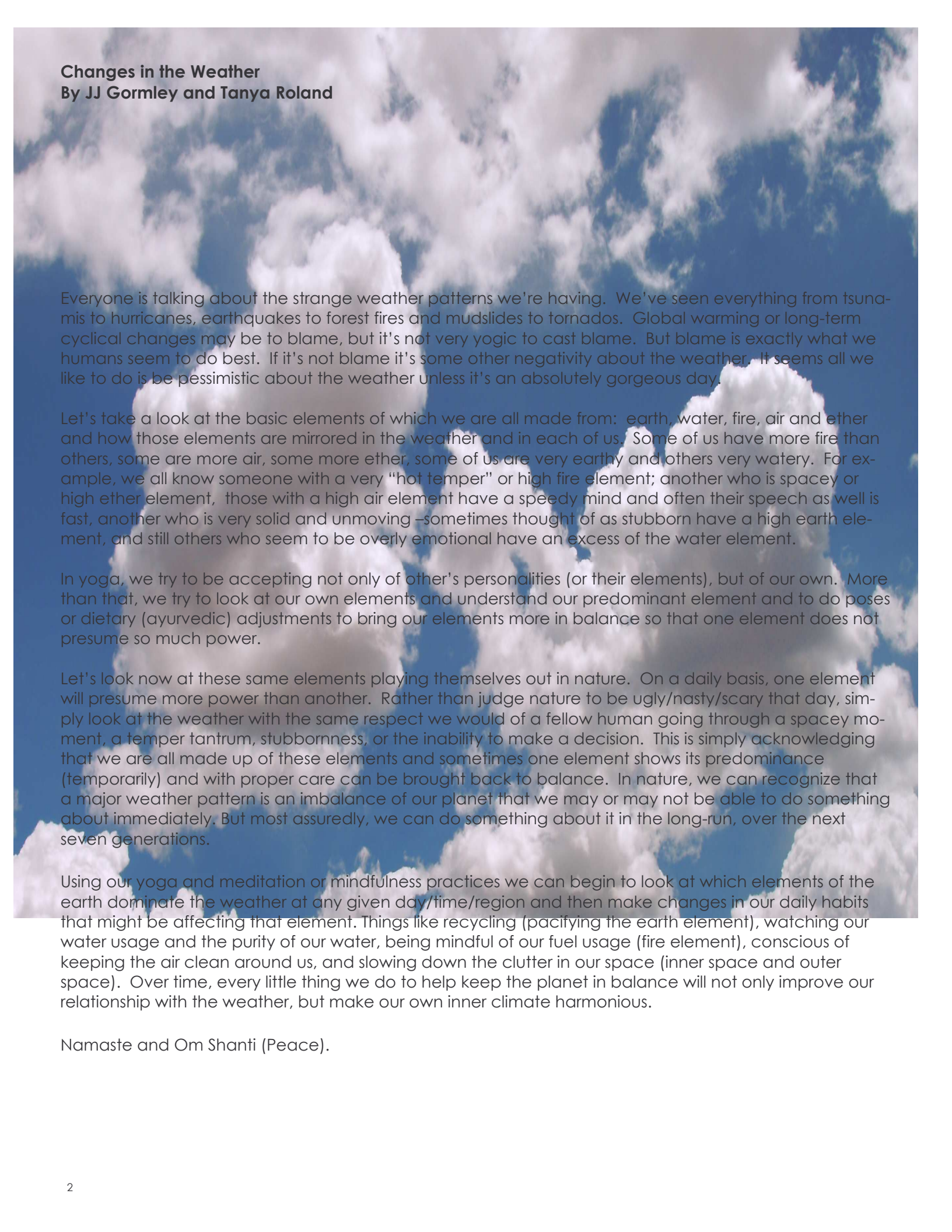


sun&moonyogastudio

breathe. stretch. relax. repeat.



winter 2005



Changes in the Weather

By JJ Gormley and Tanya Roland

Everyone is talking about the strange weather patterns we're having. We've seen everything from tsunamis to hurricanes, earthquakes to forest fires and mudslides to tornados. Global warming or long-term cyclical changes may be to blame, but it's not very yogic to cast blame. But blame is exactly what we humans seem to do best. If it's not blame it's some other negativity about the weather. It seems all we like to do is be pessimistic about the weather unless it's an absolutely gorgeous day.

Let's take a look at the basic elements of which we are all made from: earth, water, fire, air and ether and how those elements are mirrored in the weather and in each of us. Some of us have more fire than others, some are more air, some more ether, some of us are very earthy and others very watery. For example, we all know someone with a very "hot temper" or high fire element; another who is spacey or high ether element, those with a high air element have a speedy mind and often their speech as well is fast, another who is very solid and unmoving –sometimes thought of as stubborn have a high earth element, and still others who seem to be overly emotional have an excess of the water element.

In yoga, we try to be accepting not only of other's personalities (or their elements), but of our own. More than that, we try to look at our own elements and understand our predominant element and to do poses or dietary (ayurvedic) adjustments to bring our elements more in balance so that one element does not presume so much power.

