

the Yoga Center of Columbia

WINTER 2012

www.columbiayoga.com

FREE Introductory Classes, January 2 - 8, 2012

Detailed list of Free Introductory classes at The Yoga Center on page 2. 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 January 9th.

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

20 Years of Commitment To Excellence!

I read somewhere that it takes 20 years to become a master at any discipline. As the Yoga Center of Columbia reaches its 20th year of serving the yoga community, I think we have learned what it means to be a master of our craft. From the friendly and welcoming staff that greets you at the front desk to the highly trained and dedicated teachers in your classroom, we all strive to offer the highest quality of individual service and guidance so that your experience at the Yoga Center is positive and inspiring.

Just as yoga meets you right where you are, we all hope to do that as well. Each student has their beautifully unique gifts and struggles and it is our wish that you always feel comfortable here. We hope that each person leaves the Yoga Center feeling happier and healthier than when they came in, or as one student put it "I leave class a better version of myself".

As yoga becomes more mainstream, one thing you can always count on is that the teaching staff here is one of the most highly trained group of teachers anywhere! The combined teaching experience at The Yoga Center is over 200 years!

We are so proud to celebrate this 20 year milestone and always proud to bring the community the highest quality yoga instruction available anywhere.

Thank you for your continued commitment to your health and wellbeing. We are here to help you become a master.

Sincerely,
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: Jan. 10 - Jan. 31 \$48
Session 2: Feb. 14 - March 6 \$48
Free Class Tuesday, January 3

Itsy Bitsy Yoga® - Tykes
(2 - 4 1/2 yrs)
with Katie Huber
4-weeks, Tuesdays, 10:30am - 11:15am
Session 1: Jan. 10 - Jan. 31 \$48
Session 2: Feb. 14 - March 6 \$48
Free Class Tuesday, January 3

Yoga For Your Back
with Regina Armenta, 6-weeks, \$96
Wed, Jan. 11 - February 15
1:30pm - 3:00pm
Free Class Wednesday, January 4
Sat., Jan. 14 - February 18
2:00pm - 3:30pm
Free Class Saturday, January 7

Community Yoga Mini-Session
with Donna Querido, 4-weeks
Sundays, Feb. 5 - 26, 11am - 12pm
\$7 per class. Everyone is welcome!

Upcoming Events

- Dec. 31 **Out With The Old**
with Kathy Donnelly
- Dec. 31 **Yoga Nidra Workshop**
with Debbie Jensen - Grubb
- Jan. 1 **In With The New**
with Kathy Donnelly
- Jan. 2 **Free Introductory Classes Begin**
- Jan. 14-15 **Anusara Yoga®
Immersion 2012 Begins**
with Lucy Lomax & Cheryl Catranbone
- Jan. 14 **Yoga & Massage For Labor & Birth**
with Darlene Bergener
- Jan. 21 **Healthy Joints Workshop - Feet**
with Debbie Jensen-Grubb
- Jan. 21 **Organ Cleansing QiGong**
with Jeri Hemerlein
- Jan. 22 **Yoga Nidra Workshop**
with Debbie Jensen-Grubb
- Jan. 27 **RYT200 Teacher Training Begins**
with Kathy Donnelly
Lucy Lomax & Cheryl Catranbone
- Feb. 4 **Yoga For Arthritis**
with Lucy Lomax
- Feb. 10 **Valentine's Partner Yoga**
with Melissa Lindon & Geoff Maxson
- Feb. 25 **Organ Cleansing QiGong**
with Jeri Hemerlein
- Feb. 25 **Healthy Joints Workshop - Knees**
with Debbie Jensen-Grubb
- Feb. 26 **Yoga Nidra Workshop**
with Debbie Jensen-Grubb
- March 3 **Reiki I Training**
with Kelly Neylan
- March 10 **How To Start A Home Practice**
with Kathy Donnelly
- March 17 **Organ Cleansing QiGong**
with Jeri Hemerlein
- March 17 **Healthy Joints Workshop - Hips**
with Debbie Jensen-Grubb
- March 18 **Yoga Nidra Workshop**
with Debbie Jensen-Grubb
- March 31 **Take Your Practice
To Next Level**
with Cheryl Catranbone

