

the Yoga Center of Columbia

SUMMER 2018

www.columbiayoga.com



Laughter...

How many yogis does it take to change a light bulb? One, but they need a strap, a block, and a chair!

I select a word on New Year's Day each year, and my word for 2018 is "laugh". I have been starting each class with a few jokes and making it a point to laugh every day. My family has joined in by telling me jokes daily and helping find my jokes for my classes. Maybe it is because Moses Brown was my first teacher at the Yoga Center that I have always felt that yoga should be fun. Moses always made us laugh. It seems to balance the many serious aspects of life, and when we laugh together we have a stronger experience of community.

The benefits of laughter include reduction of stress hormones and blood pressure, while increasing blood flow and oxygenation to the cells and organs. Laughter has also been shown to increase memory and creativity. In yoga anatomy, a good belly laugh expands the second and third chakras (energy centers) and helps to release fear. Other sources say laughter is related to the heart center which helps your physical, mental, and emotional body return to a relaxed state. As the heart pumps more blood, it moves up and opens the throat for full expression.

But have you ever noticed if you feel really stressed or overwhelmed that nothing seems funny? So, what might you do to prepare yourself to laugh daily? Here are some suggestions: loving kindness meditation (video available on our

website), take a walk in the woods to get grounded in the present, practice yoga to clear out the blocked tensions and open the body, Pilates to focus and strengthen, Qigong to direct the flow of energy, get enough sleep and spend time with family and friends.

As we enter this wonderful summer season with long days and lighter schedules, make sure you take some time to lighten up.



*With Love,
Kathy Donnelly*

E-RYT500, Owner / Director

HOWARD COUNTY'S BEST YOGA CENTER INVITES YOU TO JOIN US FOR A



FREE WEEK OF CLASSES JULY 9 - 15, 2018
YOGA, PILATES, QIGONG & MEDITATION

Register In Advance Online www.columbiayoga.com No obligation.
Choose from 70+ FREE classes. For a detailed list see Page 2.

REGISTER NOW FOR THE SUMMER SESSION

11-Week Session, July 9 - Sept. 23 10-Week Session, July 16 - Sept. 23

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



Thank You To The Students In Atholton High
School's Academic Life Skills Class Work Enclave
Program For Helping With This Newsletter.

Phone 410.720.4340
Fax 410.772.9591
www.columbiayoga.com

FREE CLASSES Monday, July 9 - Sunday, July 15, 2018



Register in advance for our free classes at www.columbiayoga.com There is no obligation.



