Wear clothing you can move easily in - shorts, footless tights or leggings are best. Baggy pants that obscure leg alignment are not preferred. Bare feet are essential. There are changing rooms in the studio. It's best not to eat a meal any closer than three hours before class (a light snack two hours ahead is OK).

INJURIES/PHYSICAL LIMITATIONS

If you have any physical or medical conditions, please consult your physician before starting any new exercise program and also inform your instructor at the first class.

Please be on time for class. Teachers begin each class with an introduction and centering that prepares you for what follows.

Take Your Yoga To The Next Level!

Anusara Yoga® Immersion
With Cheryl Catranbone & Lucy Lomax
Certified Anusara Yoga® Teachers
Begins January 14, 2012

Dive deeper into the spirit and practice of Anusara yoga and take your yoga practice to the next level.

Visit www.columbiayoga.com for a detailed brochure and application.

The Yoga Center's
Teacher Training 200 Program
Begins January 27, 2012

This comprehensive 11-month, RYT200 Yoga Alliance certification program runs weekends January - November 2012.

Led by Kathy Donnelly, Cheryl Catranbone & Lucy Lomax, this program will enrich your yoga and your life - even if you have no intention to teach!

FALL 2011 Class Level Descriptions

Yoga 1:

Introduces new and continuing students to the fundamental principles of alignment and breath in the basic standing poses. Emphasis will be on opening and strengthening the shoulders, back and legs.

Yoga 1 Plus:

For the student who has completed Yoga 1 or has prior Yoga experience, but prefers the pace of a Yoga 1 class. This class will explore, in greater depth, the standing poses and alignment principles. It's more than Yoga 1 and less than Yoga 1-2.

Yoga 1 - 2:

For continuing students who have completed Yoga 1 or who have prior Yoga experience. Emphasis will be on refining the basic standing poses while building endurance and strength and introducing Yoga 2 poses and variations.

Yoga 1 - 2 Plus:

For students who have completed Yoga 1-2. This class will emphasize building endurance and introducing Yoga 2 poses. Preparations for inverted poses (headstand, plow, and shoulderstand) will be introduced. It's more than Yoga 1-2 & less than Yoga 2.

Yoga 1 - 2 And Meditation:

Connect the body, mind and spirit in this class that includes seated meditation and a yoga practice, cultivating mindfulness in both practices.

Yoga 2:

For students who have completed Yoga 1-2 or have prior Yoga experience. Emphasis on refining Yoga 2 poses and variations and introducing revolved and seated poses. Preparations for inversions may be presented.

Yoga 2 - 3:

Level 2-3 is for intermediate students who have completed level 2. It will focus on deepening the practice through further exploration of revolved standing poses, twists, inversions, backbends and arm balances.

Yoga 3:

For intermediate/advanced students who have completed Yoga 2 - 3. Classes build stamina with challenging, playful and creative sequences. Emphasis on inversions and variations, backbends and arm balances. A regular practice outside class is strongly encouraged.

Yoga For Stiff Bodies:

Don't let inflexibility prevent you from doing yoga! This class is designed for people with low levels of flexibility, athletic/muscular body types, and/or little experience with yoga. The class will be slower paced focusing on holding stretches and learning breathing techniques in order to break through the stress, tension, and stiffness in the hamstrings, hips, shoulders, back, and mind.

Yoga And Abs:

In this class we will connect to our core and apply the workings of the abs to our Yoga Poses. Connecting to the core we will find not only strength but a sense of empowerment, lightness and ease in our Yoga. Discover the difference for yourself! It's "abs"olutely f"ab"ulous!!

Pre-requisite: Completion of Yoga 1

Children's Yoga: (Ages 4 - 10)

Children learn Yoga in such a fun and delightful way that they have no idea how healthy and relaxed they are becoming with simple yoga exercises. Yoga increases their strength, flexibility, concentration and balance. The classes will include warm-up postures, breathing exercises, balancing poses, standing poses and lots of games.

