



**Fall 2010**



# Living With Integrity

by Amir

Most people use the word integrity to mean being principled, authentic, and true to one's self in whatever situation we find ourselves — acting in a way that allows us to sleep easy at night. But the more we seek to accomplish, the more we are challenged to compromise. Sometimes compromise can be a way to grow, but it can also mean giving up our own principles.

What we recognize as our own truth is determined by the ethics that guide our actions and determine the course of our lives. Most people have a handful of go-to principles that guide them in daily life and they vary greatly from person to person. It is important that we examine our own values to make sure they include: (1) rational thinking and behavior intended for the highest good; (2) clear intention directed toward the best result; and (3) high objectives with follow through. Notice that these goals are almost seamlessly related to the concept of integrity. Integrity and ethics mean that what we want to be, do, and have are in our best interests, as well as for those around us, and are just as deeply integrated into our self image and our world view.

One of the biggest freedoms we have is to be who we are. If we abandon our own purpose to please someone else, we imprison ourselves — we end up sacrificing our identity and our own happiness. Before we can please anyone else we must first please ourselves. At first, this may seem selfish or callous — however, each one of us was put on earth to fulfill a purpose — our own purpose, and not anyone else's. Living our own dream is not selfish — it is our reason for being. The yogis call it dharma. And living our dharma means living with integrity.

Most importantly, living with integrity requires integrating one's own dharma with the universal one. While the Unabomber, for example, may have truly believed that he was fulfilling his dharma, and therefore acting with integrity, setting off bombs and murdering people was certainly not rational and did not serve any good at all, much less a higher good. People who operate without integrity sabotage their own best-laid plans. They may try to blame others, but that doesn't resolve anything, and usually it causes others to react negatively and pull away. When people have clarity and integrity, they are productive, have fruitful relationships and bring value to their lives and the lives of others.

Sometimes we encounter "moral imperialists" who seek to impose their own personal moral judgments on others as if they were universal norms. The more vehemently they question others' integrity and claim their own, by definition of integrity, the more suspect their own becomes. Only we can determine our own truth. With integrity, we need consistency to bring our actions into alignment with our true viewpoint — that which most closely aligns with who we really are. And if we don't know what our real truth is, then the most ethical thing to do is to find out.

So take the time to seek your purpose. Listen to the voice that speaks inside of you. Ask yourself: What makes you happy? What gives you energy? What calls at your heart? And walk with conviction as you follow that voice.



# Streaming Into Alignment

by Alex Levin

Recurring patterns resurface and we think, believe and feel trapped, judging, desperate, with no recourse but to let it play out, again. Aware that we could respond differently, and yet not able to access that choice. The insult, pain, or grief trigger meets again with its chronic response: a harsh-worded grievance; a headache; another drink; anxiety; blaming; withdrawal. The path of least resistance following its same etched way. And yet, also, a chance, an opportunity to see what we don't yet see. Requiring simply a gentle adjustment of focus, like the smooth turn of the manual camera's lens. An effortless movement of intuition and awareness and love—like a sunflower tracking the warmth, heat, magnetic energy of the sun. Embracing all multiplicity and so doing, touching unity.

Obvious evidence of wrongness—a harsh reaction, a loss, physical pain—appear as incontrovertible proof of cause and effect. Our view is too small to accurately assign labels: good, bad. But we do. And this latching on to false security of the finite traps us in wanting, aversion, and expectation of form, or permanence. We self-suffocate holding dear habitual notions that some deficiency, insufficiency or defect in ourselves or someone else is the source of our pain, our problems. These forms, all forms ever-morph whether gross or subtle, but they also shimmer with an essence always available for recognition. In the midst of every experience is a whisper of invisible and palpable spirit, consciousness and awareness that provides the space for relief and freedom.

Here/now, even, especially, in the presence of pain is the opportunity to risk the elusive art of “being in the moment.” Our clear choice is born in this gap, in what we can feel and know with all the fibers of our being, directly; here/now, having no earthly idea of how to appreciate the “gift of what is” in the face of, perhaps, searing pain, shame, guilt, and terror; here/now where it feels counter-intuitive to bathe the hard edges of sensation in breath, relaxation and intuition. Here/now, another reality emerges in the willingness to

*... align and realign attention with the present moment; and to experience without reaction.\**

Our yogi warrior job is to reframe our relationship to fear; to bring our focus back again, again, again to the present sensation and the vast space of infinite possibilities. Initially, in this space we may feel powerless, disoriented, scared right back to fear's small confining ways. Precisely here/now we can be braver bit by bit to linger in the space where we suspend what we think, remember, and hope; and instead, in this moment become aware... of the shape, weight, contours of our feet, skin, lungs, and heartbeat, in contact and contrast with the ground, air, and temperature, around us. In this direct and full experience our courage grows and clarity dawns. We begin to see that our only deprivation was our own narrowed focus and the narrative we wove around it.

In our increasing dedication to attention of our experience and the gap of non-reaction, we learn to receive the message, the right choice for here/now. We find ourselves in alignment with what is. In the inquiry itself—in the curiosity of how ease, wholeness, freedom are possible here/now just as we are—our connection is confirmed. We are all creative, safe, good members of this One tribe. With this humble act we recognize that we are unique but not alone; that we are of the matrix and the matrix is not without us. And we grow to embrace and be the comfort of this knowing.

\*The Yoga Sutra of Patanjali, A New Translation and Commentary by Chip Hartranft

## Power and Ease in Warrior I

by Anne Jablonski

One of yoga's quintessential big, strength-building standing poses, Warrior I (Virabhadrasana I) offers a powerful stretch for the neck, belly, chest, and shoulders. Warrior I is, as well, a superb tonic for the psoas, a spindle-shaped muscle that traces a magical route from the lowest part of the middle spine, through the pelvis, finally attaching to the head of the femur (thigh bone). It's a favorite of mine to teach — there are few sights as striking as a room full of students in this dramatic, grounded, and uplifting pose.

