

Howard County's Best Yoga  
Studio Invites You to

## FREE Introductory Classes Sept. 25 - Oct. 1



**Register In Advance Online  
For FREE CLASSES  
Sept. 25 - Oct. 1  
at [www.columbiayoga.com](http://www.columbiayoga.com)  
No obligation.**

**65+ FREE introductory  
classes to choose from.  
For a detailed list see Page 2.**

**You can register for all  
Fall classes on-line or use  
the inserted registration form.**

**There will be  
3 Fall Sessions:**  
(See registration form for details.)

**13-Week Session  
September 25 - December 22**

**12-Week Session  
October 2 - December 22**

**11-Week Session  
October 2 - December 17**

## The Key To Happiness

As I lived through the period of grieving after my mother passed in June 2016, I learned a valuable life-long lesson: I found the greatest comfort in nature. Perhaps I open naturally to the big picture while walking through the woods or on the beach or maybe it's the connection to the beauty of life around me that wakes me up to the present moment and invites me to take part fully in what is right here before me. Whether connecting in my kayak, on the beach or driving down Rt. 70 and appreciating the amazing clouds right in front of me, the lesson to me is live now and savor what is right here. The invitation is always here to live and enjoy what is here now. We don't have to wait until we take that big trip or find the perfect conditions to relax and be happy.

All the great spiritual teachers have been guiding us to remember that "happiness is here and now". Happiness is as close as this breath. That is what being awake is about. Remembering in each moment, that what we seek is here right now.

From the first day I started to practice meditation and then yoga, this has been the greatest gift - happiness. To remember each day that I am connected to this moment and the greater good, the highest part of myself through my body and my breath. My mind loves to create a list of all the conditions necessary for happiness to emerge but my heart knows that all I need to do is turn to my breath and the present

moment to connect to the mystery. A few rounds of breath of joy, five minutes of yoga and a few minutes of meditation can set the tone for living THIS day fully; not some future day when all the conditions are right.

To support us all in cultivating a daily practice of remembering, we will be posting some short practices on our website. Breathing, yoga, Pilates, qigong and meditation. You are invited to join with our community every day, no matter where you are, and open to the happiness that is here right now. I look forward to hearing how your daily happiness practice is going. If you need encouragement to commit to the daily practice, you might try posting on our Facebook page that you practiced today and sharing your thoughts and inspiration for practice. Wishing you all the best as we embark on this daily journey to find the happiness and peace, right here right now.



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



**FREE CLASSES Monday, Sept. 25 - Sunday, Oct. 1, 2017**



Register in advance for our free classes at [www.columbiayoga.com](http://www.columbiayoga.com) There is no obligation.



<u><b>Yoga 1</b></u>			
Monday	Sept. 25	9:30am - 11:00am	Kathy
Monday	Sept. 25	4:30pm - 6:00pm	Lucy
Monday	Sept. 25	6:15pm - 7:45pm	Rimmi
Tuesday	Sept. 26	9:30am - 11:00am	Jeanne
Tuesday	Sept. 26	11:15am - 12:45pm	Debbie M
Tuesday	Sept. 26	6:15pm - 7:45pm	Colleen
Tuesday	Sept. 26	8:00pm - 9:30pm	Bonnie
Wednesday	Sept. 27	8:00am - 9:15am	Rimmi
Wednesday	Sept. 27	4:30pm - 6:00pm	Julia
Wednesday	Sept. 27	6:15pm - 7:45pm	Bonnie
Thursday	Sept. 28	9:30am - 11:00am	Bit
Thursday	Sept. 28	4:30pm - 6:00pm	Debbie M
Thursday	Sept. 28	6:15pm - 7:45pm	Debbie M
Friday	Sept. 29	9:30am - 11:00am	Rimmi
Friday	Sept. 29	5:00pm - 6:30pm	Colleen
Saturday	Sept. 30	8:00am - 9:30am	Rimmi
Saturday	Sept. 30	9:45am - 11:15am	Chris
Sunday	Oct. 1	9:00am - 10:30am	Kelly
Sunday	Oct. 1	10:45am - 12:15pm	Bit
<u><b>Yoga 1 Plus</b></u>			
Tuesday	Sept. 26	11:15am - 12:45pm	Betsy
Thursday	Sept. 28	6:15pm - 7:45pm	Catherine
<u><b>Yoga 1 - 2</b></u>			
Monday	Sept. 25	8:00pm - 9:30pm	Jen
Saturday	Sept. 30	9:45am - 11:15am	Rimmi
<u><b>Yoga 1 - 2 &amp; Meditation</b></u>			
Saturday	Sept. 30	7:45am - 9:30am	Chris
<u><b>Yoga 2</b></u>			
Wednesday	Sept. 27	8:00pm - 9:30pm	Bonnie
<u><b>Yoga Flow</b></u>			
Friday	Sept. 29	9:30am - 10:45am	Katie