Yoga For Teens:

Geared toward High School & Middle School students, this yoga class is tremendously beneficial to the healthy development of teens. It builds strength and flexibility, aids relaxation and stress reduction, and increases body awareness, self respect, and self confidence.

Yoga for a Healthy Back:

This class is designed to help you with recovery and maintenance of a healthy pain-free back. Learn to relax the neck and back, and gain flexibility, balance and strength in the supportive muscles. Practice is suited for all levels. No yoga experience necessary.

Yoga for Runners:

Utilizes various yoga postures designed to increase flexibility, agility, endurance and strength. Great for athletes with tight hamstrings & lower backs. Suitable for all levels of yoga.

Yoga for Athletes:

Are you a runner, biker, or triathlete in training? Yoga for Athletes will add a wonderful balance to round out your "workout." We will focus on opening, lengthening, and strengthening chronically tight areas common among athletes. Breathing and relaxation techniques will also be introduced to enhance endurance.

Yin/Yang Yoga:

Yin is stillness while Yang is movement. We begin with long, passive poses which work at a deep level bringing "juiciness" to the joints/connective tissue and end with a more active asana practice that opens the flow of energy through the body to larger muscles with the breath (prana). Attention to alignment is primary and each week we will focus on a different area of the body.

Pre-requisite: Completion of Yoga 1.

Gentle Yoga:

This level 1 class specializes in using props to gently challenge the ability of students to their maximum potential. Gentle yoga provides a slower paced class, emphasizing yogic breathing and stress reduction. Poses are modified to enhance each student's experience of increasing body awareness, flexibility and strength. Suitable for students desiring a less vigorous class and for those with health challenges.

Gentle Yoga / Yoga 1:

A less vigorous approach to Yoga 1 using warm-ups, preparatory poses, modified poses, and props to help students learn the primary Yoga 1 poses and yoga basics. Focuses on standing poses, shoulder openers, and yogic breathing. **Appropriate for beginning and continuing students including those experiencing or recovering from illness or injury, and for pregnant women with some yoga experience.**

Chair Yoga:

For anyone who has ever hesitated to try yoga because of the challenge of getting down onto the floor or doing standing poses. Just about any pose that can be done standing, sitting, or

Chair Yoga (cont'd):

lying on a mat can be adapted to sitting on a chair. Everyone, beginner to advanced, is accommodated, as each pose will be presented in multiple levels of flexibility. The class will include breathing, meditation, stretching, strengthening and a lot of fun – all while sitting on a chair!

Yoga For Gardeners:

Transforms the areas of the body that are taxed by gardening. We will strengthen the core, open hips, stretch hamstrings, play with balancing poses, work on squatting, and refocus the spirit with relaxation. You will "dig" this class and "harvest" the benefits to enjoy frolicking in your garden all season long. **No experience necessary.**

Unwind With Yoga:

Finish your day by relaxing and stretching, yet strengthening your body and mind, by doing self-massage, slow and supported yoga poses, breathing techniques, and meditation. No sweating necessary -and appropriate for all levels and anyone who simply wants to feel good for bedtime.

Yoga For Healthy Weight Management:

Engage in healthy lifestyle changes with other participants looking to lose or sustain weight loss with yoga. Learn yoga poses to support weight loss, stress reduction techniques and dietary choices based on Ayurvedic and other disciplines.

Foundations of Meditation:

Provides the knowledge and skills to enable students to establish an authentic and sustainable meditation practice capable not only of producing the well-known benefits of meditation but also of transforming your life.

Fundamentals of Zen:

This class is a sequel to the Foundations of Meditation Course for students interested in more complete immersion in Zen and meditation practice. The class is also a preparation for students wishing to become members of the White Plum Zen Community. **Pre-requisite:** Completion of the Foundations of Meditation Course.

