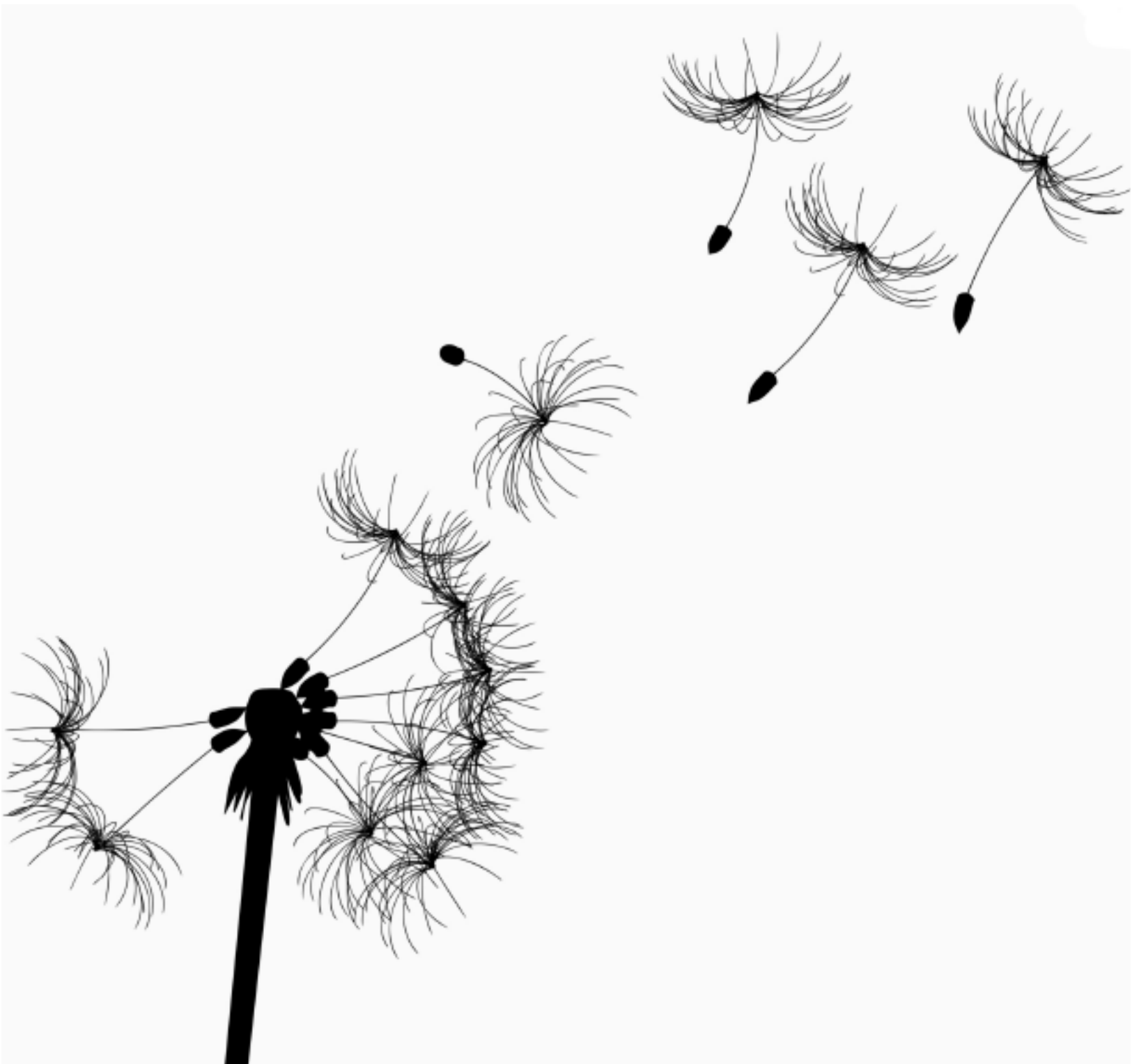


# Summer 2009

**sun&moon**yogastudio

breathe. stretch. relax. repeat.



## Mindfulness for All

by Amir

I am writing this as I heal from injuries I sustained in a traffic accident caused by a woman who ran through a red light and blindsided me on my scooter. Though I've never met the woman, nor even saw her behind the wheel, I firmly believe her actions were not intentional, and that the accident and my resulting injuries were caused by her basic lack of attentiveness.

There are people who say that in order to practice yoga, you don't have to be flexible, you just have to be awake. This is mindfulness: doing one thing at a time and putting our full attention into what we are doing, so that we can be fully awake in that moment. When we are mindful and aware, our inner focus is in charge and distractions stay in the periphery. Our focus stays intact and we realize the full immediate experience.