First, however, forget how the pose is “supposed” to look and commit to sensually feeling your way through it. Find your most rooted expression of mountain pose (Tadasana). Choose to be grounded. When your inner cue says, “Go for it,” take a big step back with your left foot and angle it in comfortably, breathing life into the event as you organize here: ensure that the angle of your back foot is a consequence of rotation at your hip rather than from any twisting at your knee joint.

Summon softness into your neck. Let your head wobble for awhile — like one of those goofy dashboard bobble-head dogs — to create space and tame tension in your jaw. The jaw and the psoas are intimate friends: cultivating relaxation in the jaw offers opportunity for your psoas to lengthen with ease.

Now tidy up the alignment of your head over your spine and shift the left wing of the sacrum forward as the right sacral belly pulls back. This will initiate an action at the root of the spine to shift your pelvis, chest and shoulders forward. Exhale as your hips descend and the front knee moves to line up over your ankle. If you're of the very bendy variety, your hips might lower until your front thigh is parallel to the floor. Bring attention to the arch in



each foot, lifting the toes for a few moments to signal to your nervous system that you are planted solidly on the earth.

Draw the shoulder blades together on your back body to create a supportive altar for your heart as your externally rotated arms begin their ascent. Go slow. If you feel any strain in your neck, ease your arms down a bit and broaden your collar bones to fuel the pose with intelligent softness. Let your heart draw toward the sky and shift your gaze to the space above you. Reach enthusiastically through the pinky fingers of both hands.

Feel everything. Allow the pose to bloom from the inside out, grounded and expansive all at once. Embody the warrior master, battling illusion and ego to come fully into experiencing the inescapable birthright of your truest, divine nature.

Breathe your way through the transition out of the pose, first shifting your gaze down and forward as your arms float down. Pivot onto the ball of the back foot and push off as you straighten the front leg and step lightly into Tadasana. Park here for as many breaths as it takes for the inner cue to nudge you to begin on the other side. Savor.

## Teacher Feature

### Meet Heidi and Roger Panetta



#### How did you discover Yoga?

**Heidi:** In early 2005 in the midst of all kinds of medical treatments for infertility, I took the advice of one of my doctors and dropped into a yoga class at Sun & Moon in Arlington. I had no idea what yoga even was, but after my first class, I was hooked. A couple of months later, my husband Roger joined me, and eventually we both entered Sun & Moon's teacher training program in 2007. Practicing yoga was, and continues to be, a critical part of the difficult journey towards accepting our infertility. Yoga is something we share and helps us stay connected as a couple. Roger and I may have different approaches to our practice, but our styles complement each other when we team-teach.

#### What Yogic teachings have influenced you?

##### Roger:

- The Bhagavad Gita, where the conversations between Krishna and Arjuna on the battlefield happen every day in my life in different ways. It is one of the best guides on how to live life.
- Hindu philosopher Jiddu Krishnamurti, who stated, "Without freedom from the past, there is no freedom at all, because the mind is never new, fresh, innocent".
- "The Way of the Bodhisattva," which is a great lesson in how to practice compassion to others.
- "Zen Mind, Beginner's Mind" by Shunryu Suzuki, who believed, "In the beginner's mind there are many possibilities, in the expert's mind there are few."

#### Why is Sun & Moon a great studio?

**Heidi:** It's a place where you can come as you are and never be judged. Through my battle with

situational depression, I kept coming to yoga classes, even though my body and mind sometimes would resist. I learned that it's okay to not always have a great practice, but that we have the capacity to be kind to ourselves even in the face of difficulties.

**Roger:** It is a true sangha (yoga community) that brings teachers trained in various yoga disciplines together. This provides an open-minded environment for all students to find the right class and the right teacher for them. I believe this helps avoid a dogmatic approach to yoga and encourages personal growth and fun. Yoga should be fun!

#### What is your style of teaching?

**Heidi:** I think I've taken pieces from all of my teachers. I sometimes hear them when I'm teaching! I believe a yoga practice should be well-rounded, so my classes usually incorporate pranayama (breath work), vinyasa (flowing from one pose to another), longer held poses, and relaxation. In my own practice, I strive to experience strength and calm simultaneously.

**Roger:** I am very deliberative and focused with an emphasis on students becoming calmer and more aware in their daily life. Like Heidi, I feel strongly that students should have a well-rounded practice that balances what a student wants with what a student needs.

#### What is unique about how you teach partner yoga?

**Heidi & Roger:** Our style of partner yoga places the emphasis on developing an individual practice while connecting with your partner. We don't have our students switch partners in our classes or workshops. So come with someone you really like!