White Plum Zen Community:

Ongoing Zen practice for advancing students who have completed both the Foundations of Meditation Course and Beginning Zen Class (or its equivalent). This is a whole-hearted gathering of experienced students dedicated to practices of awakening who wish to continue in community with others as formal students of this Zen Practice Community. **Pre-requisite:** Foundations of Meditation and instructor permission.

Pilates 1:

Improve postural problems, increase core strength, prevent injury, create strong muscles, refine coordination and balance through body awareness, while also building functional strength and endurance. Thoroughly covers the basic mat work series of this whole body workout system created by Joseph Pilates.

Pilates 1 - 2:

This class builds on and refines the movements learned in Level 1 while improving alignment and adding in a greater variety of exercises. Students who have taken a beginner Level 1 Pilates class (at The Yoga Center or elsewhere) are welcome.

Pilates 2:

The Level 2 class includes the complete intermediate level Pilates mat work series and then some. This smoothly flowing workout will increasingly challenge and develop the participants' concentration, strength, range of motion and stamina.

Pilates With Props:

Pilates with props will add a wealth of new exercises to your regimen. Spice up your routine by learning to use bands, discs, bars, balls and more! All props will be provided for you during class. New props introduced each week. Beginner Pilates students are also welcome.

Introduction To Pranayama:

Control of the breath is vital to our health, mental focus and sense of calm. This class provides those interested in working with the breath an opportunity to practice breath awareness and modification. Step-by-step instructions are given on the techniques and benefits of the yogic breathing practices called Pranayama.

Pre-requisite: one year of asana practice.

Pranakraiya Flow:

A fluid class emphasizing breath awareness & basic alignment. Students progress through a series of poses - builds strength & flexibility. Some yoga experience recommended.

Therapeutics:

This class is appropriately paced for those students with injuries and other health challenges, such as fibromyalgia, arthritis, MS, and chronic lower back and neck issues. Working within the framework of each student's limitations, poses will be modified on an individual basis.

Medical Longevity QiGong:

Rooted in Chinese tradition, QiGong is a series of gentle movements synchronized with breathing that promote energy movement through the body. It is the foundation for Tai Chi and provides gentle movements that improve health and well-being.

Radiant Lotus Women's QiGong:

A beautiful and graceful Chinese health exercise that opens the body's energy flow. This complete program of empowered self-care blends ancient Chinese and Tibetan techniques that address specific health issues unique to women, while honoring her feminine form.

Prenatal Yoga:

Prepare for childbirth and motherhood with gentle, safe yoga for moms-to-be. Classes will be tailored to your individual needs and stage of pregnancy. Moms with high-risk conditions should check with their doctors before taking this class.

Baby & Me: (For infants 6 weeks until crawling)

Utilizing connective exercises (including asana, infant massage, song and meditation) this playful class will provide you and your baby with an opportunity to build strength & increase flexibility in addition to nurturing intimacy in these important early developmental months. It addresses basic postpartum needs, such as restoring & strengthening abdominal & pelvic muscles, while promoting a much needed sense of calm.



The Yoga Center
 8950 Route 108
 Suite 109
 Columbia, MD 21045
 www.columbiayoga.com

Relax, Refresh &
 Rejuvenate With
**FREE Introductory
 Yoga Center Classes
 September 19 - 25, 2011**



FREE INTRODUCTORY CLASSES September 19 - 25, 2011

Register in advance for free classes at The Yoga Center by phone: 410.720.4340 or e-mail: info@columbiayoga.com. Classes will fill quickly. There is no obligation.

