

the Yoga Center of Columbia

SUMMER 2011

www.columbiayoga.com

FREE Introductory Classes, July 11 - 17, 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 Classes Begin July 11. All Introductory Classes Begin July 18.

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

Prepare To Blossom

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."....

I have always loved this quote and it is appropriate for the upcoming summer session at the Yoga Center, as we are preparing to blossom again. We are taking more of the vacant suite next to us and so the hallway will continue beyond the Iris studio to our new room. Even more exciting, is that with this new room we are adding some new classes: Children's and Tweens mini sessions at the same time as adult classes for the summer, Yoga for Runners, Yin/Yang Yoga, Yoga for Athletes, Flow Yoga, Yoga for a Healthy Back and Pranayama. We also have a new teacher joining the amazing teaching staff: Linda SanGabriel. Linda brings 15+ years of teaching experience, some of it in Howard County Parks and Recs, as well as Columbia Association before joining the faculty at Unity Woods where she's been teaching for 10 years. Linda will be teaching Pilates and Yoga.

We are so proud of the talented and dedicated teaching and desk staff at the Yoga Center. Many students comment how welcomed they feel here which is always music to my ears, as it is my sincere desire that you enter feeling welcomed and leave feeling refreshed!

Have a wonderful summer and please include us in your plans for this summer!

Kathy Donnelly
Owner / Director,
Certified Anusara Yoga Teacher



Upcoming Events

- July 11 **Free Introductory Classes Begin**
- July 16 **Yoga For Scoliosis Relief** with Debbie Jensen-Grubb
- July 17 **Yoga Nidra Workshop** with Debbie Jensen-Grubb
- July 31 **Yoga & Massage For Labor & Birth** with Darlene Bergener
- Aug. 19 **Jamie Allison**
- 21 **Weekend Workshop**
- Aug. 27 **Yoga For Scoliosis Relief** with Debbie Jensen-Grubb
- Aug. 28 **Yoga Nidra Workshop** with Debbie Jensen-Grubb
- Sept. 30 **Mom's Night Out Yoga** with Katie Huber

Coming Soon!!!

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

2012 Teacher Training 200
With Kathy Donnelly, Cheryl Catranbone & Lucy Lomax
Begins January 27, 2012

MINI-SESSIONS

- Children's Yoga** (ages 4 - 10) with Bonnie Cassels, 6-weeks, \$90
Mondays, July 18 - August 22
9:30am - 11:00am **Free Class July 11**
- Itsy Bitsy Yoga® - Tots** (11- 24 months) with Katie Huber 4-weeks, \$48
Mondays, 11:15am - 12:00pm
July 18 - August 8 (7/18, 7/25, 8/1, 8/8)
Free Class July 11
- Itsy Bitsy Yoga® - Tykes** (2 - 4 1/2 yrs) with Katie Huber 4-weeks, \$48
Mondays, 12:15pm - 1:00pm
July 18 - August 8 (7/18, 7/25, 8/1, 8/8)
Free Class July 11
- Tween Yoga** (ages 11 - 15) with Liz Clark, 6-weeks, \$90
Wednesdays, July 20 - August 24
9:30am - 11:00am **Free Class July 13**
- Intro To Meditation** with Kathy Donnelly, 4-weeks, \$60
Tuesdays, Aug. 2 - 23, 5pm - 6pm
- Beginner's Yoga Mini-Session** with Regina Armenta, 6-weeks, \$96
Wednesdays, Aug. 10 - Sept. 14
1:00pm - 2:30pm
- Beginner's Yoga Mini-Session** with Regina Armenta, 6-weeks, \$96
Saturdays, Aug. 13 - Sept. 17
2:30pm - 4:00pm
- Community Yoga Mini-Session** with Donna Querido, 4-weeks
Sundays, July 24 - Aug. 14 11am - 12pm
- Yoga In Spanish** with Julia Greiwe-Martinez, 3-wks, \$48
Wednesdays, July 20 - August 3
8:00pm - 9:30pm **Free Class July 13**
- PranaFlow** with Julia Greiwe-Martinez, 5-wks, \$80
Thursdays, July 21 - August 18
9:30am - 11:00am **Free Class July 14**

THANK YOU TO THE STUDENTS IN ATHOLTON HIGH SCHOOL'S ACADEMIC LIFE SKILLS CLASS WORK ENCLAVE PROGRAM FOR HELPING WITH THIS NEWSLETTER.