Let's look now at these same elements playing themselves out in nature. On a daily basis, one element will presume more power than another. Rather than judge nature to be ugly/nasty/scary that day, simply look at the weather with the same respect we would of a fellow human going through a spacey moment, a temper tantrum, stubbornness, or the inability to make a decision. This is simply acknowledging that we are all made up of these elements and sometimes one element shows its predominance (temporarily) and with proper care can be brought back to balance. In nature, we can recognize that a major weather pattern is an imbalance of our planet that we may or may not be able to do something about immediately. But most assuredly, we can do something about it in the long-run, over the next seven generations.

Using our yoga and meditation or mindfulness practices we can begin to look at which elements of the earth dominate the weather at any given day/time/region and then make changes in our daily habits that might be affecting that element. Things like recycling (pacifying the earth element), watching our water usage and the purity of our water, being mindful of our fuel usage (fire element), conscious of keeping the air clean around us, and slowing down the clutter in our space (inner space and outer space). Over time, every little thing we do to help keep the planet in balance will not only improve our relationship with the weather, but make our own inner climate harmonious.

Namaste and Om Shanti (Peace).

Camel Pose (Ustrasana) by Alex Levin

Practicing camel pose is a beautiful way to explore the heart center, which includes the chest, upper back, rib cage, spine, shoulders, shoulder blades, arms, and hands; it also includes the heart, the thymus gland and the lungs. In this spinal extension we also get to observe the dynamics in our hips, core and neck that help us lengthen and bend backwards.

One way to begin camel pose is to be standing on your knees (thighs vertical). You may place some padding under your knees if needed by folding your sticky mat over or using a blanket. Let's practice with the tops of the feet on the ground today, soles upward. Place your hands at the front of the heart center in *namaste* hands and listen inwardly. Feel the pelvis, hips and lower back, perhaps arching and tucking at the tailbone to help you find a neutral position. Allow a curve in your lower back; this is the natural shape that supports the length of the spine, as if the spine is the stalk of a flower reaching up for the sun. Imagine a connection from the belly through your legs and into the earth, like the roots of the flower steady in the ground; and open channels of energy coming up from the ground, to the feet, legs, and back into the belly, like nourishment coming from the earth to the flower. Feel this sturdy yet open foundation of the pose.

Now place your hands on your hips so that the thumbs can rest on the sacro-iliac (SI) joints near the low back (where the sacrum and hips meet in the back to either side of the spine). Let the bottom tips of your shoulder blades approach each other, and then allow the shoulder blades to feel heavy, as if they are sliding toward your waist. The collar bones stay broad to allow the shoulders to be wide apart and relax down. Already you may feel that you are starting to move into the pose. Gently draw the upper belly in toward the spine.

Tilt your head side to side, to feel an ease and lengthening through the neck. I like to keep my chin slightly tucked downward, without compressing the throat, and imagine more of my in-breath filling my back body as I begin to lift up and back – very slowly – at the lower back, middle back and upper back; just a little at a time. I also like to imagine that huge angel hands gently cup my shoulder blades to support the weight of my upper body. If I feel a pain of compression, I'm moving a little too deep for right now, so I back out a bit.

Don't worry about where your hands are. You can keep them on your hips. You can take them out to the sides "I give up" or "cactus" style. You can bring them to the front heart center again. You can extend them up overhead. You'll notice that each position creates a different load on and energy in the pose. Feel free to move into the pose and come up out of it as often as you want and need. Perhaps your hands will reach your heels, or blocks placed alongside your ankles. Drop your head back if you can still chant a clear "Om" there. Move, modify. Find yourself in the pose.



Find where you feel openness in your heart, a length from your legs to the crown of your head, and a supportive feeling from your back. Where it feels like the breath is supporting you very comfortably for 4, 6, 12 or more cycles. It doesn't matter how deep you are in the pose compared to anyone else, but how deeply wonderful the pose feels for you.

When you're ready to come out of the pose, sit in *vajrasana* (thunderbolt pose) or move into child's pose. Take a minute or so to observe the sensations you're feeling. You may notice that your heart center feels vast. Imagine, feel, the ideas of compassion and courage in that space. Hold yourself in that space.

When and why did you start practicing yoga?

I began practicing yoga in 1989 when I was working as a landscape architect near Boston Massachusetts. The job often required long hours and the stress added up. One day I was invited by a coworker to try a Iyengar style yoga class at the home of Zoe Stewart. After the first class I was hooked. I felt a physical and mental release. I also felt taller, more relaxed and peaceful. I am very grateful for that first invitation and the excellent introduction by Zoe.

Why did you begin teaching?

After many years of practicing yoga it became part of who I am. People began assuming I was a teacher and would ask me questions. Sometimes I could answer the questions from my own experience but that was limited. I wanted to offer more and I wanted to deepen my understanding of it. So I started on the path to teaching.

Tell us something about your background and teaching style?

I believe teaching, learning and life are all ultimately about love. I began by teaching very young people out of my home in Arizona. Children are so full of love and open to new ideas that they were a good place for me to begin. When I moved to Virginia I began teaching Creative Movement at the Jewish Community Center of Northern Virginia. I wanted to offer more so I took the Radiant Child Teacher training program with Shakta Kaur Khalsa and Brain Gym with Mary Rentschler. I also just completed the Yoga 4 Teens certification program with Christy Brock. Most of my teacher training has come from the Sun and Moon 300 hour certification program and all the many workshops offered by visiting instructors such as Kaustaub Desikachar, Rodney Yee, Anodea Judith, Barbara Benaugh, Doug Swenson to name a few. In Arizona I also had 6 years of Anusara Yoga training with Desiree Rambaugh and John Friend. I am grateful to all these teachers and for the opportunities that have helped me down the path of yoga. They have helped me grow and develop my teaching style into a fun, loving transmission from the heart.



