

the Yoga Center of Columbia

WINTER 2017

www.columbiayoga.com



The Yoga Center is proud to celebrate 25 wonderful years. Since 1992, we have provided the finest instruction to over 10,000 students. Join us as we celebrate throughout the year. Event information to follow.

**FREE CLASSES
JANUARY 2 - 8, 2017**



**Register In Advance Now
www.columbiayoga.com
No obligation.**

Choose from 75+ FREE classes.
For a detailed list see Page 2.

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

**13-Week Winter Session
January 2 - April 2**

**12-Week Winter Session
January 9 - April 2**

Celebrate and Grow!

In 1992, I was busy with our three little boys ages 4, 2 and 1! It was also the year that I started practicing meditation, and my regular yoga practice formed soon after that. It was the same year that Bob Glickstein outgrew the community center where he was teaching yoga and opened the Yoga Center of Columbia in the Parkridge Plaza building. It is amazing that the Yoga Center has been in the same location for 25 years! For the first 8 years, there was just one room for yoga, and if you were in the next class, you had to wait in the hallway by the water fountain. Bob expanded to two rooms in 2000 and three rooms soon after, and he was the owner of the Yoga Center for 12 ½ years until 2005. So this year, I will be the owner for 12 ½ years. Honestly it seems like yesterday! I feel like the luckiest person in Columbia to be part of such a loving and welcoming community.

Yoga brings out the best in all of us. The unity that is present among our staff and students is a great blessing. Literally the word yoga means union/joining/yoking.... unity. The union that we find within translates into connecting with others, nature and life.

As the Yoga Center celebrates its 25th anniversary, our community is expanding. Aware of all the talented teachers and committed students in the Baltimore/Washington area, a group formed and began to meet monthly with a vision and mission to build the Retreat Center of Maryland.

We incorporated as a non-profit in 2016 and while we are waiting for our IRS non-profit status, we have been offering some trainings and retreats at local centers. Our vision includes a sustainable community retreat center, service-based learning, and deep commitment to yogic principles in harmony with the environment. We will create a welcoming place to offer workshops and retreats that are local and affordable. So with this announcement, also comes an invitation to be part of this exciting project. If you wish to share your talents in this new creation, or if you know of the perfect property in Howard County or the surrounding area, please let us know. We will place a Retreat Center interest form in our lobby where you can share your talents and suggestions with us.

Wishing you and your family
a happy and healthy 2017!

With Love,
Kathy Donnelly
E-RYT500, Owner / Director



Register
Online**FREE CLASSES** Monday, January 2 - Sunday, January 8, 2017
Register in advance for our free classes at www.columbiayoga.com There is no obligation.Sign Up
Today