Coming Soon

Sept. 2012 **RYT500 Teacher
Training Program**

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

FREE INTRODUCTORY CLASSES JANUARY 2 - 8, 2012

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 2				Yoga and Abs			
Monday	Jan. 2	9:30am - 11:00am	Kathy	Tuesday	Jan. 3	4:30pm - 6:00pm	Susanne	Tuesday	Jan. 3	8:00pm - 9:30pm	Jeanne
Monday	Jan. 2	11:15am - 12:45pm	Colleen	Wednesday	Jan. 4	11:00am - 12:30pm	Rimmi	Wednesday	Jan. 4	9:30am - 10:45am	Rimmi
Monday	Jan. 2	4:30pm - 6:00pm	Lucy	Wednesday	Jan. 4	6:15pm - 7:45pm	Lucy	Yoga For Athletes			
Tuesday	Jan. 3	9:00am - 10:30am	Jeanne	Therapeutics				Tuesday	Jan. 3	6:15pm - 7:45pm	Jeanne
Tuesday	Jan. 3	6:15pm - 7:45pm	Kathy	Monday	Jan. 2	2:30pm - 4:00pm	Lucy	Yoga For Weight Management			
Wednesday	Jan. 4	11:15am - 12:45pm	Melissa	Thursday	Jan. 5	4:30pm - 6:00pm	Melinda	Tuesday	Jan. 3	3:30pm - 5:00pm	Susan
Wednesday	Jan. 4	4:30pm - 6:00pm	Julia	Chair Yoga				Yoga With Weights			
Wednesday	Jan. 4	6:15pm - 7:45pm	Cheryl	Sunday	Jan. 8	9:15am - 10:30am	Melinda	Friday	Jan. 6	11:15am - 12:15pm	Debbie
Wednesday	Jan. 4	8:00pm - 9:30pm	Bonnie	EXTRA Gentle Yoga				Yoga For Stiff Bodies			
Thursday	Jan. 5	9:30am - 11:00am	Bitu	Monday	Jan. 2	4:30pm - 6:00pm	Melinda	Thursday	Jan. 5	8:00pm - 9:30pm	Bonnie
Thursday	Jan. 5	4:30pm - 6:00pm	Debbie M.	Gentle Yoga				Yoga For Scoliosis			
Thursday	Jan. 5	6:15pm - 7:45pm	Tom	Monday	Jan. 2	9:30am - 11:00am	Colleen	Wednesday	Jan. 4	4:30pm - 6:00pm	Debbie
Thursday	Jan. 5	8:00pm - 9:30pm	Debbie M.	Tuesday	Jan. 3	9:30am - 11:00am	Debbie	Back Yoga Mini Session			
Friday	Jan. 6	9:30am - 11:00am	Rimmi	Tuesday	Jan. 3	4:15pm - 5:45pm	Debbie	Wednesday	Jan. 4	1:30pm - 3:00pm	Regina
Friday	Jan. 6	5:00pm - 6:30pm	Colleen	Wednesday	Jan. 4	6:15pm - 7:45pm	Debbie	Saturday	Jan. 7	2:00pm - 3:30pm	Regina
Saturday	Jan. 7	8:00am - 9:30am	Rimmi	Thursday	Jan. 5	10:45am - 12:15pm	Debbie	Unwind With Yoga			
Saturday	Jan. 7	10:45am - 12:15pm	Moses	Gentle Yoga / Yoga 1				Tuesday	Jan. 3	8:00pm - 9:30pm	Melinda
Sunday	Jan. 8	10:45am - 12:15pm	Moses	Wednesday	Jan. 4	11:15am - 12:45pm	Debbie M.	Pranayama			
Yoga 1 Plus				Thursday	Jan. 5	6:15pm - 7:45pm	Debbie M.	Monday	Jan. 2	6:15pm - 7:15pm	Debbie M.
Monday	Jan. 2	11:00am - 12:30pm	Jeanne	Friday	Jan. 6	11:15am - 12:45pm	Debbie M.	Foundations Of Meditation			
Monday	Jan. 2	6:15pm - 7:45pm	Rimmi	Prenatal Yoga				Wednesday	Jan. 4	6:30pm - 8:00pm	Tom
Wednesday	Jan. 4	9:30am - 11:00am	Melissa	Tuesday	Jan. 3	4:30pm - 6:00pm	Darlene	Medical Longevity QiGong			
Thursday	Jan. 5	4:30pm - 6:00pm	Colleen	Thursday	Jan. 5	6:15pm - 7:45pm	Darlene	Monday	Jan. 2	7:00pm - 8:00pm	Karl
Yoga 1 - 2				Saturday	Jan. 7	11:45am - 1:15pm	Bitu	Friday	Jan. 6	11:15am - 12:15pm	Jessica
Monday	Jan. 2	4:30pm - 6:00pm	Julia	Baby & Me				Radiant Lotus Women's QiGong (Beginner)			
Monday	Jan. 2	7:30pm - 9:00pm	Debbie M.	Monday	Jan. 2	11:15am - 12:15pm	Liz	Thursday	Jan. 5	9:30am - 10:30am	Jeri
Tuesday	Jan. 3	7:00am - 8:30am	Susanne	Itsy Bitsy Yoga® Tots (11-24 months) Mini Session				Radiant Lotus Women's QiGong (Intermediate)			
Tuesday	Jan. 3	10:45am - 12:15pm	Debbie M.	Tuesday	Jan. 3	9:30am - 10:15am	Katie	Thursday	Jan. 5	10:45am - 11:45am	Jeri
Tuesday	Jan. 3	8:00pm - 9:30pm	Debbie M.	Itsy Bitsy Yoga® Tykes (2 - 4 ½ yrs) Mini Session				Pilates 1			
Wednesday	Jan. 4	4:30pm - 6:00pm	Lucy	Tuesday	Jan. 3	10:30am - 11:15am	Katie	Monday	Jan. 2	9:00am - 9:50am	Karen
Thursday	Jan. 5	4:30pm - 6:00pm	Debbie	Children's Yoga (4 - 10yrs)				Monday	Jan. 2	5:00pm - 5:50pm	Karen
Friday	Jan. 6	11:15am - 12:45pm	Bitu	Saturday	Jan. 7	12:30pm - 1:30pm	Bonnie/Liz	Wednesday	Jan. 4	9:00am - 9:50am	Karen
Friday	Jan. 6	6:15pm - 7:45pm	Debbie M.	Teen Yoga (HS & MS students)				Wednesday	Jan. 4	5:15pm - 6:05pm	Karen
Sunday	Jan. 8	10:45am - 12:15pm	Linda	Saturday	Jan. 7	1:45pm - 2:45pm	Bonnie/Liz	Saturday	Jan. 7	9:00am - 9:50am	Chris
				Yoga Basics For Women				Pilates With Props			
				Saturday	Jan. 7	12:30pm - 1:30pm	Regina	Tuesday	Jan. 3	5:15pm - 6:05pm	Susan