What is your home practice like?

Practice, practice, practice with every breath is my goal. I practice several times a day, whenever I have a free moment. I practice my Mountain pose (Tadasana) whenever I find myself standing and waiting, for example when in line at the grocery store, bank or post office. When I'm waiting to put fabric softener in the wash I do a supported shoulderstand. When I walk with my dog sometimes I do a walking meditation. Yoga can be done anytime, anywhere. I also have a short morning and evening practice, but it is the increasing number of little moments that I love most. Sometimes, in a stressful situation I will catch myself holding my breath. I love that I notice this now and can immediately practice the complete breath to get rid of excess tension and restore balance.

What is your favorite pose and why?

I love handstand. It is a fearless pose. If you are holding on to fear the pose may seem impossible. I love helping others shed their fear and get their feet up into the air. It is very empowering and can bring you back to a time in your life when you felt fearless, usually when you were a kid. So it can help you feel young in body, mind and spirit.

Where does your nickname “Thea” come from?

As I've walked upon this path of “yoga” I've noticed a desire to get rid of the “Cyn”. Listen to the sound you will know what I mean.

Teacher Bios

Alex Levin is Sun & Moon certified. She guides students to find their own expression of yoga, with acceptance of where they are today and to trust in how their path will unfold.

Alexes Pereira received her teacher's training at Sun and Moon Yoga Studio. Her fluid, fun style comes from her experiences and from being open to different teaching styles. In addition to teaching yoga Alexes is a gifted musician. Her students enjoy having their health and spirits enriched and enlivened through her teaching style.

Allegra Gulino's teaching style is fun, creative and non-judgmental with an emphasis on releasing everyday stress and negative attitudes to experience the joy yoga brings. She has completed her Sun & Moon teaching certification.

Amir Tahami works attentively with students who want an enhanced quality of life through a plainspoken and sensible approach to health and well being. Amir uses innovative techniques in teaching students to help bring mindfulness into their yoga practice and daily life. He is also a practitioner of Thai Yoga Therapy.

Andrea Kiss came from Hungary seven years ago, where she was a modern dancer and dance teacher. She is in the Sun & Moon Yoga Studio teacher training program. Students enjoy Andrea's warmth and passion of yoga and people.

Annie Moyer is a Sun & Moon certified teacher. She views the practice as an avenue toward flexibility and strength in the mental, emotional and spiritual self as well as the physical body.

Asya Haikin enjoys teaching dynamic classes, focusing on clear alignment instructions, and aspires to share the inner balance that yoga brings to her life. She is a graduate of Sun & Moon's advanced teacher training program

Audra Monk has been teaching yoga since 2002. She is currently working toward a certification with Sun & Moon. Audra enjoys helping students on their journey with yoga, allowing laughter and moments of stillness to be their guide.

Beth Ebner began practicing yoga more than 12 years ago. She loves the benefits of yoga: balance, relaxation and alignment. Her diverse yogic background gives a rich and eclectic quality to her teaching.

Beth Taylor is influenced by teachers of various yoga traditions, principally Iyengar and Anusara. Beth's approach to yoga allows students to find focus, strength, balance, flexibility and inner peace -not only in their body but also in mind and spirit. The Radiant Child program certified Beth.

Brendan Feeley is a doctor of naturopathy who practices Ayurveda and Jyotish in Rockville, MD. He is also a classical homeopath. He has studied the Vedas since 1975 and has practiced meditation since that time. He also holds a graduate degree in Jungian psychology and he is a regular teacher at the Washington Society of Jungian Psychology.

Carol Confino is currently in the teacher training program at Sun and Moon. She has an easy-going style and encourages students to be patient with themselves and practice without self-judgment.

Chris Jansen is a Cardiology Nurse Practitioner who has completed her certification from Sun & Moon. Her warm style encourages body alignment and combines movement with the breath to allow for the physical and spiritual experiences of yoga to blossom.

Cindy Kahn is certified through The Health Advantage Yoga Studio. Cindy draws from a background of dance and physical therapy. She guides others in yoga in an honest and open-hearted manner, addressing yoga as a synthesis of body and mind, and also of spirit.

Cynthia Maltenfort has been working with children for the past 11 years. She is certified through the Radiant Child teacher training program as well as Brain Gym. Her approach to teaching emphasizes having fun in a loving environment.

Deborah McKay is currently in the process of completing the 300-hr Teacher Trainee program. Her practice has led her to a path of personal exploration and discovery bringing acceptance and mindfulness into everyday life.

Diana Herskovitz is a certified Sun & Moon yoga teacher. She began practicing in 1997 in Munich/Germany, and has ever since been fascinated by this journey. Diana loves to invite her students to play and explore themselves in many different ways. She holds a M.A. in Latin and Philosophy, and has a background in dance.

Donya Bauer has been teaching yoga for 10 years and is currently working on her Yoga Certification with Sun & Moon Yoga Studio. She focuses on being aware of how your body is feeling today, accepting it and being gentle with yourself as well as accepting where you are at any given time. She also likes to offer tips on how you can incorporate yoga into your daily life.