Yoga 1			Yoga Core			Preteen / Teen Yoga (MS & HS students)					
Monday	Jan. 2	9:30am - 11:00am	Kathy	Tuesday	Jan. 3	6:15pm - 7:45pm	Jeanne	Saturday	Jan. 7	12:30pm - 1:30pm	Bonnie
Monday	Jan. 2	4:30pm - 6:00pm	Lucy	Wednesday	Jan. 4	9:30am - 10:45am	Rimmi	Yoga For Men			
Monday	Jan. 2	6:15pm - 7:45pm	Rimmi	Chair Yoga			Wednesday	Jan. 4	8:00pm - 9:00pm	Bitu	
Tuesday	Jan. 3	9:30am - 11:00am	Jeanne	Sunday	Jan. 8	9:15am - 10:30am	Melinda	Yoga For Runners			
Tuesday	Jan. 3	11:15am - 12:45pm	Debbie M	Extra Gentle Yoga (formerly Therapeutics)			Tuesday	Jan. 3	11:15am - 12:30pm	Katie	
Tuesday	Jan. 3	6:15pm - 7:45pm	Colleen	Monday	Jan. 2	11:15am - 12:45pm	Colleen	Yogalates (Yoga & Pilates)			
Tuesday	Jan. 3	8:00pm - 9:30pm	Bonnie	Monday	Jan. 2	6:15pm - 7:30pm	Lucy	Tuesday	Jan. 3	3:30pm - 5:00pm	Susan
Wednesday	Jan. 4	8:00am - 9:15am	Rimmi	Thursday	Jan. 5	11:15am - 12:45pm	Colleen	Pilates Gentle			
Wednesday	Jan. 4	4:30pm - 6:00pm	Julia	Thursday	Jan. 5	4:30pm - 6:00pm	Melinda	Monday	Jan. 2	5:00pm - 5:50pm	Karen
Wednesday	Jan. 4	6:15pm - 7:45pm	Bonnie	Gentle Yoga			Pilates 1				
Thursday	Jan. 5	9:30am - 11:00am	Bitu	Monday	Jan. 2	9:30am - 11:00am	Colleen	Tuesday	Jan. 3	5:15pm - 6:05pm	Karen
Thursday	Jan. 5	4:30pm - 6:00pm	Debbie M	Monday	Jan. 2	1:00pm - 2:30pm	Heather	Tuesday	Jan. 3	8:00pm - 8:50pm	Karen
Thursday	Jan. 5	6:15pm - 7:45pm	Debbie M	Tuesday	Jan. 3	9:30am - 11:00am	Karla	Wednesday	Jan. 4	9:30am - 10:20am	Karen
Friday	Jan. 6	9:30am - 11:00am	Rimmi	Tuesday	Jan. 3	4:30pm - 6:00pm	Colleen	Wednesday	Jan. 4	5:15pm - 6:05pm	Karen
Friday	Jan. 6	5:00pm - 6:30pm	Colleen	Wednesday	Jan. 4	6:15pm - 7:45pm	Lucy	Pilates 1-2			
Saturday	Jan. 7	8:00am - 9:30am	Rimmi	Thursday	Jan. 5	10:45am - 12:15pm	Cathy R	Wednesday	Jan. 4	8:00pm - 8:50pm	Karen
Saturday	Jan. 7	9:45am - 11:15am	Chris	Thursday	Jan. 5	4:30pm - 6:00pm	Colleen	Pilates 1 - 2 Plus			
Sunday	Jan. 8	9:00am - 10:30am	Kelly	Saturday	Jan. 7	9:00am - 10:30am	Karla	Monday	Jan. 2	10:00am - 10:50am	Karen
Sunday	Jan. 8	10:45am - 12:15pm	Bitu	Sunday	Jan. 8	10:45am - 12:15pm	Betsy	Pilates 2			
Yoga 1 Plus			Wednesday	Jan. 4	11:00am - 12:30pm	Betsy	Monday	Jan. 2	6:00pm - 6:50pm	Karen	
Tuesday	Jan. 3	4:30pm - 6:00pm	Jeanne	Wednesday	Jan. 4	6:15pm - 7:45pm	Debbie M	Pilates & Stretch 1			
Wednesday	Jan. 4	9:30am - 11:00am	Melissa	Friday	Jan. 6	11:15am - 12:45pm	Debbie M	Monday	Jan. 2	9:00am - 9:50am	Karen
Thursday	Jan. 5	6:15pm - 7:45pm	Catherine	Yoga and Restoratives			Wednesday	Jan. 4	4:15pm - 5:05pm	Karen	
Yoga 1 - 2			Friday	Jan. 6	9:30am - 11:00am	Anne	Pilates & Stretch 1 - 2				
Monday	Jan. 2	11:00am - 12:30pm	Jeanne	Yoga For Round Bodies			Wednesday	Jan. 4	10:30am - 11:20am	Karen	
Monday	Jan. 2	4:30pm - 6:00pm	Julia	Thursday	Jan. 5	8:00pm - 9:15pm	Karla	Medical Longevity Qigong			
Tuesday	Jan. 3	6:15pm - 7:45pm	Rimmi	Pregnancy Yoga			Monday	Jan. 2	7:00pm - 8:00pm	Jeri	
Wednesday	Jan. 4	8:00pm - 9:30pm	Bonnie	Tuesday	Jan. 3	4:30pm - 6:00pm	Darlene	Mini-Session Free Classes			
Thursday	Jan. 5	9:30am - 11:00am	Heather	Thursday	Jan. 5	6:15pm - 7:45pm	Darlene	Lunch Break Yoga			
Thursday	Jan. 5	4:30pm - 6:00pm	Rimmi	Sunday	Jan. 8	9:00am - 10:30am	Tracy	Monday	Jan. 2	12:30pm - 1:30pm	Tracy
Thursday	Jan. 5	8:00pm - 9:30pm	Catherine	Baby & Me (6 weeks - crawling)			Women's Qigong 1				
Friday	Jan. 6	6:00pm - 7:30pm	Bonnie	Monday	Jan. 2	11:15am - 12:15pm	Tracy	Thursday	Jan. 5	9:30am - 10:30am	Jeri
Yoga 1 - 2 & Meditation			Crawlers/Toddlers to 2+ and Me Yoga			Meditation with Still Water Community					
Saturday	Jan. 7	7:45am - 9:30am	Chris	Monday	Jan. 2	11:15am - 12:00pm	Susan	Thursday	Jan. 5	8:00pm - 9:15pm	Varies
Yoga 2			Preschoolers 3-4 yrs and Me Yoga			Hope Dances (to benefit HopeWorks)					
Tuesday	Jan. 3	6:15pm - 7:45pm	Bonnie	Monday	Jan. 2	12:15pm - 1:00pm	Susan	Friday	Jan. 6	6:00pm - 7:00pm	Karen
Yoga For A Healthy Back			Children's Yoga (5 - 10 years)			Mindfulness Based Stress Reduction					
Wednesday	Jan. 4	11:15am - 12:45pm	Bonnie	Saturday	Jan. 7	11:30am - 12:15pm	Bonnie	Sunday	Jan. 8	1:00pm - 2:30pm	Stan
Wednesday	Jan. 4	4:30pm - 6:00pm	Colleen								

