

# Yoga from the Heart

January 1st - March 31st, 2012

## Yoga to Ring in the New Year: All Levels Welcome

Yoga provides us with a process to uncover the beauty, power, and purpose of our lives. Salute the passing year with breath and movement, honoring all you have been and done in 2011. Delight in twists and go upside down (don't worry modifications will be offered) to release that which you no longer need, creating space for the gifts the coming year has in store. This is an open level workshop, appropriate for all levels of practitioners.

**Saturday, January 1st | Time: 10:00 - 12:00 pm | Teachers: Lynn & Steve | Cost: \$40 pre-registration; \$45 day of**

## Befriending Back Bends

The beautiful photos of rubber-limbed models in back bends on the cover of *Yoga Journal* often give rise to the idea that you have to be a human pretzel to bend backward. If you look at these photos and think, "I could never do that!" or "Will I ever be able to do that?" this workshop is for you! You'll learn a broad spectrum of tips and tricks that will allow you to practice back bends pain free even if you don't have much flexibility.

**Saturday, January 21st | Time: 1:30 - 3:30 pm | Teacher: Tanja | Cost: \$40 pre-registration; \$45 day of**

## Get Your Girlfriend Doing Yoga at Girl's Night Out

If your BFF has absolutely no idea what a Downward-Facing Dog is nor how yoga can soothe her soul and help to balance her life, or you just want to spend some quality time together, bring her to this workshop! A truly inspiring night filled with fun and yoga that will end early enough for you to enjoy dinner together afterwards. Friends, co-workers, sisters, mothers, daughters of all ability and flexibility levels will benefit.

**Friday, February 24th | Time: 5:30 - 7:30 pm | Teacher: Tanja | Cost: \$50 pre-registration per pair; \$55 day of per pair**

## Getting Your Hips and Shoulders Out of Prison

In our fast paced lives we often find that our stress and worries are stored in the larger joints in our bodies. Hips and shoulders tend to take the brunt of the buildup, and this reality is exacerbated by the fact that we spend too much of our day sitting and typing at a computer or on our smartphones. In this workshop, you will release these tensions in a deep and lasting way. Allow yourself the pleasure of feeling how your body can really perform by releasing the tension in these two key areas. Take the challenge of opening your hips and shoulders and experience the freedom it brings.

**Saturday, March 17th | 1:30 - 3:00 pm | Teacher: Michelle | Cost: \$40 pre-registration; \$45 day of**

### New to Yoga Package

Learn yoga correctly and begin with confidence. Identify your needs and learn how yoga can be modified to suit your body. This package offers first-time students a 6-class series in addition to a one-hour private session. A wonderful way to begin!

**A \$175 value now being offered at only \$125**

### Jumpstart Package

Develop the skills needed to be successful in yoga for years to come. With the Jump Start Package you receive three one-hour private sessions. Perfect for new students, experienced practitioners looking for individualized help, and those who simply prefer one-on-one attention.

**3 1-hour privates for only \$240**

### Fresh Start Package

Let's face it: we all get a little off track sometimes – maybe your schedule changed, you got busy with work, or you just lost your momentum. Get your mind and body back on track with our Fresh Start Package. Designed for students who haven't practiced in some time, you receive two one-hour private sessions and a 10-class series so you can be back on the mat in no time.

**2 1-hour privates and a 10-class series for only \$225**

### 1 Hour Private Session: \$85

Semi-Private Sessions: \$85 per hour + \$10 for each additional person up to 4 people

In-Home Sessions: \$100 per hour + \$20 for each additional person up to 4 people

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am–9:30 am <i>Up &amp; At 'Em</i> Jaryn		8:30 am–9:30 am <i>Yoga ABC's</i> Tanja			8:30 am–9:45 am <i>Yoga &amp; Meditation</i> Lynn	8:30 am–9:45 am <i>Gentle Restorative</i> Lyn & Ken
10 am–11:15 am <i>Foundations</i> Jaryn	10 am–11:30 am <i>Intermediate</i> Lynn	10 am–11:30 am <i>All Levels</i> Tanja	10 am–11:30 am <i>Intermediate</i> Lynn	10 am–11:15 am <i>Foundations</i> Lynn	10 am–11:30 am <i>Intermediate</i> Lynn	10 am–11:15 am <i>Middle Ground</i> Steve
6 pm–7:15 pm <i>All Levels</i> Steve	5:45 pm–7:00 pm <i>Foundations</i> Lynn	6 pm–7:15 pm <i>Middle Ground</i> Michelle	5:45 pm–7:00 pm <i>All Levels</i> Lynn			

## Holiday Hours

Sunday, January 1<sup>st</sup>, 2012 — 10:00 a.m. - 12 p.m. (2-Hour Workshop)

## Class Descriptions

**All Levels: Strengthen & Lengthen** - Looking for a class that leaves you feeling stronger, more energized, and flexible? This is it! Each class presents yoga in a way that every level of student can learn and be challenged appropriately. Modifications and variations offered. No matter how hectic your life, no matter what your physical shape, this class will energize and uplift you!

**Foundations: Grounding & Essential** - Designed for students new to yoga or new to alignment based yoga. This class focuses on fundamental poses with an emphasis on standing poses, Sun Salutations, and a variety of seated, reclined, and balancing poses.

**Gentle Restorative: Soothing & Blissful** - Slip into a soothing blend of gentle and restorative yoga. Classes begin with breath work followed by gentle movement to release tension. Class ends with a series of restorative postures for deep opening and total relaxation.

**Intermediate: Challenging & Fun** - An upbeat, energetic class intended to help students advance their practices, challenge their "edges," and remember that being complacent or comfortable doesn't always teach us the more profound life lessons.

**Middle Ground: Not Too Hard & Not Too Soft** - Come one, come all! This class focuses on building the essential skills necessary to practice yoga safely for years to come. Variations and modifications are given to accommodate both beginning and experienced students.

**Up & At 'Em: Opening & Energizing** - This class is worth getting up for! In one-hour we'll focus on opening the body, relaxing mind and energizing you for the day ahead! A variety of standing poses, twists, back bends, forward bends and hip openers that are simple enough for beginners and effective for everyone, are taught.

**Yoga ABC's: Creating and Establishing** - An inspiring, informative introduction that provides the fundamentals necessary to build a well-balanced yoga practice. This class is a great start to yoga and perfect for those wanting to brush up on the basics.

**Yoga & Meditation: Mental & Physical Harmony** - A balanced mind contributes to a balanced life. This class leads you through basic yoga poses followed by silent meditation. No experience necessary; great for all levels.

## Series and Class Fees

First class **complimentary** for first-time **local** students

**\$15 Single Class** - Always welcome

**\$52 for 4 Class Series**

**\$72 for 6 Class Series**

**\$110 for 10 Class Series**

**\$275 for 25 Class Series**

## Exceptional Faculty

*Founder / Director* Lynn Burgess, MBA, RYT 500, E-RYT 500

*Instructors* Lyn Bollmeyer, RYT 200

Ken Brink, RYT 200

Michelle Eifert, RYT 200

Steve Lang, RYT 200, E-RYT 200

Jaryn Nelson, RYT 200

Tanja Zeissner, RYT 200