In yoga asana practice, we experience mindfulness by feeling our poses come to life, watching the response of our breath, and being aware of stretch, strength, and balance in our bodies as we perform the poses. We let the mind be drawn into our presence and feel the action and stillness at the same time. We notice that the breath changes from one inhale and exhale to the next. When we take this into our practice, it turns down all the "noise" in our heads — the worries and anxieties that don't really exist in the present moment.

As I recount my accident, I envision the person who caused it as driving her vehicle down the road, but instead of concentrating her awareness on her immediate surroundings and how she was navigating this rolling ton of steel, her mind was likely thinking about what to eat for dinner or how she was late for her destination, or even worse, distracted by attempting to perform other activities in the car (eating, texting, and personal grooming unfortunately come to mind). Rather than having her mind engaged in the important immediate task at hand, she didn't notice the red light and the traffic stopped around her until it was too late. I also now envision, for her sake and for others' sake, a community or drivers reminded that we practice mindfulness not just for our own personal benefit and growth, but for the safety and well-being of everyone around us.



# We Get What We Need

by Alex Levin

We come to yoga with a desire to be changed. We arrive with hopes of less stress, pain relief, or the freedom of mind that yoga promises. Following our hearts, our guts and what we hear works, we show up with a big empty bowl of expectation.

Some of us crave demanding flow classes and a good sweat; some are attracted to precise alignment instruction coupled with strict admonishing if we're out of line; others prefer calming, restorative classes. We find what we need. Our bowl gets filled up. All is right.

Of course, our desires and needs can vary from week to week and as we progress. Change is inevitable. Our bowl spills or another one shows up empty. Sometimes the next step is obvious when a new desire arises. We heard about another teacher that sounds interesting; or we feel a giddy readiness to go to the next level or another kind of practice altogether; or we realize the next step needs to be deeper therapeutic work.

Other times instead of a clear desire, we find ourselves with an empty aching bowl. Murky discomfort. Especially when we based our previous decision on what we thought was good information — from our hearts, guts and trusted sources — and the results were not sufficient or lasting, it's easy to feel discouraged and misled.

After surviving undesired and unexpected results enough times, we can begin to see that the process, the yoga and our decisions are in fact working. The stuff that seems like obstacles, mistakes and problems to be eradicated are in fact messengers to be welcomed and considered. They are invitations to set aside our assumptions and look more closely. We tend to fall into the trap of believing that our desire, our intention and our practice will yield a particular and static result, like

good health or a serene mind. But life is more like a movie: not one picture frame, but continuous changing frames. And at times more like a mystery than a classic tale: not predictable, but surprising. Holding on to one frame and knowing all the endings in advance is an illusory security that will eventually bore us to death.

In yoga, the companion to practice is non-reaction. In non-reaction we clear out the static of our preconceived notions and listen for our next instruction in this flow of life. This way we become ECstatic rather than static! (The etymology of ecstasy suggests "to step out of oneself.") Our practices do not deliver us a set of certain conditions, but rather helps us locate the internal equanimity, always available, that lets us feel and see clearly — a vantage point from where it's easier to trust our decision and action, and go for it. As we are less and less attached to the results we expect, we are free to trust all parts of the process: ourself, our communities, our universe. We see that the results, whether bad or good in our estimation, are part of a wondrous full-spectrum experience. Mick Jagger captured it: *You can't always get what you waaaaant... but if you try sometime, you just might find... you get what you NEED!*

## Pigeon: The Anti-Chair Pose

by Allegra Gulino

In my teaching, I frequently ask students for requests on what types of poses or body parts they would like addressed in class. Hip openers and more specifically, pigeon pose, is often requested. Why is this?

One theory: chair sitting. The widespread use of chairs in the Western world is a remnant from the historical penchant to colonize and dominate perceived primitive and furniture-less folk. Then, at some point, sitting in chairs with the legs hanging straight down was merely considered a mark of civilization and propriety, and nowadays is more of an unconscious habit linked to acquiring goods.

Whereas none of these chair tales are very positive, similarly the results may be that we have not only the residue of karma over our ancestors' past injustice and cruelty to others, repressed lifestyles and blind spending habits, but also tight hips. This is interesting because one of the many issues associated with the second chakra at the sacral plexus and involving the hip area is shame and guilt. Indeed, during the journey of yoga, students sometimes experience an emotional release during deeper poses and the hips tend to be a gold mine of repressed cultural or personal emotions and trauma. Clearly, deeper things are at work here, providing rich layers to explore when practicing pigeon pose.