Enid Kassner completed her teacher certification through Sun & Moon Studio. Her teaching style promotes a sensitive exploration of the inner experience of yoga in a light-hearted encouraging environment in which students can progress at their own pace.

Teacher Bios Cont.

Gayle Fleming has nearly 30 years of yoga and meditation experience. She did her 300 hour training at Sun and Moon. She completed an advanced teacher training course at Willow Street Yoga Studio in Takoma Park. She is currently pursuing advanced certification as a Yoga Therapist and Ayurvedic Specialist.

Geri Falek has studied a wide variety of yoga styles and enjoys combining breath, movement and meditation in fun and innovative ways. Her classes are dynamic, physically challenging and a dash eccentric.

Heather Nicholas is completing her certification at Sun & Moon. She encourages students to have fun in their practice while using humor and a light-hearted approach to teaching. Heather is also a practitioner of Thai Yoga Therapy.

Jackie Shaffer has been practicing hatha yoga and meditation for more than 20 years. She received her teaching certification at Sun & Moon. Jackie's teaching reflects the influence of her eclectic hatha studies and her interest in watching students refine their energy and self-awareness.

Jon Waterman began practicing yoga and meditation while teaching the martial arts in the early seventies. He has received teacher trainings in Vipassana (insight meditation) from Bhante Gunaratana and in Mindfulness-Based Stress Reduction (MBSR) from Jon Kabat-Zinn.

Joyce Cmiel completed her Sun & Moon teacher certification and studied for many years with teachers whose backgrounds include Iyengar, Anusara and Shivananda styles of yoga. Joyce's warm style of teaching fosters comfort and growth.

Judith Lyon has studied yoga and meditation for more than 25 years. Her classes are based on the teachings of classical hatha yoga, as expressed by B.K.S. Iyengar, and Sri Swami Satchidananda, by whom she is certified.

Lilly Draney began her yoga practice as a teenager. She is a Sun & Moon certified teacher. Her teaching is open and lighthearted, with an emphasis on the fundamental connection of mind, breath and body.

Mara Burk began studying yoga in 1994 to help her recuperate from back surgery. Inspired by the effects she decided to pursue her teaching certificate through Sun and Moon. She is especially interested in therapeutic yoga. Mara has been teaching yoga to children and adults for throughout Fairfax County for 5 years.

Mary O'Meara is pursuing teacher training with Sun & Moon, and currently teaches in our Rappahannock studio. Her classes encourage students to move into a meditative space that emphasizes awareness of breath as the impetus for each movement, and fosters a curiosity about what facilitates each pose.

Maureen Vasquez is completing her teacher training certification at Sun & Moon. Her light-hearted style is gentle, with an element of fun.

Noralea Dalkin has completed teacher certification programs at The Health Advantage Yoga Center and Satchidananda Ashram. She encourages students to breath and notice the changes and relaxation that yoga brings to their body, mind and spirit.

Patricia Pao has completed The Health Advantage Yoga Center teacher training program, The Radiant Child TT Program, and she is also a Relax and Renew Trainer. She is a former professional dancer and ballet teacher. She teaches from the heart and emphasizes opening up to the experience of yoga.

Phyllis Haney's motto is "Wear a smile inside and out with YOGA!" Her classes emphasize body and breath awareness, proper physical alignment, and fun! She has practiced yoga since 1992 and taught since 1996. Phyllis has completed teacher training programs at Sun & Moon, and Health Advantage Yoga Center.

Rhonda Cavanaugh first began her yoga studies more than 20 years ago. Her background includes Integral, Iyengar and Kripalu traditions. Rhonda encourages students to develop compassionate self-awareness while challenging their "growing edge."

Rixie Dennison is Sun & Moon certified and teaches workshops on special healing modalities including the popular Mandala workshop. Always with a smile, her teaching style is gentle, warm and creative.

Sarah Kashdan has been practicing yoga regularly for over ten years and has been teaching since 1998. Her passion for yoga led her to complete a prenatal yoga teacher certification at Kripalu Institute in 2001 and most recently her 500 hour advanced training at Be Yoga in 2003.

Suzanne Morgan completed her teacher training certification at Sun and Moon. Her goal is to help students with self-acceptance and to find joy in the moment. These concepts have helped her to find a balanced path in her own life as the president of her own business.

Zahra Sadry is a certified Pilates instructor, hatha yoga, Kundalini yoga teacher and a shiatsu practitioner. She has been teaching for 15 years. Zahra has a deep understanding of body movement and the human condition, which is evident in her teaching.

Class Descriptions, Resources and Staff

CLASS DESCRIPTIONS

Ashtanga: Synchronizes a set sequence of yoga postures, yogic breathing and the practice of mula and uddiyana bandhas (energy locks) to produce an internal heat. The poses are done in rapid succession, making this a flowing and vigorous workout. This class is not recommended for beginners.

Ayurvedic Healing & Lifestyle of a Yogi: In this lecture series, we will introduce the theory of Ayurveda as well as practical guidelines for restoring balance to the mental and physical constitution in terms of diet, lifestyle and herbal remedies.

Level 1: Learn the fundamentals and Relax. This class can be joined at any time during the session.