THE YOGA CENTER Kathy Donnelly, Director

STAFF Karl Ardo • Regina Armenta • Darlene Bergener • Karen Best • Moses Brown • Bonnie Cassels • Cheryl Catranbone
Liz Clark • Kathy Donnelly • Melinda Frisch • Julia Greiwe-Martinez • Jeri Hemerlein • Jeanne Holden • Katie Huber
Bitu 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

Yoga Center - Registration Information

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.

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 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

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). Please refrain from wearing fragrance.

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.

WINTER 2012 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 Basics For Women:

The class is held for one hour during the children's Yoga class to make it convenient for the women who are mothers to find an hour of time for themselves to practice while their children are practicing next door. In this hour for you, we will be going over breathing techniques for relaxation and basic Yoga poses that can increase bone density, while strengthening and stretching the muscles of the body.

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.

Yoga For Scoliosis:

In this class the central point is on how yoga can help alleviate discomfort and realign the spine using yoga poses and the breath. Emphasis is placed on learning your own misalignment and what to do to help yourself realign. Slow, meditative movements combined with more challenging postures.

EXTRA Gentle Yoga:

Ease into your practice with this class. Combines warm-ups, gentle and restorative postures, yogic breathing and guided, deep relaxation to reduce stress and increase movement and vitality. Less vigorous than Gentle Yoga, EXTRA Gentle Yoga is ideal for students experiencing illness, injury or chronic pain.

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 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 with Weights:

Combines yoga poses while working with 1-pound weights to help build core strength, flexibility, and aid in toning muscles and building bone density. Focus on specific alignment principles and maximize the potential of your yoga practice. You may bring your own ankle weights or 3 or 5 pound weights if you choose.

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 Fundamentals of 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.

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 Beginner:

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.

Radiant Lotus Women's QiGong

Intermediate:

For women who have completed Beginning Level RLWQ. We will include practicing RLWQ in a group enhancing and heightening the form. In particular, by blending our individual voices during Tibetan Sound Healing. New material will be shared for deepening and refining energy, RLWQ and other aspects of medical and energetic qigong.

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



FREE Classes
January 2 - 8, 2012

20 Reasons To Come To The Yoga Center of Columbia.

1. We have yoga for every body
2. 119 classes to choose from
3. We supply all the props you need
4. Teen, Senior and Military discounts
5. Progressive teaching that meets you where you are
6. Liberal makeup policy helps with busy schedules
7. 28 highly trained professional teachers
8. Over 200 years of teaching experience
9. Yoga creates strength, flexibility and balance
10. People who do yoga are happier & healthy
11. Pilates to strengthen your core
12. QiGong & Meditation to calm the body and mind
13. Voted Howard County's Best Yoga for 10 years
14. Wellness Room offers Massage and Reiki
15. Certified Teacher Training school RYT200 program
16. Anusara Immersion Program
17. Interesting Workshops
18. Gift Certificates Available
19. Yoga Boutique with clothing, books and yoga props
20. The Yoga Center Community is welcoming and fun!