<p style="text-align: center;"><u>Yoga 1</u></p> <p>Monday July 9 9:30am - 11:00am Kathy Monday July 9 6:15pm - 7:45pm Rimmi Monday July 9 8:00pm - 9:30pm Karla Tuesday July 10 9:30am - 11:00am Jeanne Tuesday July 10 11:15am - 12:45pm Debbie M Tuesday July 10 6:15pm - 7:45pm Colleen Wednesday July 11 8:00am - 9:15am Rimmi Wednesday July 11 4:30pm - 6:00pm Julia Wednesday July 11 6:15pm - 7:45pm Kim Thursday July 12 9:30am - 11:00am Bita Thursday July 12 4:30pm - 6:00pm Debbie M Thursday July 12 6:15pm - 7:45pm Debbie M Friday July 13 9:30am - 11:00am Rimmi Friday July 13 5:00pm - 6:30pm Colleen Saturday July 14 8:00am - 9:30am Rimmi Saturday July 14 9:45am - 11:15am Chris Sunday July 15 9:00am - 10:30am Kelly Sunday July 15 10:45am - 12:15pm Bita</p> <p style="text-align: center;"><u>Yoga 1 Plus</u></p> <p>Monday July 9 4:30pm - 6:00pm Lucy Wednesday July 11 4:30pm - 6:00pm Debbie M</p> <p style="text-align: center;"><u>Yoga 1 - 2</u></p> <p>Monday July 9 11:15am - 12:45pm Jen Monday July 9 4:30pm - 6:00pm Julia Friday July 13 6:00pm - 7:30pm Jodie Saturday July 14 9:45am - 11:15am Rimmi</p> <p style="text-align: center;"><u>Yoga 1 - 2 & Meditation</u></p> <p>Saturday July 14 7:45am - 9:30am Chris</p> <p style="text-align: center;"><u>Yoga 2</u></p> <p>Tuesday July 10 6:15pm - 7:45pm Jen</p> <p style="text-align: center;"><u>Yoga 2 Plus</u></p> <p>Wednesday July 11 8:00pm - 9:30pm Chris</p> <p style="text-align: center;"><u>Yoga Flow</u></p> <p>Friday July 13 9:30am - 10:45am Katie</p> <p style="text-align: center;"><u>Yoga For A Healthy Back</u></p> <p>Wednesday July 11 11:15am - 12:45pm Melissa</p>	<p style="text-align: center;"><u>Yoga For Healthy Bones & Joints</u></p> <p>Tuesday July 10 11:15am - 12:45pm Karla</p> <p style="text-align: center;"><u>Yoga Core</u></p> <p>Tuesday July 10 4:30pm - 6:00pm Jeanne Wednesday July 11 9:30am - 10:45am Rimmi</p> <p style="text-align: center;"><u>Yoga Core Plus</u></p> <p>Tuesday July 10 6:15pm - 7:45pm Jeanne</p> <p style="text-align: center;"><u>Chair Yoga</u></p> <p>Saturday July 14 10:45am - 12:15pm Barbara</p> <p style="text-align: center;"><u>Advanced Chair Yoga</u></p> <p>Sunday July 15 9:00am - 10:30am Barbara</p> <p style="text-align: center;"><u>Extra Gentle Yoga (formerly Therapeutics)</u></p> <p>Monday July 9 11:15am - 12:45pm Colleen Monday July 9 6:15pm - 7:45pm Lucy Wednesday July 11 11:15am - 12:45pm Cathy R Thursday July 12 11:15am - 12:45pm Colleen</p> <p style="text-align: center;"><u>Gentle Yoga</u></p> <p>Monday July 9 9:30am - 11:00am Colleen Monday July 9 1:00pm - 2:30pm Heather Tuesday July 10 9:30am - 11:00am Karla Tuesday July 10 4:30pm - 6:00pm Colleen Wednesday July 11 6:15pm - 7:45pm Lucy Thursday July 12 11:15am - 12:45pm Cathy R Thursday July 12 4:30pm - 6:00pm Colleen Saturday July 14 9:00am - 10:30am Karla Sunday July 15 10:45am - 12:15pm Barbara</p> <p style="text-align: center;"><u>Gentle Yoga / Yoga 1</u></p> <p>Wednesday July 11 11:15am - 12:45pm Nancy Wednesday July 11 6:15pm - 7:45pm Debbie M Friday July 13 11:15am - 12:45pm Debbie M</p> <p style="text-align: center;"><u>Yoga For Round Bodies</u></p> <p>Thursday July 12 8:00pm - 9:15pm Karla</p> <p style="text-align: center;"><u>Pregnancy Yoga</u></p> <p>Tuesday July 10 4:30pm - 6:00pm Darlene Thursday July 12 6:15pm - 7:45pm Darlene Sunday July 15 9:00am - 10:30am Tracy</p>	<p style="text-align: center;"><u>Children's Yoga (5 - 10 years)</u></p> <p>Saturday July 14 11:30am - 12:15pm Pam</p> <p style="text-align: center;"><u>Preteen / Teen Yoga (MS & HS students)</u></p> <p>Saturday July 14 12:30pm - 1:30pm Heather/ Kim</p> <p style="text-align: center;"><u>Yoga For Men</u></p> <p>Wednesday July 11 8:00pm - 9:00pm Bita</p> <p style="text-align: center;"><u>Yogalates (Yoga & Pilates)</u></p> <p>Tuesday July 10 3:00pm - 4:30pm Jen</p> <p style="text-align: center;"><u>Pilates 1</u></p> <p>Tuesday July 10 8:00pm - 8:50pm Karen Wednesday July 11 9:30am - 10:20am Karen Wednesday July 11 5:15pm - 6:05pm Karen Friday July 13 11:15am - 12:05pm Jen</p> <p style="text-align: center;"><u>Pilates 2</u></p> <p>Thursday July 12 6:15pm - 7:05pm Karen</p> <p style="text-align: center;"><u>Pilates & Stretch 1</u></p> <p>Monday July 9 9:00am - 9:50am Karen Monday July 9 5:00pm - 5:50pm Karen</p> <p style="text-align: center;"><u>Medical Longevity Qigong</u></p> <p>Monday July 9 7:00pm - 8:00pm Jeri</p> <div style="background-color: black; color: white; text-align: center; padding: 5px; margin: 10px 0;"> <p>Mini-Session Free Classes</p> </div> <p style="text-align: center;"><u>Crawlers/Toddler -2+ & Me Yoga</u></p> <p>Monday July 9 11:15am - 12:00pm Susan</p> <p style="text-align: center;"><u>Preschoolers 3-4 Years & Me Yoga</u></p> <p>Monday July 9 12:15pm - 1:00pm Susan</p> <p style="text-align: center;"><u>Care Partner Yoga (For Dementia Patients/Partners)</u></p> <p>Wednesday July 11 1:00pm - 2:00pm Cathy R</p> <p style="text-align: center;"><u>Introduction To Women's Qigong</u></p> <p>Thursday July 12 9:30am - 10:30am Jeri</p> <p style="text-align: center;"><u>Pilates 1</u></p> <p>Thursday July 12 5:15pm - 6:05pm Karen</p> <p style="text-align: center;"><u>Introduction To Meditation In The Plum Village Tradition</u></p> <p>Thursday July 12 8:00pm - 9:15pm Varies</p>
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The Yoga Center Instructors