## Special Events and Workshops

Day	Date	Time	Loc	Workshop	Teacher
<b>SEPTEMBER</b>					
Sat	9/11	2:00-4:00pm	Ffx	Yoga as the Foundation for Fitness	Mandy Shaver
Sat	9/11	4:30-5:30pm	Arl/Ffx	Yoga for Good*	
Sun	9/19	1:00-3:00pm	Ffx	Chair Yoga	Carol Confino
Sun	9/19	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
Fri-Sun	9/24-9/26	Variable	Arl	Hosting Doug Keller	Doug Keller
<b>OCTOBER</b>					
Thurs-Sun	9/30-10/3	Variable	tbd	Hosting Tias Little	Tias Little
Sat	10/9	4:30-5:30pm	Arl/Ffx	Yoga for Good*	
Sun	10/10	2:00-4:00pm	Ffx	Meditation 101	Rixie Dennison
Sat	10/16	1:30-3:30pm	Arl	Restore w/Amir	Amir
Sat	10/16	4:00-5:00pm	Ffx	Yoga for Dogs	Suzanne Morgan
Sun	10/17	2:00-4:00pm	Ffx	Chakra Sun Salutes	Cynthia Maltenfort
Sun	10/17	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
Sat	10/23	3:00-5:00pm	Arl	Free Class for Breast Cancer Patients & Survivors	Charlotte Raich
<b>NOVEMBER</b>					
Sat	11/6	1:30-4:00pm	Arl	Yoga Therapy for Neck and Shoulders	Amir
Sat	11/6	1:00-3:00pm	Ffx	Restorative Yoga	Corinne Krill & Carole Rodero
Sun	11/7	1:30-3:30pm	Arl	Better Bones, Better Balance: Yoga Over 40	Beth Ebner & Carole Toulouse-Michel
Sun	11/7	2:00-4:00pm	Ffx	Community Clothing Exchange	
Sat	11/13	1:30-4:30pm	Arl	Exploring the Heart, Head and Hands through Feldenkrais and Yoga	Alex Levin & Madeline Helbraun
Sat	11/13	1:00-3:00pm	Ffx	Yoga for Arthritis	Vicki Christian & Carole Rodero
Sat	11/13	4:30-5:30pm	Arl/Ffx	Yoga for Good*	
Sun	11/14	2:00-4:00pm	Ffx	Developing a Home Practice	Rixie Dennison
Sun	11/14	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
Fri-Sun	11/19-11/21	Variable	Ffx	Hosting Barbara Benagh	Barbara Benagh
<b>DECEMBER</b>					
Fri	12/3	7:00-8:00pm	Arl	Yoga Nidra	Jackie Shaffer
Sat	12/4	1:30-3:30pm	Arl	Hip Openers w/Amir	Amir
Sat	12/4	1:00-3:00pm	Ffx	Posture and the Chakras	Anna Mikheeva
Sat	12/4	4:00-5:00pm	Arl	Yoga for Dogs	Suzanne Morgan
Sun	12/5	1:00-4:00pm	Arl	Encountering Silence: Meditation & Retreat	Jackie Shaffer & Alex Levin
Sat	12/11	4:30-5:30pm	Arl/Ffx	Yoga for Good*	
Sat-Sun	12/11-12/12	Variable	Arl	In-Depth Advanced Studies & Teacher Training Intensive	In-Depth Faculty

Thank you for registering in advance and online for workshops. This helps us reduce our use of paper and helps our teachers prepare accordingly. Starting this fall quarter, as of September 8, 2010, **Online Early-Bird Discounted Registration for workshops** will be available until **7 days prior to the workshop**. To register online, go to the workshops page of our website, click on any button that says "Reg Online," and follow the prompts.

\*Yoga for Good is a chance to practice for yourself and for others. As part of our studio's commitment to the yogic idea of seva (service to others), attend these donations-only classes and help raise awareness and funds for the good of the community at-large.

# Class Descriptions

**TEACHER BIOS:** For a listing of Sun & Moon teachers, please go to our website at [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com) and click on "about sun&moon" and then "our teachers."

**Level 1:** A basic introduction to yoga breathing, postures, and relaxation. Intended for beginners with no previous experience, or those looking for a gentle and basic ongoing practice.

**Level 2:** Refines the basics and provides more detailed alignment instructions and breath work.

**Level 3\*:** Teaches more advanced standing and seated poses, pranayama, and begins integrating inversions, deeper backbends, and meditation techniques.

**Level 4\*:** Intensifies an already-strong asana practice by developing a deeper internal and energetic understanding of yoga. Inversions, arm balances, wheel and lotus poses are included, as well as advanced pranayama and meditation. Students are expected to have a home practice.

**All Levels:** Includes the basics as well as options for deeper practice. Appropriate for all students.

**Combination Classes (i.e. Level 1/2):** For the student who is comfortable in the lower level, and interested in exploring the next.

**Adaptive Yoga:** A slow-paced class which combines yogic breathing, deep relaxation, and gentle movement to restore strength, range of motion and vitality. The practice will be modified for individual needs.

**Advanced Studies:** Examination of our yoga practice to awaken and deepen awareness in our personal practice for more effective learning, teaching and living of yoga. In-Depth studies requirement; open to intermediate and advanced yogis.

**Anusara Yoga:** Meaning "flowing with grace," Anusara is based on a heart expansive, life-affirming Tantric philosophy, which recognizes an inherent benevolence in all creation. Anusara yoga also utilizes an elegant and concise system of alignment principles called The Universal Principles of Alignment, and is taught with the qualities of "attitude, alignment and action."

**Feldenkrais:** Awareness Through Movement: Ingenious movement sequences that stimulate your brain as well as improve your physical abilities.

**Gentle Yoga:** Basic poses at a slow pace. Ideal for beginners and/or students with health concerns.

**Integral Yoga:** A holistic approach to yoga that incorporates a complete hatha routine, deep relaxation, pranayama,

chanting and a short meditation. Appropriate for all levels.

**Kids:** Play and work with poses to increase flexibility and strength, develop coordination and posture, and explore relaxation and stress reduction tools. Yoga stories and/or visualizations will be presented in each class.

**Kripalu-Inspired Yoga:** A variation of hatha yoga, the Kripalu style focuses on listening to your mind, body and spirit. Every class is an exploration of self. Sanskrit chanting, use of mantra, yoga philosophy and deep relaxation. Emphasis on learning about yourself makes this class appropriate for all levels of yogis.

**Kundalini Yoga:** A unique yoga practice integrating hand positions, breath, posture, sound and motion. This class offers an opportunity to explore the highly evolved technology of Kundalini yoga infused with classic yoga asanas and vinyasa flow.

**Meditation:** A general survey and practice of various meditation philosophies and practices. Open to beginners and advanced students alike. No registration necessary.

**Middle and High Schoolers:** A playful yet disciplined practice of asana, pranayama, and relaxation, intended to help reduce stress and promote strength, self-esteem, focus, balance, and positive body images.