MONDAY

9:00am - 9:50am	Pilates 1	Karen
9:30am - 11:00am	Yoga 1	Kathy
9:30am - 11:00am	Yoga 1 - 2	Rimmi
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
NEW 11:15am - 12:45pm	Yoga 1	Colleen
2:30pm - 4:00pm	Therapeutics	Lucy
4:30pm - 6:00pm	Yoga 1	Lucy
NEW 4:30pm - 6:00pm	Yoga 1 - 2	Julia
NEW 4:30pm - 6:00pm	EXTRA Gentle Yoga	Melinda
5:00pm - 5:50pm	Pilates 1	Karen
6:00pm - 6:50pm	Pilates 2	Karen
6:15pm - 7:15pm	Pranayama	Debbie M.
NEW 6:15pm - 7:45pm	Yoga 1 Plus	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
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
10:30am - 11:15am	IBY® Tykes 4 wks	Katie
10:45am - 12:15pm	Yoga 1 - 2	Debbie M.
3:30pm - 5:00pm	Yoga-Weight Mgmt	Susan
4:15pm - 5:45pm	Gentle Yoga	Debbie
4:30pm - 6:00pm	Yoga 2	Susanne
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
NEW 8:00pm - 9:30pm	Yoga 1-2	Debbie M.
8:00pm - 9:30pm	Unwind with Yoga	Melinda

WEDNESDAY

9:00am - 9:50am	Pilates 1	Karen
9:30am - 10:45am	Yoga & Abs	Rimmi
9:30am - 11:00am	Yoga 1 - 2	Debbie M.
9:30am - 11:00am	Yoga 1 Plus	Melissa
11:00am - 12:30pm	Yoga 2	Rimmi
11:15am - 12:45pm	Gentle / Yoga 1	Debbie M.
11:15am - 12:45pm	Yoga 1	Melissa
1:30pm - 3:00pm	Back Yoga 6wks	Regina
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	Yoga For Scoliosis	Debbie NEW
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
8:00pm - 9:30pm	Yoga 1	Bonnie
8:00pm - 9:30pm	Yoga 2 - 3	Cheryl
8:15pm - 9:45pm	Fundamentals Zen	Tom

THURSDAY

9:00am - 10:30am	Yoga 2	Jeanne
9:30am - 11:00am	Yoga 1	Bit
9:30am - 10:30am	Lotus QiGong Beg.	Jeri NEW
10:00am - 11:30am	Yoga 1 - 2	Moses
10:45am - 11:45am	Lotus QiGong Int.	Jeri 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
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	Gentle / Yoga 1	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

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	Yoga 1 - 2	Bit NEW
11:15am - 12:45pm	Gentle / Yoga 1	Debbie M.
11:15am - 12:15pm	Yoga With Weights	Debbie NEW
11:15am - 12:15pm	Medical QiGong	Jessica
5:00pm - 6:30pm	Yoga 1	Colleen NEW
6:15pm - 7:45pm	Yoga 1 - 2	Debbie M. NEW

SATURDAY

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

SUNDAY

8:30am - 10:30am	White Plum Zen Community	Tom
9:00am - 10:30am	Yoga 2	Moses
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
6:30pm	Meditation	Stillwater Mindfulness Community

ALL CLASSES Continuing & Introductory - 12 weeks Monday, January 9- Sunday, April 1, 2012

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.



Give The Gift Of Yoga This Season!

THE YOGA CENTER OF COLUMBIA WINTER 2012 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 WINTER 2012 CLASS FEES

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

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: January 10 - January 31 \$48 Session 2: February 14 - March 6 \$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, January 11 - February 15, 1:30pm - 3pm, 6-weeks, \$96

Saturdays, , January 14 - February 18, 2:00pm - 3:30pm, 6-weeks, \$96

Community Yoga Mini-Session with Donna Querido

Sundays, Feb. 5 - 26, 11am - 12pm, 4-weeks, \$7 per class. Everyone is welcome!

DISCOUNTS: (cannot be combined) Seniors (60 +), Teens and Active Military personnel & their spouses are eligible for a 10% discount.



Give The Gift Of Yoga To Family & Friends! Purchase Gift Certificates for classes, merchandise or clothing.