**Teacher Training Reunion**  
**Sunday, October 1st**  
**2pm - 4pm**  
 Join us for a yoga practice and light refreshments.  
 RSVP & Register at [columbiayoga.com](http://columbiayoga.com)

<u><b>Yoga For A Healthy Back</b></u>			
Wednesday	Sept. 27	11:15am - 12:45pm	Bonnie
<u><b>Yoga Core</b></u>			
Tuesday	Sept. 26	4:30pm - 6:00pm	Jeanne
Wednesday	Sept. 27	9:30am - 10:45am	Rimmi
<u><b>Yoga Core Plus</b></u>			
Tuesday	Sept. 26	6:15pm - 7:45pm	Jeanne
<u><b>Care Partner Yoga (Gentle Seated)</b></u>			
Wednesday	Sept. 27	1:00pm - 2:00pm	Cathy
<u><b>Chair Yoga</b></u>			
Saturday	Sept. 30	10:45am - 12:00pm	Barbara
<u><b>Advanced Chair Yoga</b></u>			
Sunday	Oct. 1	9:15am - 10:30am	Barbara
<u><b>Extra Gentle Yoga (formerly Therapeutics)</b></u>			
Monday	Sept. 25	11:15am - 12:45pm	Colleen
Monday	Sept. 25	6:15pm - 7:45pm	Lucy
Wednesday	Sept. 27	11:15am - 12:45pm	Cathy R
Thursday	Sept. 28	11:15am - 12:45pm	Colleen
<u><b>Gentle Yoga</b></u>			
Monday	Sept. 25	9:30am - 11:00am	Colleen
Monday	Sept. 25	1:00pm - 2:30pm	Heather
Tuesday	Sept. 26	9:30am - 11:00am	Karla
Tuesday	Sept. 26	4:30pm - 6:00pm	Colleen
Wednesday	Sept. 27	6:15pm - 7:45pm	Lucy
Thursday	Sept. 28	11:15am - 12:45pm	Cathy R
Thursday	Sept. 28	4:30pm - 6:00pm	Colleen
Saturday	Sept. 30	9:00am - 10:30am	Karla
Sunday	Oct. 1	10:45am - 12:15pm	Nancy
<u><b>Gentle Yoga / Yoga 1</b></u>			
Wednesday	Sept. 27	11:00am - 12:30pm	Betsy
Wednesday	Sept. 27	6:15pm - 7:45pm	Debbie M
Friday	Sept. 29	11:15am - 12:45pm	Debbie M
<u><b>Yoga For Round Bodies</b></u>			
Thursday	Sept. 28	8:00pm - 9:15pm	Karla
<u><b>Pregnancy Yoga</b></u>			
Tuesday	Sept. 26	4:30pm - 6:00pm	Darlene
Thursday	Sept. 28	6:15pm - 7:45pm	Darlene
Sunday	Oct. 1	9:00am - 10:30am	Tracy