To come into it, grab your blocks and a blanket and start in table pose: on your hands and knees with hands below the shoulders and knees below the hips. Slide your right knee in between your hands so you are resting on your shin with your thigh stacked over your calf. If this feels intense, use the blocks under your hands. Your back leg is stretched long and the kneecap and top of the foot is facing the floor. Now search for any pain in your front knee. If there is some, take a section of the blanket and stuff it between that calf and thigh



until it resolves. Swing your front knee wider than your shoulders, moving your right hand on the inside of that leg and still below that shoulder. Then walk your hands and hips back until you feel a stretch in the front hip, buttock and thigh. Your front foot should be pointed and gathered towards your pelvis. Keep your back leg stretching straight behind that hip and press the top of that foot down to the floor. Tone your belly muscles and slide your shoulder blades down your back and towards each other. With this alignment, take in another inhale to reach the crown of your head taller, or if you are comfortable with the back bend, you can tip your chin and look at the ceiling.

Observe the resistance in your front hip, groin, buttock, and thigh and use the exhales to coax some of it to release. You can also take a forward fold with the same leg position, bringing your forearms to the blocks or floor, or perhaps your forehead down with your arms stretching along the floor in front of you. Keep stretching the back leg long and enjoy the release from the back bend element. This forward folding pigeon is a more passive stretch of the front hip.

To come out, walk your hands back under your shoulders and let the pelvis rock to the right, allowing the back leg to slide to the side and that knee to bend a bit. If your front hip feels tight afterwards, it's nice to come back to table and stretch that leg long and straight behind you with the ball of your foot on the floor to allow circulation and energy to flow back into it. Pigeon is a wonderful "squeeze and soak" pose. Now try the other side.

## Teacher Feature Meet Carolyn Amundson



### What brought you to yoga?

The movement. I like various types of movement, and the idea of combining movement and relaxation really appealed to me. When I first moved to the DC area, I took a series of yoga classes that focused on alignment, not movement. Not surprisingly, I hated it and went back to biking and running. A decade later, I moved to the Northern Virginia suburbs and decided to try yoga again. My second class was with JJ Gormley, the director of Sun&Moon's teacher training program. When I took my second class with JJ Gormley at Sun&Moon, I knew I had made the perfect decision. Even today, I feel calmer just by walking into the Fairfax studio.

### What has yoga taught you?

To be more comfortable with myself. When I started taking yoga classes on a regular basis, I was so used to competing with others that I "competed" in yoga classes, too. My body enjoyed the poses, but my mind was pretty critical of myself. Looking back, it was a little crazy how much time I spent worrying about whether I was as flexible or strong as others. By the end of the first session of classes with JJ, I could turn down the incessant chattering for a few minutes during relaxation. After years of yoga practice, the chattering slowed for an entire yoga class. Eventually, my yoga practice merged into a combination of movement, breathing, and meditation. Relaxation at the end of class became an interesting exploration where my mind solved problems, designed art, and just floated. After a class, I am calmer and more comfortable with myself. Through the teacher training program and some trips to an ashram, I've realized that yoga is not just time spent on a mat. Right now, I am in the never-ending process of expanding calm and comfort to the rest of my life.

### Do you have a favorite yoga practice?

My favorite poses are any poses that flow and allow me to consciously connect breath and movement. The movement allows me to release physical ener-

gy, center my mind, and eventually relax. A good flow can be as simple as inhaling while lifting the arms up and exhaling while lowering the arms back down. Periodically, though, I need a complicated and sweat-inducing flow. My favorite breath work is three-part breath, which I do several times a day. Meditation is so beautiful, but I only have time to sit a day or two a week.

### What is your teaching philosophy?

My goal is to create a safe and fun environment for students to become more comfortable with themselves. Everyone is comfortable with something and challenged by something else. A class should have a mix of comfort and challenge, strength and flexibility, and physical activity and relaxation. Right now, I ask a lot of questions about how students feel and what they want to do. Ideally, the questions provide a framework for students to honor their bodies and minds, explore new ideas, and become more comfortable with challenges and discomfort.

### What are the challenges to your yoga practice?

Discomfort. Yoga teaches that being comfortable does not mean being complacent. That means recognizing things that are uncomfortable, asking what causes the discomfort, staying with the discomfort, and playing to see if those things can become comfortable. It's not an easy or quick process. My edge in a push up is easy to recognize, but staying and playing is far more challenging. I used the same techniques with yoga music and eventually learned to genuinely like it, although Sanskrit chants can still make me nauseous. While this process is a helpful framework, it is definitely slower and more painful for other edges, like procrastinating and overeating.