Level 2: Refine the basics and gain more awareness of the body through more advanced breath work.

***Level 3:** Progress to advanced standing and seated poses and begin integrating inversions.

***Level 4:** Intensify your strong asana practice by developing a deeper internal understanding of yoga. Must be comfortable with deep back bending and inversions.

All Levels: Appropriate for all students, this class introduces the basics and challenges more advanced students.

Chakra Experience: Various yoga techniques and other explorations (e.g. discussion, journaling, drawing) to develop and hone awareness of these subtle energies.

Combination Classes: For the student who doesn't quite feel ready to move on to the next level, but is trying to ease forward slowly, combination classes (i.e. Level 1-2) provide the avenue to do so.

Gentle: Introductory poses at a slow pace. This class is ideal for beginning students and students with health concerns.

Yoga for the Heart: This class is designed to assist people with cardiovascular disease to incorporate the principles and concepts of Yoga to guide and nurture their development of a healthy lifestyle more in line with holistic wellness.

Home School See Yoga for Tots & Teens.

How Your Body Works: In this weekly class taught by a medicinal doctor, you will be introduced (in layman's terms) to the various systems of the body and how they work. For example, learn about your nervous system, your digestive system, your circulatory system, etc., as well as the sensory organs and much more. No pre-requisites.

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

Yoga for Menopause: This class is designed to help students minimize the distressing symptoms of menopause. The class is open to women in all stages of the menopausal process with or without Yoga experience. Asana sequencing, relaxation and breathing techniques are designed to benefit and support this special time in a woman's life.

Parent/Child: Practice yoga with your children ages 6-12 and have fun learning yoga together. This light hearted class is designed to be playful and to help build motor coordination, balance and strength. Yoga practice also helps children to reduce stress in their lives.

Parent/Toddler: This is a class for parents and toddlers to have fun exploring yoga together.

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 in Pilates 1 and provides an energetic, full body workout. Prior Pilates experience necessary.

Post-Natal Yoga: The focus of this class is on supporting the new mom in relating to both her own new body and her new baby. Babies are welcome!

Pre-Natal Yoga: An all-levels course that will support and empower expectant mothers. The focus is on easing aches and pains and making the body comfortable during pregnancy.

***Vinyasa 1:** A challenging practice that builds stamina and strength through a faster-paced flow. Students must have some yoga experience.

***Vinyasa 2:** Adding more advanced poses to the fast pace of Vinyasa 1, this class is open to level 2+ students ready to test their focus and core strength.

Yoga for Tots: A fun class for children 3-5 to being playing with yoga.

Teens Yoga: For the adolescent yogi we offer teen's class (age 12-18) focusing on a playful, yet disciplined practice of asana, pranayama and relaxation. Yoga can help stressed out young people to increase focus, self-esteem and personal awareness.

Yoga for People with Cancer/Yoga for Recovery: These slow paced classes will be a combination of yogic breathing, and deep relaxation combined with gentle movement to restore strength, range of motion and vitality. The practice will be modified for individual needs.

Yoga for Tweens: This class is suitable for that special in between age from 10-15 no matter what their skill level. We will introduce poses to increase flexibility and strength, develop coordination and posture and learn how to relax.

300-hr TT Class: This class is offered for advanced students, those in a teacher-training program and particularly for those enrolled in the 300-hr Sun and Moon Teacher Training Program. Each week a different topic from the required curriculum will be covered. Topics may be viewed on the website, but include anatomy, how to teach Level 1 and 2 asanas, philosophy, etc.

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

VOLUNTEER STAFF

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

Alana Weatherbee, Alie Starr, Amanda Novcic, Anne Meador, Anne Stuecker, Barb Lewis, Belkis Hazera, Carmen Nielsen, Carol Confino, Caroline Slobodzin, Christine Szegda, Colin Haller, Courtney Schwarten, Cynthia Maltenfort, Deb Martin, Debbie Kidd, Debi Davis, Deborah McKay, Dee Seymour, Eileen Erbenigi, Gail Wood, Gwen Paulson, Harriet Snope, Heather Nicholas, Honora Price, Ingrid Resch, Irma Ruiz, Jackie Zovko, Jennifer Shaw, Jessica Althaus, Jessica Woolard, Joan Baccay, Julie Manuel, Juliet Isele, Kara Bowling, Kathleen Nixon, Keleigh Sherrod, Kristin Golias, Lea Gaffen, Lee Meinke, Lib Row, Linda Becker, Linda Sultan, Lisa Gunther, Lucy Warner, Maria Smith, Mary Blackwell, Mary Jane Vizachero, Melissa Top-scher, Murli Dhage, Paula Levin-Alcorn, Pauline Howard, Rebecca Ferre, Rita Bartolo, Sally Wurtz, Sharon Safran, Susan Hennessy, Susan Jelinek, Tally Morgan, Theresa Prych, Yulia Kriskovets

Volunteer at one of our studios in exchange for yoga classes! We have weekday evenings and weekend hours available. Call the studio at 703.525.9642.

Staff: Lee Bory, Noralea Dalkin, Arlene Greenfield, Kathi Whitmore and Sally Wurtz

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!

Sun & Moon Yoga Studio offers each new student the first class free. You may want to give this coupon to a friend who wants to try yoga.