<u><b>Baby &amp; Me (6 weeks - crawling)</b></u>			
Monday	Sept. 25	12:15pm - 1:15pm	Susan
<u><b>Crawlers/Toddlers to 2+ and Me Yoga</b></u>			
Monday	Sept. 25	11:15am - 12:00pm	Susan
<u><b>Children's Yoga (5 - 10 years)</b></u>			
Saturday	Sept. 30	11:30am - 12:15pm	Bonnie
<u><b>Preteen / Teen Yoga (MS &amp; HS students)</b></u>			
Saturday	Sept. 30	12:30pm - 1:30pm	Bonnie
<u><b>Yoga For Men</b></u>			
Wednesday	Sept. 27	8:00pm - 9:00pm	Bit
<u><b>Yoga For Runners</b></u>			
Tuesday	Sept. 26	11:15am - 12:30pm	Katie
<u><b>Yogalates (Yoga &amp; Pilates)</b></u>			
Tuesday	Sept. 26	3:30pm - 5:00pm	Susan
<u><b>Pilates 1</b></u>			
Tuesday	Sept. 26	8:00pm - 8:50pm	Karen
Wednesday	Sept. 27	9:30am - 10:20am	Karen
Wednesday	Sept. 27	5:15pm - 6:05pm	Karen
Friday	Sept. 29	11:15am - 12:05pm	Jen
<u><b>Pilates &amp; Stretch 1</b></u>			
Monday	Sept. 25	9:00am - 9:50am	Karen
Monday	Sept. 25	5:00pm - 5:50pm	Karen
<u><b>Medical Longevity Qigong</b></u>			
Monday	Sept. 25	7:00pm - 8:00pm	Jeri

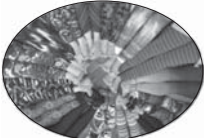
**Mini-Session Free Classes**

<u><b>Mindful Yoga</b></u>			
Monday	Sept. 25	11:15am - 12:45pm	Karla
<u><b>Yoga For Healthy Bones</b></u>			
Tuesday	Sept. 26	6:15pm - 7:45pm	Bonnie
<u><b>Women's Qigong 1</b></u>			
Thursday	Sept. 28	9:30am - 10:30am	Jeri
<u><b>Intro. To Meditation with Still Water Comm</b></u>			
Thursday	Sept. 28	8:00pm - 9:15pm	Varies
<u><b>Introduction To Meditation</b></u>			
Sunday	Oct. 1	11:00am - 12:30pm	Jen
<u><b>Our Bodies Hold Our Stories</b></u>			
Sunday	Oct. 1	4:00pm - 6:00pm	Kim

**The Yoga Center Instructors**


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

**Grow & Develop Your Yoga Practice**



**2018 Teacher Training 200 Program**

This RYT200 program is led by Kathy Donnelly, E-RYT500 Lucy Lomax, E-RYT500, C-IAYT, RPYT, YACEP, & Kelly Fisher, E-RYT500, C-IAYT. The 11-month begins January 26 and runs through November 18, 2018. (1 weekend per month)



**Grow Your Practice: A Yoga Immersion**

This 7-month, 50 hour program, is led by Debbie Martin E-RYT500 & Kelly Fisher E-RYT500, C-IAYT January 20 - July 1, 2018

Take your personal practice to the next level & develop your understanding of the deeper concepts of yoga.  
 January - June 2018  
 One Sat./Sun. each month  
 (3 1/2 hours each day)

Mindfulness Based Stress Reduction with Stan Eisenstein  
 January 28 - March 25, 2018  
 Sundays, 1:00pm - 3:30pm

**Free Class**  
**Sunday, January 7**  
**1pm - 2:30pm**

**Plus Retreat Day**  
**March 11th, 12:00pm - 6:30pm**



# FALL 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, plov, 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 Core Plus:

An intermediate class, Yoga Core Plus is for the student interested in advancing their practice by working on strength and endurance. A strong, flexible core underpins almost everything you do. This practice will make you strong and empower your body, mind, and spirit!

## Care Partner Yoga:

Gentle seated yoga class specifically designed for "Care Partners" including both the caregiver and the person with dementia. Learn breathing techniques to reduce stress, move through gentle seated stretches and practice instructor guided meditation for an overall improved well-being. No prior yoga experience necessary.

## Yoga Flow:

Link breath and movements in flowing sequences set to music that will encourage you to move and have fun. Alignment and body cues will help build strength and stability. Recommended: 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!

## Advanced Chair Yoga:

Advanced Chair Yoga is for those who prefer doing yoga while seated on a chair or while standing beside it and/or the wall for extra balance. You will do just about everything other people do in a mat class, except the mat will be brought up to you. This class is appropriate for those with special conditions such as MS, Parkinson's, Fibromyalgia, Cancer and Stroke recovery, or for those who simply haven't exercised in a long time. This class is great for seasoned Chair Yoga students looking for the next challenge.