Yoga 1			Yoga 1 Plus			Therapeutics					
Monday	Sept. 19	9:30am - 11:00am	Kathy	Monday	Sept. 19	11:00am-12:30pm	Jeanne	Monday	Sept. 19	2:30pm - 4:00pm	Lucy
Monday	Sept. 19	4:30pm - 6:00pm	Lucy	Wednesday	Sept. 21	9:30am - 11:00am	Melissa	Thursday	Sept. 22	4:30pm - 6:00pm	Melinda
Monday	Sept. 19	6:15pm - 7:45pm	Rimmi	Thursday	Sept. 22	4:30pm - 6:00pm	Colleen	Friday	Sept. 23	11:15am - 12:45pm	Melinda
Tuesday	Sept. 20	9:00am - 10:30am	Jeanne	Friday	Sept. 23	6:15pm - 7:45pm	Debbie M.	Medical Longevity QiGong			
Tuesday	Sept. 20	6:15pm - 7:45pm	Kathy	Sunday	Sept. 25	9:00am - 10:30am	Linda	Monday	Sept. 19	7:00pm - 8:00pm	Karl
Wednesday	Sept. 21	11:15am - 12:45pm	Melissa	Yoga 1 - 2			Friday	Sept. 23	11:15am-12:15pm	Jessica	
Wednesday	Sept. 21	4:30pm - 6:00pm	Julia	Sunday	Sept. 25	10:45am-12:15pm	Linda	Radiant Lotus Women's QiGong			
Wednesday	Sept. 21	6:15pm - 7:45pm	Cheryl	Foundations Of Meditation			Tuesday	Sept. 20	11:15am-12:15pm	Jeri	
Wednesday	Sept. 21	8:00pm - 9:30pm	Bonnie	Wednesday	Sept. 21	6:30pm - 8:00pm	Tom	Unwind With Yoga			
Thursday	Sept. 22	9:30am - 11:00am	Bitu	Pranakriya Flow			Tuesday	Sept. 20	8:00pm - 9:30pm	Melinda	
Thursday	Sept. 22	4:30pm - 6:00pm	Debbie M.	Monday	Sept. 19	4:30pm - 6:00pm	Julia	Pilates 1			
Thursday	Sept. 22	6:15pm - 7:45pm	Tom	Yoga and Abs			Monday	Sept. 19	9:00am - 9:50am	Karen	
Thursday	Sept. 22	8:00pm - 9:30pm	Debbie M.	Tuesday	Sept. 20	8:00pm - 9:30pm	Jeanne	Monday	Sept. 19	5:00pm - 5:50pm	Karen
Friday	Sept. 23	9:30am - 11:00am	Rimmi	Wednesday	Sept. 21	9:30am - 10:45am	Rimmi	Wednesday	Sept. 21	9:00am - 9:50am	Karen
Friday	Sept. 23	4:30pm - 6:00pm	Colleen	Prenatal Yoga			Wednesday	Sept. 21	5:15pm - 6:05pm	Karen	
Saturday	Sept. 24	8:00am - 9:30am	Rimmi	Tuesday	Sept. 20	4:30pm - 6:00pm	Darlene	Saturday	Sept. 24	9:00am - 9:50am	Chris
Saturday	Sept. 24	10:45am - 12:15pm	Moses	Thursday	Sept. 22	6:15pm - 7:45pm	Darlene	Pilates With Props			
Sunday	Sept. 25	10:45am - 12:15pm	Moses	Saturday	Sept. 24	11:45am - 1:15pm	Bitu	Tuesday	Sept. 20	5:15pm - 6:05pm	Susan
Yoga For Weight Management			Baby & Me			Teen Yoga (HS & MS students)					
Tuesday	Sept. 20	3:30pm - 5:00pm	Susan	Monday	Sept. 19	11:15am-12:15pm	Liz	Saturday	Sept. 24	1:45pm - 2:45pm	Bonnie/Liz
Pranayama			Gentle Yoga / Yoga 1			Yoga For A Healthy Back					
Monday	Sept. 19	6:15pm - 7:15pm	Debbie M.	Wednesday	Sept. 21	11:15am-12:45pm	Debbie M	Thursday	Sept. 22	9:30am - 11:00am	Rimmi
Yoga For Gardeners			Gentle Yoga			Children's Yoga (4 - 10yrs)					
Friday	Sept. 23	11:15am - 12:15pm	Debbie	Friday	Sept. 23	11:15am-12:45pm	Debbie M	Saturday	Sept. 24	12:30pm - 1:30pm	Bonnie/Liz
Yoga For Runners			Chair Yoga			Yoga For Your Back Mini Session					
Monday	Sept. 19	6:15pm - 7:15pm	Katie	Monday	Sept. 19	9:30am - 11:00am	Colleen	Wednesday	Sept. 21	1:00pm - 2:30pm	Regina
Yoga For Athletes			Patterns of Change Mini Session			Itsy Bitsy Yoga® Tots (11-24 months) Mini Session					
Tuesday	Sept. 20	6:15pm - 7:45pm	Jeanne	Tuesday	Sept. 20	9:30am - 11:00am	Debbie	Tuesday	Sept. 24	2:30pm - 4:00pm	Regina
Yin / Yang Yoga			Itsy Bitsy Yoga® Tykes (2 - 4 ½ yrs) Mini Session			Patterns of Change Mini Session					
Wednesday	Sept. 21	4:30pm - 6:00pm	Debbie	Wednesday	Sept. 21	6:15pm - 7:45pm	Debbie	Tuesday	Sept. 20	8:00pm - 9:30pm	Judith
Yoga For Stiff Bodies			Itsy Bitsy Yoga® Tykes (2 - 4 ½ yrs) Mini Session			Itsy Bitsy Yoga® Tots (11-24 months) Mini Session					
Thursday	Sept. 22	8:00pm - 9:30pm	Bonnie	Thursday	Sept. 22	10:45am-12:15pm	Debbie	Tuesday	Sept. 20	9:30am - 10:15am	Katie
			Chair Yoga			Itsy Bitsy Yoga® Tykes (2 - 4 ½ yrs) Mini Session					
			Wednesday	Sept. 21	11:00am-12:30pm	Melinda	Itsy Bitsy Yoga® Tykes (2 - 4 ½ yrs) Mini Session				
			Sunday	Sept. 25	9:15am - 10:30am	Melinda	Tuesday	Sept. 20	10:30am - 11:15am	Katie	