**Moms & Babies:** Bring along your baby, from infant to almost-crawling, for this welcoming postnatal class that emphasizes how yoga can help you stay physically and emotionally strong and centered during your first months together. Strengthen, stretch and tone your body with emphasis on support for feeding, holding, lifting and carrying your baby, as well as moving more easily through your daily life. Learn basic techniques of baby massage and movements that encourage neuromuscular development in babies.

**Pilates 1:** This exercise system focuses on correct breathing, posture and core strengthening. No admittance after week three without permission of the instructor.

**Pilates 2:** The progression in this class is faster than Pilates 1 and provides an energetic, full body workout. Prior Pilates experience necessary.

**Prenatal Yoga:** An all-levels course which supports and empowers expectant mothers. Teaches ways to ease aches and pains, make the body comfortable during pregnancy, and use the breath to calm and steady the mind.

**Toddlers Together:** A fun romp for caregivers and toddlers. We will incorporate asana, stories, music, and creative movement to experience the joy and heartfelt wisdom of yoga with a child-like flow. 16mos to 3yrs, adult/child class.

**Vinyasa 1\*:** A fast-paced, challenging practice that builds stamina and strength through a series of flowing poses. Students should be comfortable coming quickly into standing poses with good alignment and should be practicing at Level 2 or above. Appropriate for beginning Ashtanga-style and power yoga practitioners.

**Vinyasa 2\*:** Adds more advanced poses and challenging transitions to the fast, flowing pace of Vinyasa 1. Open to Level 3+ students or students comfortable with a Vinyasa 1 practice who are ready to expand their focus and core strength. Appropriate for experienced Ashtanga-style and power yoga practitioners.

**Yin Yoga – TT Basics:** For most of us our time on and off the mat can be highly energetic and outwardly focused. The Yin practice — a slow, healing style of yoga — cultivates an energetic balance by complementing our yang world with a quieter, more meditative physical yoga practice. This twelve-week course will offer yoga teachers, teacher trainees and advanced students a basic introduction and skills needed to add Yin Yoga to their repertoire. CEU hours available upon request.

**Yoga and the 12 Steps:** Traditional twelve-step programs offer a spiritual remedy for healing from addiction, but do not address the physical dimension. We will practice physical movement and postures, breathing exercises, and conscious relaxation; as well as begin to develop awareness and balance and connect our physical bodies to our mental, emotional and spiritual selves. Both yoga and the twelve-step philosophies are woven to provide a framework for authentic living and personal growth. Beginners very welcome and embraced.

**Yogic Writing:** Explore your deepest self through the written word. Discover new parts of yourself and universal truths of humanity through writing exploration. In a non-judgmental and confidential space, engage in writing exercises, share writing with others, and explore how personal writing moves you, teaches you, and changes you. No writing experience necessary; this class already assumes that everyone has a unique voice and innate creative genius.

\*Level 3 and up classes require teacher permission.

\*\*Vinyasa classes require completion of at least two sessions of Level 2 or above and/or permission from the teacher.

## DIRECTIONS TO ARLINGTON

**ARLINGTON STUDIO**  
3811 Lee Highway  
Arlington, VA 22207

**From Rt. 66 heading East:** Take Exit 72 (Spout Run/Lee Hwy). Turn left onto Lee Hwy. Continue on Lee Hwy. until you reach your 3rd light. Turn right onto N. Pollard. The studio is on Lee Hwy. on the right in a small strip of stores.

**From GW Parkway/Alexandria:** Take the Spout Run Exit (left exit) off GW Parkway. Turn right onto Lee Hwy. Continue on Lee Hwy. and at the fourth light turn right onto N. Pollard. Park in lot on your right. The studio will be on Lee Hwy. in a small strip of stores.

## First Class Free!

If you have never taken a class at our studio, we would like you to try a class on us. We hope that if Sun & Moon is the right studio for you that you'll sign up for one of our many offerings. You may want to give this coupon to a friend.

**Bring this coupon to the studio for your first class free!**

(This offer is valid one time to local residents who have never attended a class at Sun & Moon studios.)



**YOGA STUDIO**

Arlington • Fairfax City  
703.525.YOGA (9642)  
www.sunandmoonstudio.com

## ARLINGTON STUDIO - FALL 2010 (14 WEEKS)

Wednesday September 8 - Sunday December 19  
(closed Wednesday November 24 - Sunday November 28 for Thanksgiving)