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
Darlene Bergener
Karen Best - Staub
Moses Brown
Bonnie Cassels
Cheryl Catranbone
Liz Clark
Kathy Donnelly
Melinda Frisch
Julia Greiwe-Martinez
Jeri Hemerlein
Jeanne Holden
Katie Huber
Bita Jenkins
Debbie Jensen-Grubb
Susan Kain
Tom Kight
Melissa Lindon
Lucy Lomax
Debbie Martin
Susanne Meyer
Colleen Palmateer
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 - 10 weeks
1x per week: \$160 Twice weekly: \$300
1st class is \$16/class, 2nd class is \$14/class

Introductory Classes - 9 weeks
1x per week: \$144 Twice weekly: \$270
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 10 weeks
1x per week: \$140
Twice weekly: \$280
Upper level Pilates drop-in with instructor permission only.

Introductory Pilates 9 weeks
1x per week: \$126
Twice weekly: \$252

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

Children's Classes are 6 weeks. 1x per week: \$90
Drop-In fee is \$14 No discounts.

Teens Classes are 9 weeks. 1x per week: \$108
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 Practice To The Next Level.



Jamie Allison

Is Coming - August 19 - 21st

Don't Miss Out On This Fabulous
Weekend Workshop

More Information will be available on
www.columbiayoga.com or
Jamie Allison's website www.omzoneyoga.com



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 21, 2012

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

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

SUMMER 2011 Class Level Descriptions

Yoga I:

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 I Plus:

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

Yoga I - 2:

For continuing students who have completed Yoga I 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 I - 2 Plus:

For students who have completed Yoga I-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 I-2 & less than Yoga 2.

Yoga I - 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 I-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 Plus. 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 Flow I:

Inspired & driven by the transformative effects of connecting movement with breath, this class enjoys flowing from pose to pose with grace and intention. Supported by music, the creative sequences will build strength, endurance, balance, and flexibility while bringing the perfect balance of energy & calm to the body and mind. Alignment techniques will continue to be taught & encouraged in the service of beauty and safety.

Children's Yoga: (Ages 5 - 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 I.

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.

PranafLOW:

PranafLOW is a playful and explorative vinyasa style class that emphasizes the connection between breath (prana) and movement. Students should have 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 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 In Spanish:

Yoga en español! Come and explore yoga in the language that fully embodies the qualities of yoga - heart felt and expressive. Open to Spanish speakers, travelers and anyone interested in experiencing the Spanish language in this exciting and kinesthetic way!

Gentle Yoga:

This level I 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 I:

A less vigorous approach to Yoga I using warm-ups, preparatory poses, modified poses, and props to help students learn the primary Yoga I 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.**

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 Community.

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.

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 I

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.