### What do you do besides teach yoga?

I'm an obsessed knitter, voracious reader, and sporadic sewer. I also teach Pilates. On weekend afternoons, I'm usually napping with my Great Dane.

## Special Events and Workshops

Day	Date	Time	Loc	Workshop	Teacher
<b>JUNE/JULY</b>					
Mon-Thurs	22-Jun - 25-Jun	1:00-4:00pm	Arl	Kids' Camp (ages 5-12)	Annie Moyer and Beth Fedman
Mon-Thurs	29-Jun - 3-Jul	1:00-4:00pm	Arl	Kids' Camp (ages 5-12)	Beth Ebner and Lou Ott
Tues-Fri	30-Jun - 2-Jul	1:15-4:15pm	Ffx	Kids' Camp (ages 11-15)	Cynthia Maltenfort and Annette Hyde
Wed-Fri	8-Jul - 10-Jul	1:15-4:15pm	Ffx	Kids' Camp (ages 5-10)	Cynthia Maltenfort and Annette Hyde
Sat	11-Jul	2:30-4:00pm	Arl	Free Class	Terry Strayer
Sun	12-Jul	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
Fri	17-Jul	6:00-8:00pm	Ffx	Yoga and the Promises	Rixie Dennison
Sat	18-Jul	1:00-4:00pm	Ffx	Finding Your Bliss	Julie Carvalho
Sat	25-Jul	1:00-3:00pm	Arl	Living in Balance	Tanya Roland
Sat	25-Jul	8:00-10:00pm	Arl	Yoga After Dark	Faith Halter
Sun	26-Jul	12:45-2:45pm	Ffx	Yoga for Multiple Sclerosis	Noralea Dalkin
<b>AUGUST</b>					
Sat	1-Aug	1:00-3:00pm	Arl	Laughter Yoga	Faith Halter
Fri	21-Aug	6:30-8:00pm	Ffx	One Step More	Rixie Dennison
Sat	22-Aug	1:00-3:00pm	Ffx	Yoga for School Teachers	Helene Hammer
Mon-Thurs	31-Aug - 3-Sept	1:00-4:00pm	Arl	Kids' Camp (ages 5-12)	Annie Moyer and Beth Fedman
<b>SEPTEMBER</b>					
Fri-Sun	18-20	Variable	Ffx	Hosting Doug Keller	

### Join Sun&Moon's TEACHER CERTIFICATION PROGRAM

- **300-hour Hatha Teaching Certificate**

Learn to instruct the Level 1 and 2 students and get an introduction to the many facets of the eight-fold path of yoga.

- **700-hour Advanced-Yoga Teaching Certificate**

Learn to instruct the Level 3 and 4 poses and move more into the depth of the spiritual and philosophical basis and practices of yoga.

- **Therapeutic Certificate**

This certification would be added to the 700-hour program course of study focusing on using yoga as a holistic mind/body practice encompassing the physical, energetic, emotional and spiritual aspects of a student.

*Sun&Moon Teacher Certification programs are registered with The Yoga Alliance.*

# Class Descriptions

**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.

**Level 5:** Focuses on meditation and philosophy. Intended for advanced practitioners, teachers and teacher trainees.

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

**Gentle:** 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.

**Meditation:** A general survey and 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.

**New Moms & Babies:** Bring along your baby to this welcoming class that emphasizes how yoga can help you stay physically and emotionally strong and centered during the first months together. Learn basic techniques of baby massage; games that encourage neuromuscular development in babies; strengthen and tone your body with emphasis on support for lifting, holding, and carrying a baby; posture, and post natal recovery.

**Philosophy & Meditation:** A group gathering for meditation practice and reading and discussion of yogic texts, both contemporary and traditional.

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

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

**Pilates/Yoga:** A combination of the best of both traditions.

**Pre-Natal 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.

**Restorative Yoga:** Completely relax, relieve tension and revive the mind and body through breath work and passive yoga poses. Restorative yoga provides an ideal way to end the work week, recover from stress, and renew the nervous system.

**Simply Seniors:** Improve flexibility, balance, posture, stamina and circulation through breathing exercises, gentle modified movements, and complete relaxation.

**\*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.

**Yoga for Recovery:** 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.

**Yoga on the Ball:** A creative and unique approach to meditation in motion, this class allows the engagement of core muscle groups while challenging balance and spatial awareness. Includes strengthening poses with relaxation using stretching and breathing exercises.