THE YOGA CENTER INSTRUCTORS

Kathy Donnelly, Director • Catherine Baugh • Darlene Bergener • Karen Best • Bonnie Cassels • Tracy Devine
 Kelly Fisher • Melinda Frisch • Julia Greiwe-Martinez • Jeri Hemerlein • Jeanne Holden • Katie Huber
 Bitu Jenkins • Susan Kain • Karla Kettler • Anne Lamberty • Melissa Lindon • Lucy Lomax • Debbie Martin
 Betsy Mayotte • Chris McCloskey • Colleen Palmateer • Cathy Rees • Rimmi Singh • Linda Stevens • Heather Thamer

Grow And Enhance Your Yoga Practice With These Special Programs!

Teacher Training
 200 Program
 This (RYT200),
 11-month program
 led by
 Kathy Donnelly, E-RYT 500
 and Lucy Lomax,
 E-RYT 500, RPYT,
 YACEP, begins
 January 20 and runs
 through November 2017.
 (1 weekend per month)

Teacher Training
 300 Program
 12-month Teacher
 Training program led by
 Bitu Jenkins, M.D.,
 E-RYT 500, begins
 January 13. Upon
 satisfactory completion of
 this program, you will be
 eligible to register with
 Yoga Alliance at the
 500-hour level (RYT-500).
 (1 weekend per month)

Rx For Life:
 An Ayurveda
 Immersion
 This 6-month, 50 hour
 program, led by
 Debbie Martin E-RYT 500
 & Kelly Fisher E-RYT 500,
 begins January 28.
 Develop your own personal
 Ayurvedic lifestyle plan.
 January - June 2017
 1 - Sat./Sun. per month
 (3 ½ hours each)



Inner Axis
 Teacher Training
 Intensive
 with Max Strom
Global Teacher, Speaker, Author
 Sunday, Jan. 15 & Monday, Jan. 16
 Known for his unique insight and
 knowledge of the human experience,
 Max Strom's Inner Axis teacher training
 intensives are designed to introduce you
 to the essentials of his unique method of
 teaching personal transformation, using
 mental, emotional, and physical practices.

Winter 2017 Class 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 & 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:

Cultivate strength, stability and ease in a yoga practice that leads into introductory breathing practices and seated meditation.

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 Plus:

For students who have completed Yoga 2 and are ready to continue to build more strength, stamina, and flexibility by refining alignment and deepening Yoga 2 poses. Begins to explore more advanced postures including inversions and arm balances. It's more than Yoga 2 and less than Yoga 2-3.