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
 July 11 - 17, 2011**



FREE INTRODUCTORY CLASSES July 11 - 17, 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	July 11	9:30am - 11:00am	Kathy	Monday	July 11	11:00am-12:30pm	Jeanne	Monday	July 11	2:30pm - 4:00pm	Lucy
Monday	July 11	4:30pm - 6:00pm	Lucy	Wednesday	July 13	9:30am - 11:00am	Melissa	Thursday	July 14	4:30pm - 6:00pm	Melinda
Monday	July 11	6:15pm - 7:45pm	Rimmi	Friday	July 15	6:15pm - 7:45pm	Debbie M.	Friday	July 15	9:30am - 11:00am	Melinda
Tuesday	July 12	9:00am - 10:30am	Jeanne	Foundations Of Meditation				Medical Longevity QiGong			
Tuesday	July 12	3:30pm - 5:00pm	Susan	Wednesday	July 13	6:15pm - 7:45pm	Tom	Monday	July 11	7:00pm - 8:00pm	Karl
Tuesday	July 12	6:15pm - 7:45pm	Kathy	Fundamentals Of Zen				Radiant Lotus Women's QiGong			
Wednesday	July 13	11:15am -12:45pm	Melissa	Wednesday	July 13	8:00pm - 9:30pm	Tom	Tuesday	July 12	10:00am - 11:00am	Jeri
Wednesday	July 13	4:30pm - 6:00pm	Julia	Healthy Back Yoga				Pilates 1			
Wednesday	July 13	6:15pm - 7:45pm	Cheryl	Thursday	July 14	6:15pm - 7:45pm	Rimmi	Monday	July 11	9:00am - 9:50am	Karen
Wednesday	July 13	8:00pm - 9:30pm	Bonnie	Yoga and Abs				Monday	July 11	5:00pm - 5:50pm	Karen
Thursday	July 14	9:30am - 11:00am	Bitu	Tuesday	July 12	8:00pm - 9:30pm	Jeanne	Wednesday	July 13	5:15pm - 6:05pm	Karen
Thursday	July 14	4:30pm - 6:00pm	Debbie M.	Wednesday	July 13	9:30am - 10:45am	Rimmi	Pilates With Props			
Thursday	July 14	6:15pm - 7:45pm	Tom	Prenatal Yoga				Tuesday	July 12	5:15pm - 6:05pm	Susan
Thursday	July 14	8:00pm - 9:30pm	Debbie M.	Thursday	July 14	6:15pm - 7:45pm	Darlene	Sunday	July 17	9:30am - 10:30am	Linda
Friday	July 15	9:30am - 11:00am	Rimmi	Saturday	July 16	11:45am - 1:15pm	Bitu	Teen Yoga (HS & MS students)			
Friday	July 15	4:30pm - 6:00pm	Colleen	Baby & Me				Monday	July 11	4:30pm - 5:30pm	Julia
Saturday	July 16	8:00am - 9:30am	Rimmi	Monday	July 11	11:15am-12:15pm	Liz	Tween Yoga (Ages 11 - 15) Mini Session			
Saturday	July 16	10:45am - 12:15pm	Bonnie	Gentle Yoga / Yoga 1				Wednesday	July 13	9:30am - 11:00am	Liz
Sunday	July 17	10:45am - 12:15pm	Moses	Wednesday	July 13	11:15am-12:45pm	Debbie M	PranaFlow Mini Session			
Pranayama				Friday	July 15	11:15am-12:45pm	Debbie M	Thursday	July 14	9:30am - 11:00am	Julia
Monday	July 11	6:15pm - 7:15pm	Debbie M.	Gentle Yoga				Yoga In Spanish Mini Session			
Yoga For Gardeners				Tuesday	July 12	9:30am - 11:00am	Debbie	Wednesday	July 13	8:00pm - 9:30pm	Julia
Friday	July 15	11:15am - 12:15pm	Debbie	Tuesday	July 12	4:15pm - 5:45pm	Debbie	Children's Yoga (4 - 10yrs) Mini Session			
Yoga For Runners				Wednesday	July 13	6:15pm - 7:45pm	Debbie	Monday	July 11	9:30am - 11:00am	Bonnie
Monday	July 11	4:30pm - 6:00pm	Katie	Thursday	July 14	10:45am-12:15pm	Debbie	Itsy Bitsy Yoga® Tots (11-24 months) Mini Session			
Yoga For Athletes				Chair Yoga				Monday	July 11	11:15am - 12:00pm	Katie
Tuesday	July 12	6:15pm - 7:45pm	Jeanne	Sunday	July 17	9:15am - 10:30am	Melinda	Itsy Bitsy Yoga® Tykes (2 - 4 ½ yrs) Mini Session			
Yin / Yang Yoga				Unwind With Yoga				Monday	July 11	12:15pm - 1:00pm	Katie
Wednesday	July 13	4:30pm - 6:00pm	Debbie	Tuesday	July 12	8:00pm - 9:30pm	Melinda				
Yoga Flow 1											
Thursday	July 14	8:00pm - 9:30pm	Bonnie								