**YOGA for Two:** Come with a partner and for individual and partner poses. Have fun, do some Yoga and learn how to develop a practice for 2. No experience required.

\*These classes require completion of at least two sessions of the previous level and permission of the teacher before registering.

## 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".

# Class Schedule

Sun&Moon Yoga Studio is a place for people to experience and study 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.

## 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.)



**sun&moon**yogastudio

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

ARLINGTON STUDIO • Summer Session, Wednesday, July 8 through Sunday, September 6, 2009

Time	Class	Instructor	Start Date	Fee	Studio
<b>SUNDAY (9 weeks)</b>					
9:00am-10:30am	All Levels	Enid Kassner	12-Jul	\$135.00	A
9:00am-10:30am	Level 3	Alex/Jackie	12-Jul	\$135.00	B
10:45am-12:00pm	Level 1	Enid Kassner	12-Jul	\$135.00	A
10:45am-12:15pm	Level 2	Deborah McKay	12-Jul	\$135.00	B
4:45pm-6:15pm	Vinyasa 1/2	Alfia Khaibullina	12-Jul	\$135.00	B
6:30pm-7:30pm	Meditation	Various teachers	12-Jul	Donation	B
<b>MONDAY (8 weeks)</b>					
10:00am-11:15am	Level 1	Judith Lyon	13-Jul	\$120.00	A
10:15am-11:45am	Level 2	Asya Haikin	13-Jul	\$120.00	B
12:00pm-1:15pm	Gentle	Asya Haikin	13-Jul	\$120.00	A
4:30pm-5:45pm	Level 1	Karin Caffi	13-Jul	\$120.00	B
4:30pm-6:00pm	Level 2/3	Jackie Shaffer	13-Jul	\$120.00	A
6:15pm-7:45pm	Level 3/4	Alex Levin	13-Jul	\$120.00	B
6:15pm-7:45pm	Level 2	Amir	13-Jul	\$120.00	A
6:15pm-7:15pm	Pilates 1	Danielle Ring	13-Jul	\$104.00	C
7:30pm-8:30pm	Pilates 1/2	Danielle Ring	13-Jul	\$104.00	C
8:00pm-9:30pm	Vinyasa 1/2	Carol Stehl	13-Jul	\$120.00	B
8:00pm-9:15pm	Level 1	Amir	13-Jul	\$120.00	A
<b>TUESDAY (8 weeks)</b>					
10:15am-11:45am	Level 2	Annie Moyer	14-Jul	\$120.00	A
10:15am-11:30am	Level 1	Judith Lyon	14-Jul	\$120.00	B
12:00pm-1:30pm	Level 3	Annie Moyer	14-Jul	\$120.00	A
12:00pm-1:00pm	Pilates All Levels	Frankie Park-Stryke	14-Jul	\$104.00	B
4:30pm-6:00pm	Level 2/3	Jackie Shaffer	14-Jul	\$120.00	A
4:45pm-6:00pm	Level 1	Jeni Berry	14-Jul	\$120.00	B
6:15pm-7:45pm	Level 2	Jackie Shaffer	14-Jul	\$120.00	B
6:15pm-7:30pm	Level 1	Faith Halter	14-Jul	\$120.00	A
7:30pm-8:45pm	Gentle	Asya Haikin	14-Jul	\$120.00	C
8:00pm-9:15pm	Level 1	Alex Levin	14-Jul	\$120.00	B
8:00pm-9:30pm	Level 2/3	Faith Halter	14-Jul	\$120.00	A
<b>WEDNESDAY (9 weeks)</b>					
6:30am-7:30am	All Levels	Charlotte Raich	8-Jul	\$117.00	A
9:30am-11:00am	Level 2	Jackie Shaffer	8-Jul	\$135.00	A
9:30am-10:45am	Level 1	Diana Erkiletian	8-Jul	\$135.00	B
11:15am-12:30pm	Level 1	Jackie Shaffer	8-Jul	\$135.00	A
4:30pm-6:00pm	Level 2/3	Annie Moyer	8-Jul	\$135.00	A
4:30pm-5:45pm	All Levels	Gayle Fleming	8-Jul	\$135.00	B
6:15pm-7:30pm	Level 1	Jackie Shaffer	8-Jul	\$135.00	B
6:15pm-7:45pm	Level 2	Annie Moyer	8-Jul	\$135.00	A
8:00pm-9:30pm	Level 1/2	Nikki Sutton	8-Jul	\$135.00	A
8:00pm-9:30pm	Level 3	Amir	8-Jul	\$135.00	B
<b>THURSDAY (9 weeks)</b>					
10:30am-12:00pm	Level 2	Alex Levin	9-Jul	\$135.00	B
10:30am-11:45am	Level 1	Annie Moyer	9-Jul	\$135.00	A
12:30pm - 2:00pm	Level 2/3	Judith Lyon	9-Jul	\$135.00	A
4:30pm-6:00pm	All Levels	Alex/Faith	9-Jul	\$135.00	A
6:15pm-7:45pm	Level 2/4	Suzanne/Faith	9-Jul	\$135.00	A
6:15pm-7:30pm	Level 1	Anne/Alex	9-Jul	\$135.00	B
7:45pm-9:15pm	All Levels	Faith Halter	9-Jul	\$135.00	B
8:00pm-9:30pm	Vinyasa 2	Mike Ricker	9-Jul	\$135.00	A
<b>FRIDAY (9 weeks)</b>					
9:30am-10:45am	Level 1	Charlotte Raich	10-Jul	\$135.00	B
10:15am-11:45am	Level 2/3	Jackie Shaffer	10-Jul	\$135.00	A
11:00am-12:30am	Level 2	Charlotte Raich	10-Jul	\$135.00	B
4:30pm-5:45pm	Gentle	Pauline/Faith	10-Jul	\$135.00	B
6:30pm-8:00pm	Prenatal	Maureen/Beth E.	10-Jul	\$135.00	A
6:30pm-8:00pm	All Levels	Alfia Khaibullina	10-Jul	\$135.00	B
8:15pm-9:45pm	Yoga for Two (All Levels)	Roger & Heide Panetta	10-Jul	\$135.00	A
<b>SATURDAY (9 weeks)</b>					
8:00am-9:00am	Pilates 1/2	Nirinjan Devi	11-Jul	\$117.00	A
9:15am-10:15am	Pilates 1	Nirinjan Devi	11-Jul	\$117.00	B
9:15am-10:30am	Level 1	Amir	11-Jul	\$135.00	A
10:45am-12:15pm	Level 2	Amir	11-Jul	\$135.00	A
10:45am-12:15pm	Vinyasa 1/2	Allegra Gulino	11-Jul	\$135.00	B
12:30pm-2:00pm	Prenatal	Allegra/Beth F.	11-Jul	\$135.00	B