Kathy Donnelly, Director • Darlene Bergener • Karen Best • Pam Bythrow • Barbara Day • Tracy Devine
 Kelly Fisher • Kim Flyr • Julia Greiwe-Martinez • Jeri Hemerlein • Jeanne Holden • Katie Huber • Bita Jenkins
 Susan Kain • Karla Kettler Nancy Kochuk • Melissa Lindon • Lucy Lomax • Debbie Martin • Chris McCloskey
 Jodie Molchany • Colleen Palmateer • Jen Randle • Cathy Rees • Rimmi Singh • Linda Stevens • Heather Thamer

Grow & Develop Your Yoga Practice in 2019

Teacher Training 200

This RYT200 program is led by **Kathy Donnelly, E-RYT500**
Lucy Lomax, C-IAYT, E-RYT500, RPYT, YACEP, C-iRest®, C-WAE & Kelly Fisher, C-IAYT, E-RYT500, YACEP

The 11-month program begins January 25 and runs through November 14, 2019.

(1 weekend per month)



Teacher Training 300

This RYT300 program is led by **Bit a Jenkins, M.D., E-RYT500**



The 12-month program begins January 11 and runs through December 8, 2019.
 (1 weekend per month)

Guest teachers include Lucy Lomax, Penny Diamanti, Kath Meadows, Whitney Ingram, Robin Carnes, Marcy Goldstein, Debbie Martin, Moses Brown, Cathy Rees, Kelly Fisher, Loren Fishman, MD, Douglas Brooks, Charlene Muhammad & Rimmi Singh.



Science Of Life: An Ayurveda Immersion

This 6-month, 50 hour program, is led by **Debbie Martin, E-RYT500, C-IAYT, AYS & Kelly Fisher, E-RYT500, C-IAYT, AYS**
 January 12 - June 2, 2019

Whether you are new to Ayurveda and want to learn the basics or you want to deepen your understanding of Ayurveda - this program has something for everyone.
 One Sat./Sun. each month (3 1/2 hours each day)

Visit www.columbiayoga.com to register for these events and for more details.

Summer 2018 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.

Beginner's Yoga (Mini-Session):

This class is meant for students who are interested in starting a yoga practice part-way through our progressive session. It introduces the same poses taught in Yoga 1. Completion of this mini-session establishes a foundation upon which to grow in Yoga 1 or Gentle Yoga at the beginning of the next session.