Continuing Classes - 10 weeks Monday, July 11 - Sunday, September 18, 2011 1x per week \$160 2x per week \$300 Pilates Classes - 10 weeks 1x per week \$140 2x per week \$280	Introductory Classes - 9 weeks Monday, July 18 - Sunday, September 18, 2011 1x per week \$144 2x per week \$270 Pilates Classes - 9 weeks 1x per week \$126 2x per week \$252
---	---

MONDAY

9:00am - 9:50am	Pilates I	Karen
9:30am - 11:00am	Yoga I	Kathy
9:30am - 11:00am	Yoga I - 2	Rimmi
NEW 9:30am - 11:00am	Children's Yoga 6 wks	Bonnie
10:00am - 10:50am	Pilates I - 2	Karen
11:00am - 12:30pm	Yoga I Plus	Jeanne
11:15am - 12:15pm	Baby & Me	Liz
NEW 11:15am - 12:00pm	IBY® Tots 4 wks	Katie
NEW 12:15pm - 1:00pm	IBY® Tykes 4 wks	Katie
2:30pm - 4:00pm	Therapeutics	Lucy
4:30pm - 5:30pm	Teen Yoga	Julia
4:30pm - 6:00pm	Yoga I	Lucy
NEW 4:30pm - 6:00pm	Yoga For Runners	Katie
5:00pm - 5:50pm	Pilates I	Karen
6:00pm - 6:50pm	Pilates 2	Karen
NEW 6:15pm - 7:15pm	Pranayama	Debbie M.
6:15pm - 7:45pm	Yoga I	Rimmi
6:15pm - 7:45pm	Yoga I - 2	Kathy
7:00pm - 8:00pm	Medical QiGong	Karl
NEW 7:30pm - 9:00pm	Yoga I - 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

NEW 7:00am - 8:15am	Yoga I - 2	Susanne
9:00am - 10:30am	Yoga I	Jeanne
9:30am - 11:00am	Gentle Yoga	Debbie
9:30am - 9:50am	Meditation	Kathy
10:00am - 11:30am	Yoga 2	Kathy
NEW 10:00am - 11:00am	Radiant Lotus QiGong	Jeri
10:45am - 12:15pm	Yoga I - 2	Debbie M.
3:30pm - 5:00pm	Yoga I	Susan
4:15pm - 5:45pm	Gentle Yoga	Debbie
4:30pm - 6:00pm	Yoga 2	Susanne
5:15pm - 6:05pm	Pilates with Props	Susan (All lvs)
6:15pm - 7:45pm	Yoga I	Kathy
6:15pm - 7:45pm	Yoga I - 2	Rimmi
6:15pm - 7:45pm	Yoga 2	Cheryl
NEW 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

WEDNESDAY

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

THURSDAY

9:00am - 10:30am	Yoga 2	Jeanne
9:30am - 11:00am	Yoga I	Bit
10:00am - 11:30am	Yoga I - 2	Bonnie 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 I	Debbie M.
4:30pm - 6:00pm	Yoga I - 2	Debbie
6:15pm - 7:45pm	Yoga I	Tom
6:15pm - 7:45pm	Yoga I - 2	Moses
6:15pm - 7:45pm	Prenatal Yoga	Darlene
6:15pm - 7:45pm	Healthy Back Yoga	Rimmi NEW
8:00pm - 9:30pm	Yoga I	Debbie M.
8:00pm - 9:30pm	Yoga I - 2	Tom
8:00pm - 9:30pm	Yoga 2	Moses
8:00pm - 9:30pm	Yoga Flow I	Bonnie NEW