Time	Class	Instructor	Start Date	Fee	Studio
<b>SUNDAY (9 wks)</b>					
9:15am-10:45am	Vinyasa	Carolyn Amundson	12-Jul	\$135.00	A
9:15am-10:30am	Level 1	Helene Hammer	12-Jul	\$135.00	B
10:45am-12:15pm	All Levels	Tanya Roland	12-Jul	\$135.00	B
11:00am-12:30pm	Level 2	Helene Hammer	12-Jul	\$135.00	A
3:00pm-4:15pm	Level 1	Carol Confino	12-Jul	\$135.00	B
5:00pm-6:30pm	Prenatal	Vicki Christian	12-Jul	\$135.00	B
5:45pm-6:45pm	High Schoolers (Parents optional)	Cynthia Maltenfort	12-Jul	\$117.00	A
7:00pm-8:00pm	Meditation	Jon Waterman	12-Jul	Donation	B
<b>MONDAY (8 weeks)</b>					
10:00am-11:30am	Level 2	Kelly Johnson	13-Jul	\$120.00	A
10:15am-11:45am	All Levels	Carol Confino	13-Jul	\$120.00	B
12:00pm-1:15pm	Gentle	Carol Confino	13-Jul	\$120.00	B
4:30pm-6:00pm	All Levels	Rixie Dennison	13-Jul	\$120.00	B
6:15pm-7:30pm	Level 1	Rixie Dennison	13-Jul	\$120.00	B
6:00pm-7:30pm	Level 3	Vicki Christian	13-Jul	\$120.00	A
7:45pm-9:15pm	Level 2	Frank Wooldridge	13-Jul	\$120.00	A
7:45pm-9:15pm	All Levels	Vicki Christian	13-Jul	\$120.00	B
<b>TUESDAY (8 weeks)</b>					
7:00am-8:00am	All Levels	Cynthia Lim	14-Jul	\$104.00	B
10:15am-11:45am	Pilates/Yoga	Suze Auda	14-Jul	\$120.00	A
10:30am-12:00pm	All Levels	Kelly Johnson	14-Jul	\$120.00	B
4:30pm-6:00pm	All Levels	Rixie Dennison	14-Jul	\$120.00	B
6:15pm-7:45pm	All Levels	Rixie Dennison	14-Jul	\$120.00	B
6:15pm-7:45pm	Vinyasa 2	Kelly Johnson	14-Jul	\$120.00	A
8:00pm-9:15pm	Level 1/2	Cynthia Lim	14-Jul	\$120.00	B
<b>WEDNESDAY (9 wks)</b>					
9:00am-10:15am	Level 1	Cynthia Maltenfort	8-Jul	\$135.00	A
10:00am-11:30am	All Levels	Pauline Tait	8-Jul	\$135.00	B
10:30am-11:45pm	New Moms & Babies	Allegra Gulino	8-Jul	\$135.00	A
11:45am-1:15pm	Level 1/2	Carol Confino	8-Jul	\$135.00	B
2:45pm-4:15pm	Yoga on the Ball	Noralea Dalkin	8-Jul	\$135.00	B
4:30pm-5:45pm	Gentle	Noralea Dalkin	8-Jul	\$135.00	A
6:00pm-7:30pm	Level 3 and up	Pat Pao	8-Jul	\$135.00	B
6:15pm-7:45pm	Level 2	Carol Confino	8-Jul	\$135.00	A
8:00pm-9:15pm	Level 1	Carol Confino	8-Jul	\$135.00	B
<b>THURSDAY (9 wks)</b>					
7:00am-8:00am	All Levels	Cynthia Lim	9-Jul	\$117.00	B
10:00am-11:30am	Level 2/3	Judith/Noralea	9-Jul	\$135.00	B
1:00pm-2:30pm	Pilates/Yoga	Anna Mikheeva	9-Jul	\$135.00	A
6:00pm-7:30pm	Vinyasa 1/2	Allegra Gulino	9-Jul	\$135.00	A
6:15pm-7:30pm	Level 1	Carole Rodero	9-Jul	\$135.00	B
7:45pm-9:15pm	All Levels	Nancy Rowland	9-Jul	\$135.00	A
7:45pm-9:15pm	Prenatal	Allegra Gulino	9-Jul	\$135.00	B
<b>FRIDAY (9 wks)</b>					
10:00am-11:30am	All Levels	Noralea Dalkin	10-Jul	\$135.00	B
10:15am-11:45am	Vinyasa 1/2	Audra Monk	10-Jul	\$135.00	A
11:45am-1:15pm	Yoga for Recovery	Noralea/Cynthia	10-Jul	\$135.00	B
<b>SATURDAY (9 wks)</b>					
9:00am-10:30am	Level 3	Annette Hyde	11-Jul	\$135.00	B
9:15am-10:45am	Level 2	Carolyn Amundson	11-Jul	\$135.00	A
11:00am-12:00pm	Pilates	Carolyn Amundson	11-Jul	\$117.00	A
11:00am-12:15pm	Level 1	Annette Hyde	11-Jul	\$135.00	B