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 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!

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.

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 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, including standing, seated, backbends, twists, and forward bends, 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.

Yoga For Healthy Bones & Joints:

Scientific studies have shown that yoga can prevent and reverse bone loss, and can improve symptoms of arthritis. We will practice postures that will safely build and strengthen your bones, improve posture, and increase range of motion and flexibility in your joints.

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 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.

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.

Introduction To Women's Qigong:

Learn this 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 the specific health issues unique to women.

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

the Yoga Center
 of Columbia

FREE Yoga, Pilates, Qigong
 & Meditation Classes

July 9 - 15, 2018

Register conveniently online
www.columbiayoga.com.

Voted Howard County's Best Since 2000!



YOGA CENTER WORKSHOPS & EVENTS

Workshops

- July 13** Restoratives, Reiki & Reflexology
with Linda Stevens (also 8/10 & 9/7)
- July 14** Pilates On The Ball
with Karen Best (also 9/9)
- July 15** Radiant Peace Yoga Nidra Circle
with Melissa Lindon (also 8/5 & 9/16)
- Sept. 8** Your Knees: Use Don't Abuse!
with Lucy Lomax
- Sept. 9** Yoga & Massage For Pregnancy/Birth
with Darlene Bergener
- Sept. 29-30** CEYTT Part 1 - Observation & Assessment
with Lucy Lomax & Kelly Fisher
- Oct. 5-7** What's Your Story: Understanding The
Narratives That Shape Our Lives
with Janice Molinari
- Oct. 13-14** CEYTT Part 2 - After the Assessment:
Findings & Goals with Lucy Lomax & Kelly Fisher
- Nov. 10-11** CEYTT Part 3 - Choices: Which Approaches
& Why with Lucy Lomax & Kelly Fisher
- Dec. 8-9** CEYTT Part 4 - What Worked & Why
Evaluation with Lucy Lomax & Kelly Fisher

Mini-Sessions

- Crawler/Toddler 2+ & Me Yoga with Susan Kain (Free Class July 9)**
Mondays, 11:15am - 12pm, July 16 - August 13, 5-wks, \$60
- Preschoolers 3-4 Years & Me Yoga with Susan Kain (Free Class July 9)**
Mondays, 12:15pm - 1pm, July 16 - August 13, 5-wks, \$60
- Intro. To Women's Qigong with Jeri Hemerlein (Free Class July 12)**
Thursdays, 9:30am - 10:30am, July 19 - August 23, 6-wks, \$96
- Pilates 1 with Karen Best (Free Class July 12)**
Thursdays, 5:15pm - 6:05pm, July 19 - August 23, 6-wks, \$84
- Intro. To Meditation In The Plum Village Tradition (Free Class July 12)**
Thursdays, 8:00pm - 9:15pm, July 19 - September 6, 8-wks, \$128
- Baby & Me Mini with Katie Huber (6 weeks - crawling)**
Fridays, 11:00am - 12:00pm, September 7 - September 21, 3-wks, \$48
- Beginner's Yoga with Heather Thamer**
Saturdays, 11:30am - 1:00pm, September 1 - September 22, 4-wks, \$64



Care Partner Yoga (Gentle Seated Class)
 with Cathy Rees
**Designed for dementia patients
 & their caregivers**
 Wednesdays, 1:00pm - 2:00pm, **FREE**
 July 11, July 18, July 25, August 1
 August 29, Sept. 5, Sept. 12, Sept. 19

Goodbye & Good Luck



Please join us in a heartfelt thank you to **Bonnie Cassels** and **Catherine Baugh** as we say goodbye and wish them good luck! The Yoga Center warmly welcomes **Pam Bythrow** and **Jodie Molchany** to our Yoga Center family of instructors.