## 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

## Gentle Yoga / Yoga 1 (continued):

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

## 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 given to the core muscles. No previous experience is needed

## 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](http://www.columbiayoga.com)

Celebrating 25 Years

## FREE CLASSES

September 25 - October 1

Yoga, Pilates, Qigong & Meditation  
 Voted Howard County's Best  
 Yoga Studio Since 2000!

# YOGA CENTER WORKSHOPS & EVENTS

- 9/30 **Yoga For Allergies** with Lucy Lomax  
 10/1 **Teacher Training Reunion**  
 10/1 **Yoga Nidra**  
 with Melissa Lindon (also 11/5, 12/3)  
 10/6-10/8 **Prison Yoga Teacher Training**  
 with Kath Meadows & Whitney Ingram  
 10/8 **iRest Yoga Nidra Meditation**  
 with Lucy Lomax  
 10/15 **Yoga & Art: Kali & Kintsugi**  
 with Kelly Fisher & Roselynn Vanderpool  
 10/16 **Buddha's Brain**  
**Book Group** (also 10/23, 10/30)  
 with Cyndee Kalodner  
 10/20 **Restoratives & Yoga Nidra**  
 with Karla Kettler (also 11/17, 12/15)  
 10/22 **Yoga & Massage For Pregnancy/Birth**  
 with Darlene Bergener  
 10/22 **Free Class** with RYT200 Teachers  
 10/27 **Restoratives, Reiki & Reflexology**  
 with Linda Stevens (also 12/8)  
 10/28 **Knee Workshop** with Lucy Lomax  
 10/28-10/29 **Teaching Yoga To Seniors**  
 with Debbie Martin & Carol Mermey  
 11/3-5 **Nourishing The Roots**  
**A Yoga Teachers Weekend Retreat**  
 At Hallwood, Dickerson MD  
 11/4 **Foam Roller Workshop**  
 with Susan Kain  
 11/11 **Yoga Salutes Non-Violence**  
 11/12 **Energy Medicine Yoga Workshop**  
 with Jacqueline Fitch

- 11/18 **Pilates On The Ball** with Karen Best (also 12/2)  
 11/23 **Thanksgiving Food Donation Class** with Kathy Donnelly  
 12/3 **Free Your Fascia: Hips, Legs & Feet** with Kelly Fisher  
 12/16 **Seasonal Sojourn** with Lucy Lomax  
 12/17 **Winter Solstice Yoga & Kirtan** with Kelly Fisher & Michael Levin  
 12/31 **New Year's Eve - Twisting Workshop** with Kathy Donnelly  
 1/1 **New Year's Day - Open Your Body** with Kathy Donnelly  
 1/1 **Empower Your Intentions - Yoga Nidra** with Melissa Lindon

## Mini-Sessions

- Mindful Yoga Mini with Karla Kettler (Free Class 9/25)**  
 Mondays, 11:15am-12:45pm, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 6-wks, \$96  
**Yoga For Healthy Bones with Bonnie Cassels (Free Class 9/26)**  
 Tuesdays, 6:15pm-7:45pm, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 6-wks, \$96  
**Women's QiGong I with Jeri Hemerlein (Free Class 9/28)**  
 Thurs, 9:30am-10:30am, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 7-wks, \$96  
**Intro. To Meditation with Still Water Community (Free Class 9/28)**  
 Thurs, 8pm-9:15pm, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 8-wks, \$128  
**Beginner's Yoga with Susan Kain**  
 Saturdays, 11:30am-1:00pm, 11/11, 11/18, 12/2, 12/9, 4-wks, \$64  
~~**Beginner's Pilates with Susan Kain** - CANCELLED~~  
~~Saturdays, 1:15pm-2:05pm, 11/11, 11/18, 12/2, 12/9, 4-wks, \$56~~  
**Introduction To Meditation with Jen Randle (Free Class 10/1)**  
 Sundays, 11:00am-12:30pm, 10/15, 10/29, 11/19, 12/3, 4-wks, \$64  
**Our Bodies Hold Our Stories with Kim Flyr (Free Class 10/1)**  
 Sundays, 4:00pm-6:00pm, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 6-wks, \$108



♥ Forever In Our Hearts ♥

Melinda Frisch



**13 week Session** Mon, Sept. 25 - Fri, Dec. 22, 2017  
 1x per week \$208 2x per week \$390  
**Pilates Classes** - 1x week \$182 2x week \$338