FRIDAY

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

SATURDAY

7:45am - 9:30am	Yoga I - 2 & Meditation	Kathy
8:00am - 8:50am	Pilates 2	Karen
8:00am - 9:30am	Yoga I	Rimmi
9:00am - 10:30am	Yoga I - 2	Moses
9:45am - 11:15am	Yoga I - 2 Plus	Rimmi
10:00am - 11:30am	Yoga 2 - 3	Bit NEW
10:45am - 12:15pm	Yoga I	Bonnie NEW
11:45am - 1:15pm	Prenatal Yoga	Bit

SUNDAY

8:30am - 10:30am	White Plum Zen Community	Tom
9:00am - 10:30am	Yoga 2	Moses
9:15am - 10:30am	Chair Yoga	Melinda
9:30am - 10:30am	Pilates w Props	Linda NEW
10:45am - 12:15pm	Yoga I	Moses
10:45am - 12:15pm	Yoga I - 2	Linda NEW
10:45am - 12:15pm	Yoga 2	Tom
6:30pm	Meditation	Stillwater Mindfulness Community

PLEASE CIRCLE THE ENTIRE LINE OF THE CLASS(ES) YOU ARE REGISTERING FOR AND FILL OUT THE REGISTRATION FORM ON BACK.

THE YOGA CENTER OF COLUMBIA SUMMER 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 SUMMER 2011 CLASS FEES

CONTINUING CLASSES: 10-weeks, 1x per week: \$160 Twice weekly: \$300 1st class is \$16/class, 2nd is \$14/class

INTRODUCTORY CLASSES: 9-weeks, 1x per week: \$144 Twice weekly: \$270 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: 10-weeks, 1x per week: \$140 Twice weekly: \$280 Drop-in with instructor permission only

Introductory Pilates: 9-weeks, 1x per week: \$126 Twice weekly: \$252

PRENATAL CLASSES: \$16 each (including all registered, pro-rated and Prenatal drop-ins)

TEENS YOGA: (H.S. & M. S. Students) 9-weeks, 1x per week: \$108 Drop-In Fee is \$14 No discounts

MINI-SESSIONS:

Itsy Bitsy Yoga® with Katie Huber, Mondays, 4-weeks, July 18 - Aug. 8.

Tots (11-24 months) 11:15am - 12pm, \$48 **Tykes** (2 - 4 1/2 yrs) 12:15pm - 1:00pm, \$48

Children's Yoga (ages 4 - 10) with Bonnie Cassels, Mondays, July 18 - Aug. 22, 9:30am - 11:00am, 6-weeks, \$90

Tween Yoga (ages 11 - 15) with Liz Clark, Wednesdays, July 20 - Aug. 24, 9:30am - 11:00am, 6-weeks, \$90

Intro To Meditation with Kathy Donnelly, Tuesdays, Aug. 2 - 23, 5pm - 6pm, 4-weeks, \$60

Beginner's Yoga Mini-Session, with Regina Armenta, Wednesdays, Aug. 10 - Sept. 14, 1pm-2:30pm, 6-weeks, \$96

Beginner's Yoga Mini-Session with Regina Armenta, Saturdays, Aug. 13 - Sept. 17, 2:30pm - 4:00pm, 6-weeks, \$96

Community Yoga Mini-Session, with Donna Querido, Sundays, July 24 - Aug. 14, 11:00am - 12:00pm, 4-weeks

Yoga In Spanish with Julia Greiwe-Martinez, Wednesdays, July 20 - Aug. 3, 8:00pm - 9:30pm, 3-weeks, \$48

PranaFlow with Julia Greiwe-Martinez, Thursdays, July 21 - Aug. 18, 9:30am - 11:00am, 5-weeks, \$80

DISCOUNTS: (cannot be combined)

Seniors (60 +) are eligible for a 10% discount

Teens are eligible for a 10% discount

Active Military personnel & their spouses are eligible for a 10% discount.

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