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



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Rappahannock
703.525.YOGA (9642)
www.sunandmoonstudio.com

ARLINGTON STUDIO - WINTER 2006 JANUARY 2 - APRIL 9 (14 WEEKS)

Time	Class	Instructor	Starts	Fee
SUNDAY				
9-10:30am	All Levels	Enid Kassner	8-Jan	210.00
9-10:30am	Level 2-3	Jackie Shaffer	8-Jan	210.00
10:45am-noon	Level 1	Enid Kassner	8-Jan	196.00
10:45-12:15pm	All Levels	Jackie Shaffer	8-Jan	210.00
3:00-4:30pm	Ashtanga	Jessica Harris	8-Jan	210.00
3:15-4:45pm	Prenatal Yoga	Maureen/Vicki	8-Jan	210.00
5-6:30pm	Level 2	Rhonda Cavanaugh	8-Jan	210.00
5-6pm	Teen Yoga	Jessica Harris	8-Jan	182.00
6:30pm-7:30pm	Meditation	Alex Levin/Deborah McKay	8-Jan	Donation
MONDAY				
7-8am	All Levels	Pauline Howard	2-Jan	182.00
10:15-11:45am	Level 2	Asya Haikin	2-Jan	210.00
10-11:15am	Level 1	Joyce Cmiel	2-Jan	196.00
11:45-1:15pm	All Levels	Maureen Vasquez	2-Jan	210.00
noon-1:15pm	Gentle	Asya Haikin	2-Jan	196.00
4:30-6pm	Level 2	Gayle Fleming	2-Jan	210.00
4:30-6pm	Level 2-3	Jackie Shaffer	2-Jan	210.00
6:15-7:45pm	Level 4	Alex Levin	2-Jan	210.00
6:15-7:45pm	Level 2	Amir Tahami	2-Jan	210.00
6:15-7:45pm	Menopause	Gayle Fleming	2-Jan	210.00
8-9:30pm	Vinyasa 1-2	Lilly Draney	2-Jan	210.00
8-9:15pm	Level 1	Amir Tahami	2-Jan	196.00
8-9:30pm	Ayurveda & Life Style of a Yogi	Brendan Feeley	2-Jan	210.00
TUESDAY				
10-11:30am	All Levels	Gayle Fleming	3-Jan	210.00
10:15-11:45am	Level 1-2	Judith Lyon	3-Jan	210.00
11:45-12:45pm	Parent/Toddler	Asya Haikin	3-Jan	182.00
noon-1:30pm	Level 2-3	Judith Lyon	3-Jan	210.00
3-4pm	Gentle	Alex/Jackie	3-Jan	182.00
4:30-6pm	Level 2	Jackie Shaffer	3-Jan	210.00
4:45-6pm	Level 1	Diana Herskovitz	3-Jan	196.00
6:15-7:45pm	Level 3	Enid Kassner	3-Jan	210.00
6:15-7:45pm	Level 2	Jackie Shaffer	3-Jan	210.00
6:15-7:45pm	Level 1	Laura Dillon	3-Jan	196.00
8-9:15pm	Level 1	Asya Haikin	3-Jan	196.00
8-9:30pm	Level 2-3	Laura Dillon	3-Jan	210.00
WEDNESDAY				
7-8am	All Levels	Pauline Howard	4-Jan	182.00
9:30-11am	Level 2	Jackie Shaffer	4-Jan	210.00
10-11:15	Level 1	Joyce Cmiel	4-Jan	196.00
noon-1pm	Pilates Level 1	Zahra Sadry	4-Jan	182.00
1-2:30pm	Vinyasa	Michele Renfield	4-Jan	196.00
4:30-6pm	Gentle	Beth Taylor	4-Jan	210.00
4:30-6pm	Level 3	Annie Moyer	4-Jan	210.00
4:30-6pm	Vinyasa	Alexes Pereira	4-Jan	210.00
6:15-7:30pm	Level 1	Jackie Shaffer	4-Jan	196.00
6:15-7:45pm	Level 2	Andrea Kiss	4-Jan	210.00
6:15-7:45	How Your Body Works	Dr. Marie Schum-Brady	4-Jan	210.00
8-9:30pm	Level 1-2	Heather Nicholas	4-Jan	210.00
8-9:30pm ²	Level 3	Amir Tahami	4-Jan	210.00
THURSDAY				
7-8am	All Levels	Phyllis Haney	5-Jan	182.00
10:30am-noon	Level 2	Alex Levin	5-Jan	210.00
10:30-11:45am	Level 1	Annie Moyer	5-Jan	196.00
noon-1:30pm	Level 2	Maureen Vasquez	5-Jan	210.00
1:30-2:15pm	Kids Yoga 3-6 Yrs	Joyce Cmiel	5-Jan	140.00
1:45-3:15pm	Level 3-4	Annie/JJ	5-Jan	210.00
4:30-6pm	300hrTT	Jackie Shaffer	5-Jan	210.00
5-6pm	Pilates - All Levels	Zahra Sadry	5-Jan	182.00
6-7:30pm	Level 3-4	Alex Levin	5-Jan	210.00
6:15-7:45pm	Level 2-3	Jackie Shaffer	5-Jan	210.00
6:15-7:30pm	Level 1	Alexes Pereira	5-Jan	196.00
7:45-9:15pm	Level 2	Suzanne Morgan	5-Jan	210.00
7:45-8:45pm	Chakra Experience	Alex Levin	5-Jan	182.00
8-9:30pm	Ashtanga	Jessica Harris	5-Jan	210.00
FRIDAY				
10-11:15am	Level 1	Joyce Cmiel	6-Jan	196.00
10:15-11:45am	Level 2-3	Enid Kassner/TBD	6-Jan	210.00
11:30-1pm	All levels	Joyce Cmiel	6-Jan	210.00
noon-1pm	Post-natal	Allegra Gulino	6-Jan	182.00
1:15-2:15pm	Vinyasa 1	Allegra Gulino	6-Jan	182.00
4:30-6pm	Gentle	Beth Taylor	6-Jan	210.00
6:30-8pm	Pre-natal Yoga	M. Vasquez/B. Ebner	6-Jan	210.00
SATURDAY				
8-9am	Pilates Level 1-2	Zahra Sadry	7-Jan	182.00
9-10:15am	Level 1	Suzanne Morgan	7-Jan	196.00
9:15-10:30am	Deepening Your Practice	Amir Tahami	7-Jan	196.00
9:15-10:15am	Pilates Level 1	Zahra Sadry	7-Jan	182.00
10:45-12:15pm	Level 2-3	Amir Tahami	7-Jan	210.00
10:45-12:15pm	Level 1-2	Gayle Fleming	7-Jan	210.00