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 Core:

Abdominal strength improves nearly every pose, offering a sense of balance and ease in your body. Yoga Core will point you to the vital force that holds you steady in your poses, keeps you upright in your standing poses, lends vitality in backbends, and enables you to maintain balance. Core strength is what will help your practice soar!

Pre-requisite: Completion of Yoga 1.

Yoga For A Healthy Back:

For all levels, this class will use yoga poses and sequencing specifically tailored to anyone looking to focus on strengthening, supporting, and/or maintaining a healthy back and spine. Explore safe, adaptable, and effective yoga postures which includes standing, seated, twists, backbends, and inversions, specifically designed to enhance strength, flexibility, and core stability.

Yoga for Round Bodies:

Every body can be a yoga body! We will practice guided meditation, breathing, and poses specially tailored to work with your beautiful curves in a body positive, non-judgmental environment. Absolute beginners and all levels welcome.

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 & a lot of fun – all while sitting on a chair!

Extra Gentle Yoga:

Formerly known as Therapeutic Yoga, 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. Practicing within the group setting and the framework of each student's abilities, we work to build strength, flexibility, and awareness in order to reduce or eliminate 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. Must be able to get up and down from the floor.

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.

Pregnancy Yoga:

Prepare for childbirth and motherhood with gentle and safe yoga for moms-to-be. Come stretch, strengthen, relax and meet other moms! Classes will be tailored to your individual needs and stage of pregnancy. Moms with high-risk conditions should check with their doctors prior to joining. Safe for weeks 1 through 42. No yoga experience needed!

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.

Crawlers/Toddlers To 2+ and Me Yoga:

Nurture the parent/child bond and assist in developing gross motor skills as crawling and walking babies to 2+ explore yoga through songs and movement. We'll have fun as they playfully explore the world and interact with other children, their parents and caregivers. Previous yoga experience is not needed. A brief relaxation segment concludes each class. Older siblings are welcome, space permitting

Preschoolers 3-4 yrs and Me Yoga:

Share your child's yoga experience through thematic based play, games, stories, props, and music. They'll learn and have fun in a welcoming atmosphere while increasing strength, coordination and body awareness. Previous yoga experience is not needed. Younger siblings are welcome, space permitting.

Children's Yoga: (Ages 5 - 10 years)

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 Preteens / 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 Men:

This is a yoga class for men focusing on strength, flexibility, and power. You will increase your strength and flexibility in this one-hour efficient class. What makes this class different than other yoga classes: only men

- strength will be emphasized
- flexibility in regards to men. This class is appropriate for all levels.

Yoga For Runners:

This class utilizes various yoga poses and stretches designed to increase agility, muscular strength, endurance and flexibility. Weekly anatomical focus includes: hamstrings, calves, core and lower back. Great for athletes looking to incorporate stretching and strength into a running program. Suitable for all levels of yoga.

Yoga And Restoratives:

You will leave this class feeling relaxed and renewed. The class is for all levels and will coordinate movement and breath in the yoga poses. After warming up the muscles, you will be guided into restful, restorative poses using bolsters and blankets. The instructor will provide assistance with alignment for releasing tension.

Community Yoga:

This gentle yoga class will be taught by recent graduates of our Teacher Training program, and will include gentle breathing exercises and yoga postures. No pre-registration is required. \$5 donation requested.

Yogalates (Yoga & Pilates):

East meets West in this combination of both disciplines. By fusing yoga with Pilates, participants will gain strength, flexibility and stability with extra attention give to the core muscles. No previous experience is needed.

Pilates Gentle:

This relaxed pace class focuses on utilizing classical and modified Pilates moves to develop postural alignment and body awareness. The soft stretching and gentle core work featured will be geared towards the needs and goals of the participants.

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:

This class provides challenging Pilates mat work series plus more through core exercises as well as resistance work with bands and light weights. We will incorporate exercises and principles from sports medicine to further develop back, hip and knee health and always end with a light stretch. Resistance will be used in every class.