MONDAY

9:00am - 9:50am	Pilates 1	Karen
9:30am - 11:00am	Yoga 1	Kathy
9:30am - 11:00am	Yoga 1 - 2	Rimmi
NEW 9:30am - 11:00am	Gentle Yoga	Colleen
10:00am - 10:50am	Pilates 1 - 2	Karen
11:00am - 12:30pm	Yoga 1 Plus	Jeanne
11:15am - 12:15pm	Baby & Me	Liz
2:30pm - 4:00pm	Therapeutics	Lucy
NEW 4:30pm - 6:00pm	Pranakriya Flow	Julia Cancelled
4:30pm - 6:00pm	Yoga For Runners	Katie Cancelled
4:30pm - 6:00pm	Yoga 1	Lucy
5:00pm - 5:50pm	Pilates 1	Karen
6:00pm - 6:50pm	Pilates 2	Karen
6:15pm - 7:15pm	Pranayama	Debbie M.
6:15pm - 7:45pm	Yoga 1	Rimmi
6:15pm - 7:45pm	Yoga 1 - 2	Kathy
7:00pm - 8:00pm	Medical QiGong	Karl
7:30pm - 9:00pm	Yoga 1 - 2	Debbie M.
8:00pm - 9:30pm	Yoga 2	Rimmi
8:00pm - 9:30pm	Yoga 3	Cheryl
8:15pm - 9:15pm	Meditation Group *	Kathy

*For Experienced Meditators. \$5 Donation Requested.