Time	Class	Instructor	Start Date	Fee	Studio
<b>SUNDAY (closed Nov. 28)</b>					
9:00am-10:30am	All Levels	Enid Kassner	12-Sep	\$210.00	A
9:15am-10:45am	Level 3	Alex/Jackie	12-Sep	\$210.00	B
10:45am-12:00pm	Level 1	Enid Kassner	12-Sep	\$210.00	A
11:00am-12:30pm	Level 2	Anne J./Juliette	12-Sep	\$210.00	B
12:30pm-2:00pm	Kripalu-Inspired Yoga	Jane Phelan	12-Sep	\$210.00	A
4:45pm-6:15pm	Vinyasa 2	Alfia Khaibullina	12-Sep	\$210.00	B
6:30pm-7:30pm	Meditation	Various teachers	12-Sep	Donation	B
<b>MONDAY</b>					
10:00am-11:15am	Level 1	Judith Lyon	13-Sep	\$210.00	A
10:15am-11:45am	Level 2	Asya/Jackie	13-Sep	\$210.00	B
12:00pm-1:15pm	Gentle	Asya/Pauline	13-Sep	\$210.00	A
12:15pm-1:30pm	Meditation	Jackie Shaffer	13-Sep	Donation	B
4:00pm-4:45pm	Middle Schoolers	Annie Moyer	13-Sep (no class 10/11)	\$169.00	C
4:00pm-5:15pm	Level 1	Karin Caffi	13-Sep	\$210.00	B
4:30pm-6:00pm	Level 2/3	Jackie Shaffer	13-Sep	\$210.00	A
5:00pm-6:00pm	High Schoolers	Annie Moyer	13-Sep (no class 10/11)	\$169.00	C
5:30pm-6:30pm	Pilates 1	Danielle Ring	13-Sep	\$182.00	B
6:15pm-7:45pm	Level 3/4	Alex Levin	13-Sep	\$210.00	C
6:15pm-7:45pm	Level 2	Amir	13-Sep	\$210.00	A
6:45pm-7:45pm	Pilates 1/2	Danielle Ring	13-Sep	\$182.00	B
8:00pm-9:30pm	Vinyasa 1/2	Carol Stehl	13-Sep	\$210.00	B
8:00pm-9:15pm	Level 1	Amir	13-Sep	\$210.00	A
<b>TUESDAY</b>					
10:00am-11:15am	Level 1	Judith Lyon	14-Sep	\$210.00	B
10:15am-11:45am	Level 2	Annie Moyer	14-Sep	\$210.00	A
11:30am-12:30pm	Feldenkrais	Madeline Helbraun	14-Sep	\$182.00	B
12:00pm-1:30pm	Level 3	Annie Moyer	14-Sep	\$210.00	A
4:30pm-6:00pm	Level 2/3	Jackie Shaffer	14-Sep	\$210.00	A
4:30pm-5:45pm	Level 1	Tanja Szabo	14-Sep	\$210.00	B
6:15pm-7:45pm	Level 2	Jackie Shaffer	14-Sep	\$210.00	A
6:15pm-7:30pm	Level 1	Suzanne Morgan	14-Sep	\$210.00	B
7:30pm-8:45pm	Gentle	Asya/Pauline	14-Sep	\$210.00	C
8:00pm-9:15pm	Level 1	Alex Levin	14-Sep	\$210.00	B
8:00pm-9:30pm	Level 2/3	Heidi Panetta	14-Sep	\$210.00	A
<b>WEDNESDAY (closed Nov. 24)</b>					
6:30am-7:30am	All Levels	Charlotte Raich	8-Sep	\$182.00	A
9:30am-11:00am	Level 2	Jackie Shaffer	8-Sep	\$210.00	A
9:30am-11:00am	Kundalini Yoga	Diana Erkiletian	8-Sep	\$210.00	B
11:15am-12:30pm	Level 1	Jackie Shaffer	8-Sep	\$210.00	A
11:30am-12:45pm	Moms & Babies	Beth/Faith	8-Sep	\$210.00	B
4:30pm-6:00pm	Level 2/3	Annie Moyer	8-Sep	\$210.00	A
5:30pm-7:00pm	Yogic Writing	Sue Eisenfeld	8-Sep (6-weeks, ends 10/13)	\$100.00	C
6:15pm-7:30pm	Level 1	Jackie Shaffer	8-Sep	\$210.00	B
6:15pm-7:45pm	Level 2	Annie Moyer	8-Sep	\$210.00	A
8:00pm-9:15pm	Level 1	Kristy Uhl	8-Sep	\$210.00	A
8:00pm-9:30pm	Level 2	Roger Panetta	8-Sep	\$210.00	B
<b>THURSDAY (closed Nov. 25)</b>					
9:30am-10:15am	Toddlers Together (16 mos. to 3 yrs w/caregiver)	Beth/Juliette	9-Sep	\$182 per child; 20% sibling discount)	A
10:30am-12:00pm	Level 2	Alex Levin	9-Sep	\$210.00	B
10:30am-11:45am	Level 1	Annie Moyer	9-Sep	\$210.00	A
12:30pm-2:00pm	Level 2/3	Judith Lyon	9-Sep	\$210.00	B
4:30pm-5:15pm	Kids (grades K-5)	Beth Fedman	9-Sep	\$182.00	A
6:15pm-7:45pm	Level 2/3	Juliette Cook	9-Sep	\$210.00	A
6:15pm-7:30pm	Level 1	Anne Jablonski	9-Sep	\$210.00	B
6:30pm-8:00pm	Advanced Studies	Alex Levin	9-Sep	\$210.00	C
7:45pm-9:15pm	Integral Yoga	Beth Fedman	9-Sep	\$210.00	B
8:00pm-9:30pm	Vinyasa 2	Kristin Heinz	9-Sep	\$210.00	A
<b>FRIDAY (closed Nov. 26)</b>					
6:30am-7:30am	All Levels	Jeni Berry	10-Sep	\$182.00	A
9:30am-10:45am	Level 1	Charlotte Raich	10-Sep	\$210.00	B
10:15am-11:45am	Level 2	Jackie Shaffer	10-Sep	\$210.00	A
11:00am-12:30pm	Level 3	Charlotte Raich	10-Sep	\$210.00	B
4:30pm-5:45pm	Gentle	Pauline/Faith	10-Sep	\$210.00	B
6:30pm-8:00pm	Prenatal	Maureen/Beth E.	10-Sep	\$210.00	A
6:30pm-8:00pm	All Levels	Alfia Khaibullina	10-Sep	\$210.00	B
<b>SATURDAY (closed Nov. 27)</b>					
8:00am-9:00am	Pilates 1/2	Nirinjan Devi	11-Sep	\$182.00	B
9:15am-10:15am	Pilates 1	Nirinjan Devi	11-Sep	\$182.00	B
9:15am-10:30am	Level 1	Amir	11-Sep	\$210.00	A
10:45am-12:15pm	Level 2	Amir	11-Sep	\$210.00	A
10:45am-12:15pm	Vinyasa 1	Allegra Gulino	11-Sep	\$210.00	B
12:30pm-2:00pm	Prenatal	Allegra Gulino	11-Sep	\$210.00	B