Pilates & Stretch 1:

Combining multiple traditions, this class will work your abs and back through movement and stabilization exercises for the ultimate in posture, powerhouse toning and core strength in a quick format. The majority of the class will be flexibility exercises for the whole body from various practices including focus on postural muscles, functional fitness, stress and pain relief.

Pilates & Stretch 1 - 2:

This class further develops abdominal and back muscles in a quick and challenging format. The flexibility portion takes deeper stretches with static hold, active isolated stretching, PNF stretching and more to expand upon both active and passive range of motion, to support sports and an active lifestyle and to optimize motor performance.

Medical Longevity Qigong:

Rooted in Chinese tradition, Qigong is a series of gentle movements synchronized with breathing and mindful intent which cultivates the flow of energy through the body. It is the foundation for Tai Chi and Traditional Chinese Medicine, supporting improved health and wellbeing.

Women's Qigong 1:

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

Women's Qigong 2:

For women who have completed Women's Qigong 1: we will enhance and heighten the form. In particular, by blending our individual voices during Tibetan Sound Healing. New material will be shared for deepening and refining energy.



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

Celebrating 25 Years

FREE Yoga, Pilates, Qigong
 & Meditation Classes

January 2 - 8, 2017

Register conveniently online
www.columbiayoga.com.

Voted Howard County's Best Since 2000!



YOGA CENTER WORKSHOPS & EVENTS

- Dec. 31 **Out with The Old** with Kathy Donnelly
- Jan. 1 **In With The New** with Kathy Donnelly
- Jan. 1 **Yoga Nidra** with Melissa Lindon
- Jan. 13 **Restoratives, Reiki & Reflexology**
with Linda Stevens (Also 2/10 & 3/17)
- Jan. 14 **Max Strom Public Workshops**
- Jan. 15 **Mindfulness Based Stress Reduction**
Begins with Stan Eisenstein
- Jan. 20 **Restoratives & Yoga Nidra**
with Karla Kettler (Also 2/17 & 3/24)
- Jan. 21 **Shavasana Workshop** with Karla Kettler
- Jan. 21 **Pilates On The Ball**
with Karen Best (Also 2/25 & 3/19)
- Jan. 28 **Yoga For Arthritis & Osteoporosis**
with Lucy Lomax
- Jan. 28 **Ayurveda Immersion Begins**
- Feb. 3 **Kirtan - Evening of Song & Storytelling**
with Kelly Fisher & Michael Levin (Also 4/28)
- Feb. 4 **Finding Stillness In Chaos**
with Linda Stevens & Cathy Rees
- Feb. 4 **Assisting & Adjusting For Teachers**
with Debbie Martin
- Feb. 5 **Yoga Nidra**
with Melissa Lindon (Also 3/12 & 4/2)
- Feb. 5 **Therapeutic Yoga Training**
with Lucy Lomax & Kelly Fisher
- Feb. 7 **Book Club Featuring Buddhas Brain**
with Cyndee Kalodner, Ph.D. (Also 3/7 & 4/4)
- Feb. 11 **The Foam Roller: What & How**
with Susan Kain
- Feb. 12 **Valentine Partner Yoga**
with Melissa Lindon & Geoff Maxson

- Feb. 26 **Pilates And Bone Density** with Karen Best
- March 4 **Ayurveda Spring Cleanse** with Debbie Martin & Debbie Helfeld
- March 5 **iRest® Workshop** with Lucy Lomax
- March 25 **Yoga & Massage For Pregnancy & Birth** with Darlene Bergener
- March 26 **Ayurveda Nutrition & Diet For Spring** with Rimmi Singh
- April 2 **Sunday Satsang: The Vayus & Bandhas** with Debbie Martin