11-week Session Monday, July 9 - Sunday, September 23, 2018
 1x per week \$176 2x per week \$330
Pilates Classes - 1x per week \$154 2x per week \$286



10-week Session Monday, July 16 - Sunday, September 23, 2018
 1x per week \$160 2x per week \$300
Pilates Classes - 1x per week \$140 2x per week \$260

PLEASE NOTE: 11 = 11 WEEKS 10 = 10 WEEKS ♥ NO CHARGE/NO REGISTRATION

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

	9:30am - 11:00am	10	Yoga I	Bit
	9:30am - 11:00am	11	Yoga I - 2	Heather
	9:30am - 11:00am	11	Yoga 2	Jeanne
	10:45am - 12:15pm	11	Women's Qigong 2	Jeri
	11:15am - 12:45pm	10	Gentle Yoga	Cathy R
	11:15am - 12:45pm	10	Extra Gentle Yoga	Colleen
	11:15am - 12:45pm	11	Yoga 2	Bit
	4:30pm - 6:00pm	10	Gentle Yoga	Colleen
	4:30pm - 6:00pm	10	Yoga I	Debbie M
	4:30pm - 6:00pm	11	Yoga I - 2	Rimmi
	6:15pm - 7:45pm	10	Pregnancy Yoga	Darlene
	6:15pm - 7:45pm	10	Yoga I	Debbie M
	6:15pm - 7:05pm	10	Pilates 2	Karen
	6:15pm - 7:45pm	11	Yoga I - 2	Bit
	8:00pm - 9:30pm	11	Yoga 2	Bit
	8:00pm - 9:15pm	10	Yoga-Round Bodies	Karla

PLEASE NOTE: * COMMUNITY YOGA & MEDITATION GROUP - \$5 DONATION, NO REGISTRATION

FRIDAY

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

SATURDAY

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

SUNDAY

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

Mini - Sessions

Mon	11:15am-12:00pm	Crawlers/Toddlers 2+ & Me Yoga (5-weeks, 7/16 - 8/13)	\$60	Susan
Mon	12:15pm-1:00pm	Preschoolers 3-4 Yrs & Me Yoga (5-weeks, 7/16 - 8/13)	\$60	Susan
Thurs	9:30am-10:30am	Introduction to Women's QiGong (6-weeks, 7/19 - 8/23)	\$96	Jeri
Thurs	5:15pm-6:05pm	Pilates I (6-weeks, 7/19 - 8/23)	\$84	Karen
Thurs	8:00pm-9:15pm	Intro to Meditation - Plum Village (8-weeks, 7/19 - 9/6)	\$128	Varies
Friday	11:00am-12:00pm	Baby & Me Mini (3-wks, 9/7 - 9/21)	\$48	Katie
Sat	11:30am-1:00pm	Beginner's Yoga (4-weeks, 9/1-9/22)	\$64	Heather



Care Partner Yoga (Gentle Seated Class) with Cathy Rees
 (Designed for dementia patients & their caregivers)
 Wednesdays, 1:00pm - 2:00pm, **FREE**
 July 11, July 18, July 25, August 1 August 29, Sept. 5, Sept. 12, Sept. 19



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

Register online at www.columbiayoga.com OR fill out this form and return with payment by mail or in person to:
The Yoga Center of Columbia, Parkridge Plaza Building, 8950 State Route 108, Suite 109, Columbia, MD 21045

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 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

Summer 2018 - Yoga Center Policies

CLASS FEES

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

10 WEEK SESSION 1x per week: \$160 Twice weekly: \$300*

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!

PREGNANCY YOGA & BABY AND ME

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

CRAWLERS/TODDLERS/PRESCHOOLERS YOGA

5-weeks, 1x per week: \$60 Drop-In Fee is \$14

CHILDREN'S YOGA (Ages 5 - 10 years)

10-weeks, 1x per week: \$120 Drop-In Fee is \$14

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

10-weeks, 1x per week: \$120 Drop-In Fee is \$14

PILATES CLASSES

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

10-weeks, 1x per week: \$140 2x: \$260*

Drop-in fee is \$18

DISCOUNTS (cannot be combined) Seniors (60 +), Teens, Active Military personnel & their spouses are eligible for a 10% discount. Multi-class discount (10%) does not apply to mini sessions.

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), or by mail. Telephone registrations are welcomed with Visa, MasterCard, American Express or Discover.

* 10% multi-class discount applied.

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 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.