FAIRFAX STUDIO –WINTER 2006 JANUARY 2 - APRIL 9 (14 WEEKS)

Time	Class	Instructor	Starts	Fee
SUNDAY				
9:15-10:30am	Level 1	Amir/Asya	8-Jan	196.00
10:45am-12:15pm	Level 2-3	Amir/Asya	8-Jan	210.00
2:30-4pm	Not So Slender Bender	Carol Confino	8-Jan	210.00
4:30-6pm	Pre-natal	Vicki Christian	8-Jan	210.00
5:45-7:15pm	Vinyasa 1	Geri Falek	8-Jan	210.00
7-8pm	Meditation	Jon Waterman	8-Jan	Donation
8-9:15pm	Teens Yoga	Cynthia Maltenfort	8-Jan	196.00
MONDAY				
10-11:30am	All Levels	Mara Burk	2-Jan	210.00
10:30-11:45am	Level 1	Pauline Tait	2-Jan	196.00
4:45-5:45pm	All Levels	Pauline Tait	2-Jan	182.00
6-7:15pm	Level 1	Rixie Dennison	2-Jan	196.00
6:15-7:45pm	Level 3	Pauline Tait	2-Jan	210.00
7:30-9pm	Level 2	Rixie Dennison	2-Jan	210.00
8-9:15pm	Level 1	Alexes Pereira	2-Jan	196.00
TUESDAY				
7-8am	All Levels	Mara Burk	3-Jan	182.00
10-11:15am	Level 1	Allegra Gulino	3-Jan	196.00
11-12:30pm	Level 4	Alex Levin	3-Jan	210.00
12:30-2pm	Level 2	Noralea Dalkin	3-Jan	210.00
4:30-6pm	Level 1-2	Rixie Dennison	3-Jan	210.00
6:15-7:45pm	Level 2	Rixie Dennison	3-Jan	210.00
6:15-7:30pm	Vinyasa 1	Geri Falek	3-Jan	196.00
7:45-9:15pm	Level 2-3	Pauline Tait	3-Jan	210.00
8-9:15pm	Level 1	Donya Bauer	3-Jan	196.00
WEDNESDAY				
10:15-11:45am	Level 2	Rixie Dennison	4-Jan	210.00
4-5pm	Tweens Yoga	M. Burk/C. Maltenfort	4-Jan	182.00
4:15-5:45pm	Gentle Yoga	Noralea Dalkin	4-Jan	196.00
6-7:30pm	Level 2	Cindy Kahn	4-Jan	210.00
6-7:30pm	Level 3	Pat Pao	4-Jan	210.00
7:45-9pm	Level 1	Cindy Kahn	4-Jan	196.00
7:45-9:15pm	Level 2	Pat Pao	4-Jan	210.00
THURSDAY				
7-8am	All Levels	Mara Burk	5-Jan	182.00
10-11:30am	Level 3	Judith Lyon	5-Jan	210.00
10-11:30am	All Levels	Mara Burk	5-Jan	210.00
11:45-12:45 pm	Home School ages 10 and up	Cynthia Maltenfort	5-Jan	140 1st child 126 2nd child
1-1:30pm	Home School ages 5-8	Cynthia Maltenfort	5-Jan	112 1st child 98 2nd child
3-4:15pm	Teens	Pauline Tait	5-Jan	196.00
6-7pm	Parent/Child	Audra Monk	5-Jan	182.00
6:15 - 7:45pm	Level 2-3	Pauline Tait	5-Jan	210.00
7:15-8:30pm	Pre-natal	Sarah Kashdan	5-Jan	196.00
8-9:30pm	All Levels	Audra Monk	5-Jan	210.00
FRIDAY				
7-8am	Yoga for the Heart	Chris Jansen	6-Jan	182.00
10-11:30am	Level 2	Cindy Kahn	6-Jan	210.00
10:15-11:45pm	All Levels	Rixie Dennison	6-Jan	210.00
11:45-1:15pm	Yoga for Recovery	N. Dalkin/C. Maltenfort	6-Jan	210.00
6:15-7:15pm	All Levels	Rixie/Mara	6-Jan	182.00
SATURDAY				
9-10:30am	Level 2	Andrea Kiss	7-Jan	210.00
10:45am-noon	Level 1	Andrea Kiss	7-Jan	196.00
11-12pm	Pilates Level 1-2	Zahra Sadry	7-Jan	182.00