Mini-Sessions

- Lunch Break Yoga with Tracy Devine**
Mondays, 12:30pm - 1:30pm, Jan. 9 - Feb 13, 6-wks, \$96 (Free Class Jan 2)
- Women's QiGong I with Jeri Hemerlein**
Thursdays, 9:30am - 10:30am, Jan. 12 - Feb 16, 6-wks, \$96 (Free Class Jan 5)
- Intro. To Meditation with Still Water Mindfulness Community**
Thursdays, 8:00pm - 9:15pm, Jan. 12 - March 2, 8-wks, \$128 (Free Class Jan 5)
- Hope Dances with Karen Best (50% of proceeds to benefit HopeWorks)**
Fridays, 6:00pm - 7:00pm 5-wks, (1/27, 2/3, 2/24, 3/3, 3/31) \$80 (Free Class Jan 6)
- Beginner's Yoga with Susan Kain**
Saturdays, 10:45am - 12:15pm, March 11 - April 1, 4-wks, \$64
- Beginner's Pilates with Susan Kain**
Saturdays, 12:30pm - 1:15pm, March 11 - April 1, 4-wks, \$56

Mindfulness Based Stress Reduction with Stan Eisenstein
 Sundays, 1:00pm - 3:30pm (Free Class Jan. 8)
 Jan. 15 - March 12, 8-wks, (Plus Retreat Day Feb. 26th, 12:00pm - 6:30pm) \$550

Thank You For Voting Us "Best Of Howard County"!



We are grateful to the community and to our students for continually honoring us with the Best Of Howard County award since 2000!

We are committed to being the best we can be and are proud of all the positive feedback we receive from our students.

13 week Session

Monday, January 2 - Sunday, April 2, 2017

1x per week \$208 2x per week \$390

Pilates Classes - 1x per week \$182 2x per week \$338

the Yoga Center
of Columbia

25th Anniversary

12 week Session

Monday, January 9 - Sunday, April 2, 2017

1x per week \$192 2x per week \$360

Pilates Classes - 1x per week \$168 2x per week \$312

MONDAY

9:00am - 9:50am	12 Pilates & Stretch I	Karen
9:00am - 9:20am	♥ Meditation	Rimmi
9:30am - 11:00am	13 Yoga 1 - 2	Rimmi
9:30am - 11:00am	12 Yoga 1	Kathy
9:30am - 11:00am	12 Gentle Yoga	Colleen
10:00am - 10:50am	12 Pilates 1 - 2 Plus	Karen
11:00am - 12:30pm	12 Yoga 1 - 2	Jeanne
11:15am - 12:45pm	12 Extra Gentle Yoga	Colleen
11:15am - 12:15pm	12 Baby & Me	Tracy
11:15am - 12:00pm	12 Crawlers/Toddlers 2+	Susan
12:15pm - 1:00pm	12 Preschoolers 3-4 yrs	Susan
1:00pm - 2:30pm	12 Gentle Yoga	Heather
4:30pm - 6:00pm	12 Yoga 1	Lucy
4:30pm - 6:00pm	12 Yoga 1 - 2	Julia
5:00pm - 5:50pm	12 Pilates Gentle	Karen
6:00pm - 6:50pm	12 Pilates 2	Karen
6:15pm - 7:30pm	12 Extra Gentle Yoga	Lucy
6:15pm - 7:45pm	12 Yoga 1	Rimmi
6:15pm - 7:45pm	13 Yoga 1 - 2	Bit
7:00pm - 8:00pm	12 Medical Qigong	Jeri
7:45pm - 9:15pm	13 Yoga 1 - 2	Debbie M
8:00pm - 9:30pm	13 Yoga 2	Rimmi
8:00pm - 9:15pm	13 Yoga For Runners	Katie
8:15pm - 9:15pm	13 Meditation Group*	Kathy

TUESDAY

9:30am - 9:50am	♥ Meditation	Kathy
9:30am - 11:00am	12 Yoga 1	Jeanne
9:30am - 11:00am	12 Gentle Yoga	Karla
9:30am - 11:00am	13 Yoga 1 - 2	Debbie M
10:00am - 11:30am	13 Yoga 2	Kathy
NEW 11:15am - 12:30pm	12 Yoga For Runners	Katie
11:15am - 12:45pm	12 Yoga 1	Debbie M
3:30pm - 5:00pm	12 Yogalates (Yoga/Pilates)	Susan
4:30pm - 6:00pm	12 Gentle Yoga	Colleen
NEW 4:30pm - 6:00pm	12 Pregnancy Yoga	Darlene
4:30pm - 6:00pm	12 Yoga 1 Plus	Jeanne
5:15pm - 6:05pm	12 Pilates 1	Karen
6:15pm - 7:45pm	12 Yoga 1	Colleen
6:15pm - 7:45pm	13 Yoga 1 - 2	Rimmi
6:15pm - 7:45pm	12 Yoga 2	Bonnie
6:15pm - 7:45pm	12 Yoga Core	Jeanne
8:00pm - 9:30pm	13 Yoga 1 - 2	Debbie M
8:00pm - 9:30pm	12 Yoga 1	Bonnie
8:00pm - 8:50pm	12 Pilates 1	Karen