TUESDAY

7:00am - 8:15am	Yoga 1 - 2	Susanne
9:00am - 10:30am	Yoga 1	Jeanne
NEW 9:30am - 10:15am	IBY® Tots 4 wks	Katie
9:30am - 11:00am	Gentle Yoga	Debbie
9:30am - 9:50am	Meditation	Kathy
10:00am - 11:30am	Yoga 2	Kathy
NEW 10:30am - 11:15am	IBY® Tykes 4 wks	Katie
10:45am - 12:15pm	Yoga 1 - 2	Debbie M.
NEW 11:15am - 12:15pm	Radiant Lotus QiGong	Jeri
NEW 3:30pm - 5:00pm	Yoga-Weight Mgmt	Susan
4:15pm - 5:45pm	Gentle Yoga	Debbie
4:30pm - 6:00pm	Yoga 2	Susanne
NEW 4:30pm - 6:00pm	Prenatal Yoga	Darlene
5:15pm - 6:05pm	Pilates with Props	Susan (All lvs)
6:15pm - 7:45pm	Yoga 1	Kathy
6:15pm - 7:45pm	Yoga 1 - 2	Rimmi
6:15pm - 7:45pm	Yoga 2	Cheryl
6:15pm - 7:45pm	Yoga For Athletes	Jeanne
8:00pm - 9:30pm	Yoga & Abs	Jeanne
8:00pm - 9:30pm	Yoga 2	Debbie M.
8:00pm - 9:30pm	Unwind with Yoga	Melinda
NEW 8:00pm - 9:30pm	Patterns/Change 6wks	Judith

WEDNESDAY

9:00am - 9:50am	Pilates 1	Karen	NEW
9:30am - 10:45am	Yoga & Abs	Rimmi	
9:30am - 11:00am	Yoga 1 - 2	Debbie M.	
9:30am - 11:00am	Yoga 1 Plus	Melissa	
10:00am - 10:50am	Pilates 1 - 2	Karen	Cancelled
11:00am - 12:15pm	Chair Yoga	Melinda	NEW
11:00am - 12:30pm	Yoga 2	Rimmi	NEW
11:15am - 12:45pm	Gentle / Yoga 1	Debbie M.	
11:15am - 12:45pm	Yoga 1	Melissa	
1:00pm - 2:30pm	Back Yoga 6wks	Regina	NEW
2:30pm - 4:00pm	Beginner Yoga 6wks	Regina	NEW
4:15pm - 5:05pm	Pilates 1 - 2	Karen	
4:30pm - 6:00pm	Yoga 1	Julia	
4:30pm - 6:00pm	Yoga 1 - 2	Lucy	
4:30pm - 6:00pm	Yin/Yang Yoga	Debbie	Cancelled
5:15pm - 6:05pm	Pilates 1	Karen	
6:15pm - 7:45pm	Gentle Yoga	Debbie	
6:15pm - 7:45pm	Yoga 2	Lucy	
6:15pm - 7:45pm	Yoga 1	Cheryl	
6:30pm - 8:00pm	Foundations of Meditation	Tom	NEW
8:00pm - 9:30pm	Yoga 1	Bonnie	
8:00pm - 9:30pm	Yoga 2 - 3	Cheryl	
8:15pm - 9:45pm	Fundamentals Zen	Tom	NEW

THURSDAY

9:00am - 10:30am	Yoga 2	Jeanne	
9:30am - 11:00am	Yoga 1	Bit	
9:30am - 11:00am	Healthy Back Yoga	Rimmi	Cancelled
10:00am - 11:30am	Yoga 1 - 2	Moses	NEW
10:45am - 12:15pm	Gentle Yoga	Debbie	
11:15am - 12:45pm	Yoga 2 - 3	Bit	
4:30pm - 6:00pm	Therapeutics	Melinda	
4:30pm - 6:00pm	Yoga 1	Debbie M.	
4:30pm - 6:00pm	Yoga 1 Plus	Colleen	NEW
4:30pm - 6:00pm	Yoga 1 - 2	Debbie	
6:15pm - 7:45pm	Yoga 1	Tom	
6:15pm - 7:45pm	Yoga 1 - 2	Moses	
6:15pm - 7:45pm	Prenatal Yoga	Darlene	
6:15pm - 7:45pm	Yoga 2 - 3	Debbie M.	NEW
8:00pm - 9:30pm	Yoga 1	Debbie M.	
8:00pm - 9:30pm	Yoga 1 - 2	Tom	
8:00pm - 9:30pm	Yoga 2	Moses	
8:00pm - 9:30pm	Yoga - Stiff Bodies	Bonnie	NEW