## DIRECTIONS TO STUDIOS

### 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.

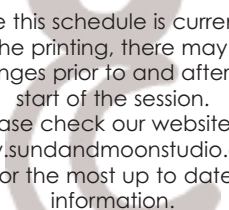
### FAIRFAX CITY STUDIO

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 Plaza.

**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 Plaza.

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



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

# General Information and Fees

## REGISTRATION INFORMATION

Sun&Moon classes are offered weekly on a seasonal session basis (four sessions per year). We are a school of yoga with our classes structured to provide a well-rounded curriculum over an entire session. We recommend that students register for the full session, although we do allow students to attend on a partial session 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 session as long as space is available in your class choice. If you are joining the session late, partial session registration is available at 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.

## SINGLE CLASS/DROP-INS

A drop-in is anyone taking a single class for which they have not registered as a full session. Those dropping in to an additional class during a session for which they have registered may pay the discounted full-session registration rate. Drop-ins are permitted only if space is available, so please call first. You may 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.

## 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.

## FEES

75 and 90 minute classes: \$15/class with session registration  
\$18/class to drop-in

45 and 60 minute classes: \$13/class with session 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 session 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, inform the teacher of the class that you are doing a make-up class and inform them of the class you are registered for. All make-ups must be taken during the session for which you are registered; they may not be carried over to the next session. Classes cancelled due to inclement weather may be made up during the session. Call the studio or visit our website to find out if your class has been cancelled.