**12 week Session** Mon, Oct. 2 - Fri, Dec. 22, 2017  
 1x per week \$192 2x per week \$360  
**Pilates Classes** - 1x week \$168 2x week \$312

**11 week Session** Mon, Oct. 2 - Sun, Dec. 17, 2017  
 1x per week \$176 2x per week \$330  
**Pilates Classes** - 1x week \$154 2x week \$286

**PLEASE NOTE: 13 = 13 WEEKS 12 = 12 WEEKS 11 = 11 WEEKS ♥ NO CHARGE/NO REGISTRATION**

**MONDAY**

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

**TUESDAY**

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

**WEDNESDAY**

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

**THURSDAY**

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

**FRIDAY**

9:00am - 9:20am	♥	Meditation	Kathy
9:30am - 11:00am	12	Yoga I	Rimmi
9:30am - 11:00am	13	Yoga I - 2	Kathy
9:30am - 11:00am	13	Yoga 2	Debbie M
9:30am - 10:45am	12	Yoga Flow	Katie NEW
11:15am - 12:45pm	12	Gentle / Yoga I	Debbie M
11:15am - 12:45pm	13	Yoga I - 2	Bit
11:15am - 12:05pm	12	Pilates I	Jen NEW
5:00pm - 6:30pm	12	Yoga I	Colleen
6:00pm - 7:30pm	13	Yoga I - 2	Bonnie

**SATURDAY**

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

**SUNDAY**

9:00am - 10:30am	11	Pregnancy Yoga	Tracy
9:00am - 10:30am	11	Yoga I	Kelly
9:00am - 10:30am	12	Yoga 2	Bit
9:15am - 10:30am	11	Advanced Chair Yoga	Barbara
10:45am - 12:15pm	11	Gentle Yoga	Nancy NEW
10:45am - 12:15pm	11	Yoga I	Bit
10:45am - 12:15pm	12	Yoga I - 2	Kelly
5:00pm - 6:15pm	12	Community Yoga**	Various Teachers
6:30pm	12	Meditation	Still Water

PLEASE NOTE: \*\*\$5 DONATION CLASS-NO REGISTRATION

**Mini - Sessions**

Mon	11:15am-12:45pm	Mindful Yoga	\$96	Karla
		Oct 2, 9, 16, 23, 30, Nov 6		
Tues	6:15pm-7:45pm	Yoga For Healthy Bones	\$96	Bonnie
		Oct 3, 10, 17, 24, 31, Nov. 7		
Thurs	9:30am-10:30am	Women's Qigong I	\$112	Jeri
		Oct 5, 12, 19, 26, Nov. 2, 9, 16		
Thurs	8:00pm-9:15pm	Intro to Meditation w/ Still Water	\$128	Varies
		Oct. 5, 12, 19, 26, Nov. 2, 9, 16, 30		
Sat	11:30am-1:00pm	Beginner's Yoga	\$64	Susan
		Nov. 11, 18, Dec. 2, 9		
Sat	1:15pm-2:05pm	Beginner's Pilates	Cancelled \$56	Susan
		Nov. 11, 18, Dec. 2, 9		
Sun	11:00am-12:30pm	Intro To Meditation	\$64	Jen
		Oct. 15, 29, Nov. 19, Dec. 3		
Sun	4:00pm-6:00pm	Our Bodies Hold Our Stories	\$108	Kim
		Oct. 8, 15, 22, 29, Nov. 5, 12		

the Yoga Center  
of Columbia

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

Updated 11/13/17



## 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](http://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

# FALL 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

**11 WEEK SESSION** 1x per week: \$176 Twice weekly: \$330

**PRORATED FEE** \$18 times # of classes

**DROP-IN FEE** \$20 for non-registered students. \$18 for seniors, teens and active military and spouse. \$16 for students registered for a class this session. Drop-ins welcome anytime!

**CARE PARTNER YOGA** Drop-In Fee is \$16 per couple / per class.

**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)  
11-weeks, 1x per week: \$132 Drop-In Fee is \$14 No discounts.

**PRETEEN/TEENS YOGA** (M.S. & H.S. Students)  
11-weeks, 1x per week: \$132 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

**11-weeks**, 1x per week: \$154 2x: \$286

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](http://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, in any discipline. 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](http://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.