FRIDAY

9:00am - 9:20am	Meditation	Kathy	
9:30am - 11:00am	Yoga 1 - 2	Kathy	
9:30am - 11:00am	Yoga 1	Rimmi	
9:30am - 11:00am	Yoga 2	Debbie M.	
11:15am - 12:45pm	Therapeutics	Melinda	NEW
11:15am - 12:45pm	Gentle / Yoga 1	Debbie M.	
11:15am - 12:15pm	Yoga For Gardeners	Debbie	
11:15am - 12:15pm	Medical QiGong	Jessica	NEW
4:30pm - 6:00pm	Yoga 1	Colleen	
6:15pm - 7:45pm	Yoga 1 Plus	Debbie M.	

SATURDAY

7:45am - 9:30am	Yoga 1 - 2 & Meditation	Kathy	
	Pilates 2	Chris	NEW
8:00am - 8:50am	Yoga 1	Rimmi	
8:00am - 9:30am	Pilates 1	Chris	NEW
9:00am - 9:50am	Yoga 1 - 2	Moses	
9:00am - 10:30am	Yoga 1 - 2 Plus	Rimmi	
9:45am - 11:15am	Yoga 2 - 3	Bit	
10:00am - 11:30am	Yoga 1	Moses	NEW
10:45am - 12:15pm	Prenatal Yoga	Bit	
11:45am - 1:15pm	Children's Yoga (4 - 10 years)	Bonnie/Liz	NEW
1:45pm - 2:45pm	Teen Yoga (HS & MS Students)	Bonnie/Liz	NEW
2:30pm - 4:00pm	Back Yoga 6wks	Regina	NEW
2:30pm - 4:00pm	Beginner Yoga 6wks	Regina	NEW

SUNDAY

8:30am - 10:30am	White Plum Zen Community	Tom	
9:00am - 10:30am	Yoga 2	Moses	
9:00am - 10:30am	Yoga 1 Plus	Linda	Cancelled
9:15am - 10:30am	Chair Yoga	Melinda	
10:45am - 12:15pm	Yoga 1	Moses	
10:45am - 12:15pm	Yoga 1 - 2	Linda	
10:45am - 12:15pm	Yoga 2	Tom	
11:00am - 12:00pm	Community Yoga 4 wks (Mixed Level)	Donna	NEW
6:30pm	Meditation	Stillwater Mindfulness Community	

ALL CLASSES Continuing & Introductory - 12 weeks Monday, September 26 - Sunday, December 18, 2011
All Yoga Classes - 1x per week \$192 2x per week \$360 All Pilates Classes - 1x per week \$168 2x per week \$336
The Yoga Center, 8950 Route 108, Suite 109, Columbia, MD 21045 410-720-4340 www.columbiayoga.com

Please Circle The Entire Line Of Classes
 You Are Registering For AND Fill out the
 Registration Form On The Back.

THE YOGA CENTER OF COLUMBIA FALL 2011 REGISTRATION FORM

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card info. 410.772.9591. www.columbiayoga.com

Name: _____

Address: _____ City _____ State _____ Zip _____

Please send the newsletter via? U.S. Postal Service E-mail _____

Telephone # : (Nights) _____ (Days) _____

DID YOU REMEMBER TO CIRCLE THE ENTIRE LINE OF THE CLASS(ES) YOU ARE REGISTERING FOR ON THE REVERSE SIDE?