WEDNESDAY

8:00am - 9:15am	12 Yoga 1	Rimmi
9:30am - 10:20am	12 Pilates 1	Karen
9:30am - 10:45am	12 Yoga Core	Rimmi
9:30am - 11:00am	13 Yoga 1 - 2	Debbie M
9:30am - 11:00am	12 Yoga 1 Plus	Melissa
10:30am - 11:20am	12 Pilates & Stretch 1-2	Karen
11:00am - 12:30pm	12 Gentle / Yoga 1	Betsy
11:15am - 12:45pm	12 Yoga-Healthy Back	Bonnie
4:15pm - 5:05pm	12 Pilates & Stretch 1	Karen
4:30pm - 6:00pm	12 Yoga-Healthy Back	Colleen Canceled
4:30pm - 6:00pm	12 Yoga 1	Julia
4:30pm - 6:00pm	13 Yoga 1 - 2 Plus	Lucy
5:15pm - 6:05pm	12 Pilates 1	Karen
6:15pm - 7:45pm	12 Gentle / Yoga 1	Debbie M
6:15pm - 7:45pm	12 Gentle Yoga	Lucy
6:15pm - 7:45pm	12 Yoga 1	Bonnie
6:15pm - 7:45pm	13 Yoga 1 - 2	Colleen
8:00pm - 8:50pm	12 Pilates 1 - 2	Karen
8:00pm - 9:00pm	12 Yoga For Men	Bit
8:00pm - 9:30pm	12 Yoga 1 - 2	Bonnie
8:00pm - 9:30pm	13 Yoga 2 Plus	Debbie M

THURSDAY

9:00am - 10:30am	13 Yoga 2	Jeanne
9:30am - 11:00am	12 Yoga 1	Bit
9:30am - 11:00am	12 Yoga 1 - 2	Heather
10:45am - 12:15pm	13 Women's Qigong 2	Jeri
10:45am - 12:15pm	12 Gentle Yoga	Cathy R
11:15am - 12:45pm	13 Yoga 2	Bit
11:15am - 12:45pm	12 Extra Gentle Yoga	Colleen
4:30pm - 6:00pm	12 Yoga 1	Debbie M
4:30pm - 6:00pm	12 Gentle Yoga	Colleen
4:30pm - 6:00pm	12 Yoga 1 - 2	Rimmi
4:30pm - 6:00pm	12 Extra Gentle Yoga	Melinda
6:15pm - 7:45pm	12 Yoga 1	Debbie M
6:15pm - 7:45pm	13 Yoga 1 - 2	Bit
6:15pm - 7:45pm	12 Pregnancy Yoga	Darlene
6:15pm - 7:45pm	12 Yoga 1 Plus	Catherine
8:00pm - 9:30pm	12 Yoga 1 - 2	Catherine
8:00pm - 9:30pm	13 Yoga 2	Bit
8:00pm - 9:15pm	12 Yoga-Round Bodies	Karla

PLEASE NOTE: 13 = 13 WEEKS
12 = 12 WEEKS
♥ NO CHARGE / NO REGISTRATION

FRIDAY

9:00am - 9:20am	♥ Meditation	Kathy
9:30am - 11:00am	13 Yoga 1 - 2	Kathy
9:30am - 11:00am	12 Yoga 1	Rimmi
9:30am - 11:00am	13 Yoga 2	Debbie M
9:30am - 11:00am	12 Yoga & Restoratives	Anne
11:15am - 12:45pm	13 Yoga 1 - 2	Bit
11:15am - 12:45pm	12 Gentle / Yoga 1	Debbie M
5:00pm - 6:30pm	12 Yoga 1	Colleen
6:00pm - 7:30pm	12 Yoga 1 - 2	Bonnie