**Fairfax Studio - Fall 2010 (14 weeks)**

Wednesday September 8 - Sunday December 19  
(closed Wednesday Nov 24 through Sunday Nov 28 for Thanksgiving break)

Time	Class	Instructor	Start Date	Fee	Studio
<b>SUNDAY (closed Nov. 28)</b>					
9:00am-10:00am	Pilates	Nirinjan Devi	12-Sep	\$182.00	A
9:15am-10:30am	Level 1	Helene Hammer	12-Sep	\$210.00	B
10:15am-11:30pm	Anusara Yoga	Nirinjan Devi	12-Sep	\$210.00	A
11:00am-12:30pm	Level 2	Helene Hammer	12-Sep	\$210.00	B
4:30pm-5:30pm	Middle/High Schoolers	Cynthia Maltenfort	12-Sep	\$182.00	A
5:00pm-6:30pm	Prenatal	Vicki Christian	12-Sep	\$210.00	B
5:45pm-6:45pm	All Levels	Cynthia Maltenfort	12-Sep	\$182.00	A
7:00pm-8:00pm	Meditation	Jon Waterman	12-Sep	Donation	B
7:00pm-8:30pm	Vinyasa 1/2	Kerri White	12-Sep	\$210.00	A
<b>MONDAY</b>					
8:00am-9:30am	All Levels	Cynthia Maltenfort	13-Sep	\$210.00	B
9:30am-10:45am	Level 1	Corinne Krill	13-Sep	\$210.00	A
10:15am-11:45am	All Levels	Carol Confino	13-Sep	\$210.00	B
12:00pm-1:15pm	Gentle	Carol Confino	13-Sep	\$210.00	B
3:00pm-3:45pm	Kids K-3	Cynthia Maltenfort	13-Sep	\$182.00	B
4:30pm-6:00pm	All Levels	Allegra Gulino	13-Sep	\$210.00	A
6:00pm-7:30pm	Level 3	Vicki Christian	13-Sep	\$210.00	B
6:15pm-7:45pm	Level 2	Allegra Gulino	13-Sep	\$210.00	A
7:45pm-9:15pm	All Levels	Vicki Christian	13-Sep	\$210.00	B
8:00pm-9:15pm	Level 1	Frank Wooldridge	13-Sep	\$210.00	A
<b>TUESDAY</b>					
7:00am-8:00am	All Levels	Cynthia Lim	7-Sep	\$182.00	B
10:00am-11:30am	All Levels	Annette Hyde	7-Sep	\$210.00	B
10:15am-11:30am	Level 1	Noralea Dalkin	7-Sep	\$210.00	A
11:45am-1:15pm	Adaptive Yoga	Noralea/Annette	7-Sep	\$210.00	B
4:30pm-6:00pm	Level 2	Rixie Dennison	7-Sep	\$210.00	B
6:00pm-7:15pm	Level 1	Terry Strayer	7-Sep	\$210.00	A
6:15pm-7:45pm	Level 2/3	Rixie Dennison	7-Sep	\$210.00	B
7:30pm-8:45pm	Level 2	Terry Strayer	7-Sep	\$210.00	A
8:00pm-9:30pm	Level 1/2	Melanie Mustone	7-Sep	\$210.00	B
<b>WEDNESDAY (closed Nov. 24)</b>					
9:00am-10:30am	Level 1/2	Cynthia Maltenfort	8-Sep	\$210.00	B
10:00am-11:30am	All Levels	Anna Mikheeva	8-Sep	\$210.00	A
11:00am-12:15pm	Level One	Cynthia Maltenfort	8-Sep	\$210.00	B
4:30pm-5:45pm	Gentle	Carole Rodero	8-Sep	\$210.00	A
6:00pm-7:30pm	Level 3 and up	Pat Pao	8-Sep	\$210.00	B
6:00pm-7:30pm	Level 2	Carol Confino	8-Sep	\$210.00	A
7:45pm-9:00pm	Yin Yoga - TT Basics	Pat Pao	8-Sep (12 wks)	\$180.00	A
8:00pm-9:15pm	Level 1	Carol Confino	8-Sep	\$210.00	B
<b>THURSDAY (closed Nov. 25)</b>					
7:00am-8:00am	All Levels	Cynthia Lim	9-Sep	\$182.00	B
10:15am-11:45am	Level 2/3	Judith Lyon	9-Sep	\$210.00	B
10:30am-12:00pm	Level 1/2	Carol Confino	9-Sep	\$210.00	A
12:15pm-1:15pm	All Levels	Corinne Krill	9-Sep	\$210.00	A
1:00pm-2:15pm	Level 1	Vicki Christian	9-Sep	\$210.00	B
4:45pm-6:00pm	Gentle	Noralea Dalkin	9-Sep	\$210.00	A
6:15pm-7:30pm	Level 1	Carole Rodero	9-Sep	\$210.00	B
6:15pm-7:45pm	Integral Yoga	Sabrina Haritos	9-Sep	\$210.00	A
7:45pm-9:15pm	Prenatal	Allegra Gulino	9-Sep	\$210.00	B
8:15pm-9:30pm	Vinyasa	Mandy Shaver	9-Sep	\$210.00	A
<b>FRIDAY (closed Nov. 26)</b>					
10:00am-11:30am	All Levels	Kelly Tynes	10-Sep	\$210.00	B
10:15am-11:30am	Level 1	Rixie Dennison	10-Sep	\$210.00	A
11:45am-1:15pm	Adaptive Yoga	Noralea/Cynthia	10-Sep	\$210.00	B
7:00pm-8:30pm	Yoga & the 12 Steps	Rixie Dennison	10-Sep (No class 11/5)	\$195.00	B
<b>SATURDAY (closed Nov. 27)</b>					
9:00am-10:30am	Level 3	Annette Hyde	11-Sep	\$210.00	B
9:15am-10:45am	All Levels	Frank Wooldridge	11-Sep	\$210.00	A
10:45am-12:00pm	Level 1	Annette Hyde	11-Sep	\$210.00	B
11:00am-12:30pm	Vinyasa 1	Suzanne Morgan	11-Sep	\$210.00	A

**DIRECTIONS TO FAIRFAX**

**FAIRFAX CITY STUDIO**  
9998 Main Street  
Fairfax, VA 22031

**From Rt. 29/211:** Take 236 East (Main Street). Pass downtown Fairfax City. We're located on the left in Main Street Center.