(✓) Only if 10% discount is applicable: Teens Seniors 60+ Active Military/Spouse **Total Amt: \$** _____

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Please Complete For Credit Card Mai-In and Fax Registrations Only:

Acct. No.: _____ Exp. Date: _____

***Refund Policy:** \$40 administration fee is non-refundable. After week 1, all tuition less registration fee. After week 2, 75% of the tuition. After week 3, 50% of the tuition. After week 4, 25% of the tuition. No refunds after week 5.

AGREEMENT OF RELEASE & WAIVER OF LIABILITY (Please review waiver and sign below.)

I hereby agree to the following: That I am participating in the Yoga classes or Workshops offered by The Yoga Center of Columbia; during which I will receive information and instruction about yoga. I recognize that yoga requires physical exertion which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that it is my responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

The informing of my physical conditions is simply to enable the instructor to provide optimal instruction, and in no way absolves me of this responsibility. Therefore, I, my heirs or legal representatives, waive any claim I may have against The Yoga Center of Columbia or any teacher(s) or representative(s) of same.

Date

Signature of Student, Parent or Guardian

The Yoga Center Of Columbia FALL 2011 CLASS FEES

CONTINUING CLASSES: 12-weeks, 1x per week: \$192 Twice weekly: \$360 1st class is \$16/class, 2nd is \$14/class

INTRODUCTORY CLASSES: 12-weeks, 1x per week: \$192 Twice weekly: \$360 1st class is \$16/class, 2nd is \$14/class

PRORATED FEE: \$18 times # of classes. **DROP-IN FEES:** \$16 for registered students. \$20 for non-registered students

PILATES CLASSES: \$14 each. Drop-in fee is \$18.

Continuing Pilates: 12-weeks, 1x per week: \$168 Twice weekly: \$336 Drop-in with instructor permission only

Introductory Pilates: 12-weeks, 1x per week: \$168 Twice weekly: \$336

PRENATAL CLASSES: \$16 each (registered, drop-ins or pro-rated)

CHILDREN'S YOGA: (Ages 4 - 10) 12-weeks, 1x per week: \$144 Drop-In Fee is \$14 No discounts

TEENS YOGA: (H.S. & M. S. Students) 12-weeks, 1x per week: \$144 Drop-In Fee is \$14 No discounts

MINI-SESSIONS:

Itsy Bitsy Yoga® with Katie Huber, Tuesdays, 4-weeks

Session 1: September 27 – October 18 \$48

Session 2: November 1 - 22 \$48

Tots (11-24 months) 9:30am – 10:15am, \$48 **Tykes** (2 - 4 1/2 yrs) 10:30am – 11:15am, \$48

Yoga For Your Back Mini-Session with Regina Armenta,

Wednesdays, Sept. 28 - Nov. 2, 1 - 2:30pm, Saturdays, October 1 – Nov. 5, 2:30pm – 4pm, 6-weeks, \$96

Beginner's Yoga Mini-Session with Regina Armenta,

Wednesdays, Nov. 9 - Dec. 14, 1 - 2:30pm Saturdays Nov 12 - Dec 17, 2:30pm - 4:00pm, 6-weeks, \$96

Yoga For Scoliosis Relief with Debbie Jensen-Grubb, Fridays, Oct. 7 - Nov. 4, 4:30pm - 6pm, 5-weeks \$80

Patterns of Change with Judith Fischer, Tuesdays, Sept. 27 - Nov. 8, (9/27, 10/4, 10/11, 10/25, 11/1, 11/8) 8:00pm - 9:30pm, 6-wks \$96

Community Yoga Mini-Session with Donna Querido, Sundays, Nov. 6 – 27, 11am – 12:00pm, 4-weeks

DISCOUNTS: (cannot be combined)

Seniors (60 +), Teens and Active Military personnel & their spouses are eligible for a 10% discount.

www.columbiayoga.com For More Information Or Call 410-720-4340