SATURDAY

7:45am - 9:30am	12 Yoga 1 - 2 & Meditation	Chris
8:00am - 9:30am	12 Yoga 1	Rimmi
8:30am - 8:50am	♥ Meditation	Bit
9:00am - 10:30am	12 Gentle Yoga	Karla
9:00am - 10:30am	13 Yoga 1 - 2	Bit
9:45am - 11:15am	13 Yoga 1 - 2 Plus	Rimmi
9:45am - 11:15am	12 Yoga 1	Chris
10:45am - 12:15pm	13 Yoga 2 - 3	Bit
11:30am - 12:15pm	12 Children's Yoga	Bonnie
12:30pm - 1:30pm	12 Preteen/Teen Yoga	Bonnie

SUNDAY

9:00am - 10:30am	13 Yoga 2	Bit
9:00am - 10:30am	12 Yoga 1	Kelly
9:00am - 10:30am	12 Pregnancy Yoga	Tracy
9:15am - 10:30am	12 Chair Yoga	Melinda
10:45am - 12:15pm	12 Gentle Yoga	Betsy
10:45am - 12:15pm	12 Yoga 1	Bit
10:45am - 12:15pm	13 Yoga 1 - 2	Kelly
5:00pm - 6:15pm	13 Community Yoga**	Various Teachers
6:30pm	13 Meditation	Still Water

*\$5 DONATION CLASS FOR EXPERIENCED MEDITATORS **\$5 DONATION CLASS-NO REGISTRATION

Mini - Sessions

Mon	12:30pm-1:30pm	Lunch Break Yoga	1/9-2/13	\$96	Tracy
Thurs	9:30am-10:30am	Women's Qigong 1	1/12-2/16	\$96	Jeri
Thurs	8:00pm-9:15pm	Meditation with Still Water	1/12-3/2	\$128	Varies
Fri	6:00pm-7:00pm	Hope Dances (50% Of Proceeds To Benefit HopeWorks)	1/27, 2/3, 3/31	\$80	Karen
Sat	10:45am-12:15pm	Beginner's Yoga	3/11-4/1	\$64	Susan
Sat	12:30pm-1:15pm	Beginner's Pilates	3/11-4/1	\$56	Susan

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

THE YOGA CENTER OF COLUMBIA REGISTRATION FORM

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

Name: _____ E-mail _____

Address: _____ City _____ State _____ Zip _____

Please send me future newsletters via: U.S. Postal Service and E-mail OR E-mail Only

Telephone # : (Nights) _____ (Days) _____

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

(Class Name) _____ (Day/Time) _____ (Instructor) _____

(✓) 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 Mail-In and Fax Registrations Only:

Acct. No.: _____ Exp. Date: _____

***Refund Policy:** Refunds are considered on a case by case basis and may include an administration fee. No refunds after the close of the current session.

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

Winter 2017 - Yoga Center Policies

CLASS FEES

13 WEEK SESSION

1x per week: \$208 Twice weekly: \$390

12 WEEK SESSION

1x per week: \$192 Twice weekly: \$360

PRORATED FEE \$18 times # of classes

DROP-IN FEE \$16 for registered students

\$20 for non-registered students. Drop-Ins welcome anytime!

PREGNANCY YOGA & YOGA FOR BABY & ME

\$16 each when registered for more than one class, \$18 for drop-ins

CRAWLERS/TODDLERS/PRESCHOOLERS YOGA

12-weeks, 1x per week: \$144 Drop-In Fee is \$14 No discounts.

CHILDREN'S YOGA (Ages 5 - 10 years)

PRETEEN/TEENS YOGA (M.S. & H.S. Students)

12-weeks, 1x per week: \$144 Drop-In Fee is \$14 No discounts.

PILATES CLASSES

13-weeks, 1x per week: \$182 2x: \$338

12-weeks, 1x per week: \$168 2x: \$312

Drop-in fee is \$18

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

REGISTRATION To register for a class, complete the form and enclose full payment. 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

Refunds are considered on a case by case basis. No refunds after the close of the current session.

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 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.