**From I-495:** Take Rt. 236 West (Little River Turnpike). Little River Turnpike turns into Main Street. We're located on the right in Main Street Center.

**From Rt. 123:** Take Rt. 236 East (Main Street). We're located on the left in Main Street Center.



While this schedule is current as of the printing, there may be changes prior to and after the start of the quarter. Please check our website at [www.sundandmoonstudio.com](http://www.sundandmoonstudio.com) for the most up to date information.

**Our Mission**

Sun & Moon Yoga Studio is a place for people to experience and study hatha yoga. We believe in a holistic approach to the study of yoga, giving our students a well-rounded yoga education, bringing in teachers with an eclectic background of yoga. We believe in combining alignment techniques of the **body** with breath techniques for calming and balancing the **mind** and the belief and faith that our work feeds us and is fed by the **(spirit)** Divine Universal Energy present in us all and in all things.

# General Information and Fees

## REGISTRATION INFORMATION

Sun & Moon classes are offered weekly on a quarterly basis.

We are a school of yoga with our classes structured to provide a well-rounded curriculum over an entire quarter.

We recommend that students register for the full quarter, although we do allow students to attend on a partial registration or drop-in basis.

Please read all of our policy information before filling out the registration form on the following page. We accept beginners or new students at any time throughout the quarter as long as space is available in your class choice. If you are joining the quarter late, partial registration is available at a discount, provided that you sign up for six classes or more. Local students who have never been to Sun & Moon before, and are considering registering for classes, may take their first class free to determine if Sun & Moon is the right studio for them (ask our staff for terms and information).

We accept Visa, Mastercard, Discover, checks or cash. A \$35 fee will be charged for checks returned to Sun & Moon. If you fax in a credit card registration, please do not mail a copy — you may be charged twice.

## REGISTER EARLY

Registrations are taken on a first-come, first-served basis. Please register early to avoid disappointment. Sorry, we do not call to confirm registrations. However, we will call if the class you requested is full. Registrations accepted by phone, mail, fax and online.

## SINGLE CLASS/DROP-INS

A drop-in is anyone taking a single class for which they have not registered for a full quarter. Those dropping in to an additional class during a quarter for which they have registered may pay the discounted full-quarterly registration rate. Drop-ins are permitted only if space is available, so please call first. If you come to a class that is full, you will need to wait until class begins to see if you can take the place of a "no show" that day. Please inform the teacher that you are taking the class as a drop-in.

## FEES

75 and 90 minute classes: \$15/class with quarter registration  
\$20/class to drop-in

45 and 60 minute classes: \$13/class with quarter registration  
\$15/class to drop-in

## MAKE-UPS

We have a very liberal make-up policy. If you miss a class, you may make it up in any other yoga class within the current quarter at either studio. If you know you will miss classes in the future, you may make them up in advance of your absence. When you are doing a make-up, sign in at the front desk and inform the teacher. All make-ups must be taken during the quarter for which you are registered; they may not be carried over to the next quarter. Classes cancelled due to inclement weather may be made up during the quarter. Call the studio or visit our website to find out if your class has been cancelled.

## REFUND AND CREDIT POLICY

Keeping in mind our liberal make-up policy, which allows you to make up missed classes in any other scheduled class during the quarter, we understand that life circumstances sometimes get in the way, and yoga has to wait.

If you decide you must ask for a credit or a refund, they are available for the number of classes remaining in the quarter, based on the date we receive your request (not the date you last attended). Therefore, please fill out a refund/credit request form as soon as you know you can no longer attend your classes.

Refunds will incur the following administrative fees: \$40 for classes, \$5 for workshops. Refunds are given by check and may take up to six weeks to process.

A Letter of Credit is valid for one year from the date issued, and incurs no administrative fee. Letters of Credit apply to classes and workshops only, and cannot be redeemed for cash or merchandise.

Letters of Credit for workshops are available up to the day before the event. Because your spot has been reserved in workshops, no refunds or credits are given the day of or after the workshop.

## WHAT TO WEAR

Comfortable clothes such as shorts, footless tights or leggings with a t-shirt or leotard. Please do not wear baggy sweats or pants (this inhibits the teacher's ability to spot misalignments). Please remove shoes before entering the yoga rooms. We have men and women's changing areas. No heavy perfume/cologne or noisy jewelry, please. Please leave cell phone and valuables locked in your car. Sun & Moon Yoga Studio, Ltd. reserves the right to dismiss (with or without a refund) any student who disrupts the harmony of the class and/or studio environment.