## REFUND POLICY

You must fill out a Refund Request form. The forms are available at the front desk. *The date the written request is received rather than the last class attended is the criterion for determining refunds.*

- A \$30 non-refundable administration fee is deducted from all tuitions.
- After week one, all tuition less the \$30 registration fee is refunded.
- After week two, 75% of tuition less the \$30 registration fee is refunded.
- After week three, 50% of tuition less the \$30 registration fee is refunded.
- After week four, 25% of tuition less the \$30 registration fee is refunded.

No refunds are given after the fifth class. Refunds are made by check and may take up to six weeks.

## 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

## VOLUNTEER STAFF

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

Abhaya Schlesinger, Allison Brown, Allyson Jacob, Amy Tucker, Anastasia Ruiz-Webb, Angela Robb, Ann Hysop, Anne Burnell, Anne Meador, Ashley Brennan, Barb Lewis, Belkis Hazera, Belle Penaranda, Benedicte Monroe, Brad Hunter, Carol Murphy, Carole Rodero, Cassandra Blazer, Chery Russ, Claudia Vandermade, Cori Brown, Cressie DeRose, Cynthia Maltenfort, Dalia Palchik, Deb Martin, Debbie Kidd, Debi Wilson, Debra Hanley, Deepa Aggarwal, Denise Brown, Elisa Cohen, Elizabeth Clark, Ellen Williams, Heather McPhail, Helene Hammer, Hildie Carney, Holly Casazza, Jacquelyn King, Jane Collins, Janet Rife, Jean DasGupta, JK Klimek, Jodi Branch, Joni Carluzzo, Judy Ladd, Julie Carvalho, Kamala Mohammed, Karen Uhlir, Kathleen Higgs, Kay Martinez, Kaytee Stern, Kimberly Mosser, Kitty Porterfield, Kris Healy, Linda Becker, Lisa Nilsson, Lisa Vaden, Lise Sajewski, Lynnette Le Mat, Marine Jaouen, Mary Blackwell, Mary Welton, Melanie Mustone, Michael Personette, Mike Chavira, Olynda Dalessandro, Patricia Rostkowski, Paula Flynn, Penny Peters, Robert Kahn, Ronnie D, Ryan McLay, Sandra Kilburn, Sharon Safron, Shobha Shagal, Susan Alexander, Susan Demsko, Susan Jacobson, Susan Zaring, Tanja Schroeder-Szabo, Tarey Mellan, Theresa Drake, Theresa Esterlund, Tom Wanat, Trudi Olivetti, Vicki Florian, Vicki Price, 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:** Lee Bory, Carol Confino, Noralea Dalkin, Corrine Krill, Benedicte Monroe, Annie Moyer, and Amir Tahami.

**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 session** 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 for assistance in paying for their classes.

Please cut along dotted lines



Registration – **Summer 2009**

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	
Check box to indicate discount. (\$10.00): Senior (60 years or older) <input type="checkbox"/> 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 St., Fairfax, VA 22031 Fax: 703-934-9481

Office Use:  Reg. Book  Cash Reg.  CC Proc. Circle: V/MC/Disc/CA/CK# \_\_\_\_\_ PR \_\_\_\_\_ GC\$ \_\_\_\_\_ NAME \_\_\_\_\_

Date rec'd \_\_\_\_\_ Database by \_\_\_\_\_

# sun & moon yogastudio

breathe. stretch. relax. repeat.

3811 Lee Highway, Arlington, VA 22207

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U.S. Postage  
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Permit #6445

## Yoga Workshops!!!

Please check our website at [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com) for workshop details and registration information.

**Be sure to register early to avoid disappointment. Workshops fill quickly.**

### WORKSHOP HIGHLIGHTS

7/12 Family Yoga  
7/25 Yoga After Dark  
8/21 One Step More

## 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.

## Yoga Camp for Kids Summer 2009

Mark your calendar for kids' camp fun this summer, in two locations with several weeks to choose from:

### FAIRFAX

**Tues-Fri 6/30-7/3** 1:15-4:15pm (ages 10-15)  
Cynthia Maltenfort and Annette Hyde

**Wed-Fri 7/8-7/10** 1:15-4:15 (ages 5-10)  
Cynthia Maltenfort and Annette Hyde

### ARLINGTON

**Mon-Thurs 6/22-6/25** 1:00-4:00pm (ages 5-12)  
Annie Moyer and Beth Fedman

**Mon-Thurs 6/29-7/2** 1:00-4:00pm (ages 5-12)  
Beth Ebner and Lou Ott

**Mon-Thurs 8/31-9/3** 1:00-4:00pm (ages 5-12)  
Annie Moyer and Beth Fedman

For more information, visit [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com).