# Staff

## WORK EXCHANGE STAFF

**We just couldn't do it without these helpers. Thank you all!!**

Abhaya Schlesinger, Alissa D'Auria, Allison D'Errico, Amy Tram, Ann Hyslop, Ann Nolan, Ananda McAdams, Anne Chaloux, Anne Meador, Barb Lewis, Belle Penaranda, Belkis Hazera, Brenda Miller, Bonnie Awosika, Caitlin Guzy, Carol Confino, Carole Rodero, Christie Zepeda, Christine Woods, Chrystine Zacherau, Claudia Vandermade, Corie Brown, Cressie DeRose, Cynthia Maltenfort, Deb Martin, Debi Wilson, Debbie Kidd, Debra Hanley, Diane Fernbacher, Elisa Cohen, Elizabeth Wilbur, Heather McPhail, Helene Hammer, Hilarie Hoting, Hilde Carney, Holly Casazza, Ilene Cranisky, Jacquelyn King, Jane Collins, Jane Constantine, Jane Phelan, Jean DasGupta, J.K. Klimek, Judy Greenblum, Judy Ladd, Julie Carvalho, June Green, Kathleen Higgs, Katie Fielding, Karen Uhlir, Katie Fielding, Kay Martine, Kim Grant, Kimberly Mosser, Kitty Porterfield, Kristine Thomas, Laura Motsch, Lisa Richards Hone, Lise Sajewski, Lynnette Le Mat, Mandy Shaver, Margaret Ayers, Maria Sanchez, Maria Schwab, Mary Blackwell, Mary Driver-Down, Mary Thomas, Mary Welton, Mary Yasuda, Melanie Mustone, Melissa Foor, Michael Personette, Monica Romig, Nancy Benson, Nancy Powell, Nora Daly, Natalie Vanlandingham, Olynda Dalesandro, Patti Wilson, Penny Peters, Pooja Jaiswal, Rachel Solomon, Robert Kahn, Ronnie D'Errico, Sandra Kilburn, Sarah Vilet, Sharon Safran, Shobha Sahgal, Stephanie Roth, Susan Alexander, Susan Bennett, Tali Auble, Tarey Mellan, Terri Simmons, Theresa Drake, Todd Burns, Tom Wanat, Vicki Florian, Victoria Kaus, Yumiko Almasov, Yvonne McGhee

**Volunteer at one of our studios in exchange for yoga classes! Shift availability varies. Please check with the studio in which you'd like to volunteer. Call the studio at 703.525.9642.**

**STAFF** Amir Tahami, Annie Moyer, Corinne Krill, Kris Healy, Lee Bory, Noralea Dalkin, Vicki Christian

**NEWSLETTER LAYOUT:** Laura Symanski/Natsuko Design.

For online registration go to: **www.sunandmoonstudio.com**

**DISCOUNT POLICY**

Sun & Moon offers a ten-dollar (\$10.00) discount to students **registering for the full quarter** if

- students are sixty (60) years of age or
- students are registering for two (2) or more classes

We have a work exchange program for those who wish to trade work at the studio for yoga classes.

Students may also apply for financial aid.

Please cut along dotted lines



Registration – **Fall 2010**

**Arlington Studio** 3811 Lee Highway, Arlington, VA 22207  
**Fairfax City Studio** 9998 Main Street, Fairfax, VA 22031  
 703-525-YOGA (9642) **www.sunandmoonstudio.com**

One form per person please.

Name \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_ (cell) \_\_\_\_\_

Email \_\_\_\_\_

How did you hear about Sun&Moon Studio? \_\_\_\_\_

**By signing here, I declare myself to be responsible for my own health and safety while participating in class. I have read and understand the refund policy.** \_\_\_\_\_

Class	Day	Time	Start Date	Teacher	Location	Cost
					<input type="checkbox"/> Arlington <input type="checkbox"/> Fairfax	
					<input type="checkbox"/> Arlington <input type="checkbox"/> Fairfax	
<b>One \$10 discount is available per student per quarter. Discounts apply for full quarter registration only.</b> Check box to indicate discount: Senior (60 years or older) <input type="checkbox"/> OR Multiple Classes <input type="checkbox"/>						
TOTAL DUE						

For mail in or Faxed registrations only:  
 Visa  MC  Disc# \_\_\_\_\_ Exp. Date \_\_\_\_ / \_\_\_\_

Signature \_\_\_\_\_

**Please make payment to Sun&Moon for full amount. You may drop off, fax or mail to:**  
 Arlington students, mail to 3811 Lee Highway, Arlington, VA 22207 Fax: 703-525-5524  
 Fairfax students, mail to 9998 Main Street, Fairfax, VA 22031 Fax: 703-934-9481

Office Use:  
 Reg. Book  Cash Reg.  CC Proc.  
 Circle: V/MC/Disc/CA/CK# \_\_\_\_\_  
 PR \_\_\_\_\_ GC# \_\_\_\_\_ GC\$ \_\_\_\_\_  
 SMYS credit \_\_\_\_\_  
 NAME \_\_\_\_\_ Date rec'd \_\_\_\_\_  
 Database by \_\_\_\_\_



3811 Lee Highway  
Arlington, VA 22207

**GUEST TEACHERS THIS FALL:**

**DOUG KELLER**

Fri 9/24 - Sun 9/26

**TIAS LITTLE**

Thurs 9/30 - Sun 10/3

**BARBARA BENAGH**

Fri 11/19 - Sun 11/21

**ALSO, DON'T MISS:**

**YOGA THERAPY FOR  
THE NECK & SHOULDERS**

**W/AMIR**

Sat 11/6

**DEVELOPING A HOME PRACTICE**

**W/RIXIE**

Sun 11/14

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## Sun & Moon In-Depth: Advanced Yoga Studies and Teacher Training

Are you ready to take your yoga into the transformational realm? If so, dive deeply with us into the curriculum and community of our new In-Depth program, launching this September. The program blends ancient wisdom with grounded contemporary counsel to cultivate relaxed awareness at all levels of our being — physical, energetic, mental, emotional and spiritual.

The commitment includes one weekend intensive training per month for ten months, a weekly studio class, and 20 hours of elective workshops with your choice of Sun & Moon teachers and visiting faculty. Choose the teacher training path and assist a teacher once per week, pass a final exam, and receive your 200-hour Yoga Alliance teaching credential. Or choose the advanced studies path, and work with a mentor on a seva (service) project and a research project of your choice.

Visit our website for an application and more information, or email our In-Depth Director at [alex@sunandmoonstudio.com](mailto:alex@sunandmoonstudio.com).

We will accept 2010-2011 In-Depth applications until September 1.