RAPPAHANNOCK STUDIO - WINTER 2006 JANUARY 2 - APRIL 9 (14 WEEKS)

Please call Mary O'Meara for information or see the website. Mary O'Meara:540.825.1215 or maryomeara@earthlink.net.

MONDAY				
9:30-11am	All Levels	Mary/Janice	2-Jan	140.00
WEDNESDAY				
5:45-7:15pm	All Levels	Mary/Janice	4-Jan	140.00
FRIDAY				
9:30-11am	All Levels	Mary/K. Johnston	6-Jan	140.00

Rappahannock classes are \$10 per class for registered students and \$12 for drop ins.

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 Highway 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 Highway 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 I495: 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.

RAPPAHANNOCK STUDIO

P.O. Box 348
Sperryville, VA 22740

Classes are held at the Belle Meade Inn. For directions, see their website at www.bellemeadeinn.com or call Mary O'Meara at 540.825.1215.



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

Registration Information

Registration Information

To register, please read all of our policy information before filling out the registration form below. If you have any questions, please call the studio at (703) 525-9642.

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, your tuition will be prorated based on the Fee chart below.

Students new to our studio receive their first class free by presenting the free class coupon provided in this newsletter.

We accept Visa, Mastercard, Discover, checks or Cash. **We do not accept registrations by phone.** A \$20 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.

Sorry, we do not call to confirm registrations. However, we will call if the class you requested is full.

Fees

Registered Students

Class Length	Prorated fee per class*
45 minutes	\$10
1 hour	\$13
1 hour 15 min	\$14
1 hour 30 min	\$15

*To receive the prorated fee, you must pay for minimum of 6 classes.

Drop-ins/Non-registered Students

Class Length	Fee per class
1 hour or less	\$15
More than 1 hour	\$18

Arlington students send payment and registration to:
3811 Lee Highway, Arlington VA 22207
Fax: 703-525-5524

Fairfax City students send payment and registration to:
9998 Main Street, Fairfax, VA 22031
Fax: 703-934-9481

Rappahannock students send payment and registration to:
P.O. Box 348, Sperryville, VA 22740
Fax: 703-934-9481

Register Early

Registrations are taken on a first-come, first-served basis. Please register early to avoid disappointment.

Make-ups

If you miss a class, you may make it up in any other yoga class within the current 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. (For your safety, when making up classes we ask that you stay at the same or lower level yoga class.) You do not need to call ahead to do a make-up, however, you should inform the teacher that you are taking their class as a make-up for your regular class. Make-ups may also be done at the Health Advantage Yoga Center, Willow Street Yoga Center or Boundless Yoga Studio under our reciprocity agreement and at any of the three Sun & Moon Studios.

Drop-ins

A Drop-in is a student not currently registered, wishing to take a single class or a current student wishing to take an additional class. Drop-ins are permitted only if space is available, so please call first. You may come to a class that is full, but you will need to wait until class begins to see if you can take the place of a "no show" that day. Drop-in fees are under Fees on this page. Please inform the teacher that you are taking the class as a drop-in.

Refund Policy

Please fill out a Refund Request form 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 1st class, all tuition less the \$30 registration fee. After second class, 75% of tuition. After third class, 50%. After fourth, 25%. No refunds after fifth class. Refunds are given by check and may take up to six weeks.

Class size/location

Minimum number of students for a class is 8. Classroom location may change depending on enrollment.

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.

DISCOUNT POLICY

We offer a 10% discount to those who believe they need it (seniors on reduced/fixed income, students, teachers, multiple family members taking yoga classes and students taking more than one class). For any student who feels they need more than 10% off, please pick up a financial aid form at the office and we would be happy to help. Sun and Moon also has a work exchange program for students who wish to trade work for yoga classes.

sun & moon yogastudio

Registration - Winter 2006

breathe. stretch. relax. repeat.

Please read the registration information below. One form per person please.

Name _____ Date ____/____/____

By affixing my initials here, I declare myself to be responsible for my own health and safety while participating in class:



Address _____

City _____ State _____ Zip _____

Phone (day) _____ (evening) _____

Email _____

How did you hear about Sun & Moon Studio? _____

Class/Workshop	Day	Time	Start Date	Teacher	Location	Cost
					<input type="checkbox"/> Arlington <input type="checkbox"/> Fairfax <input type="checkbox"/> Rappahannock	
					<input type="checkbox"/> Arlington <input type="checkbox"/> Fairfax <input type="checkbox"/> Rappahannock	

Visa MC Disc# _____ Exp. Date ____/____

(for fax-ins only)

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
 Rappahannock students, mail to P.O. Box 348, Sperryville, VA 22740 Fax: 703-934-9481

10% Discount Need Basis

- Senior
- Family
- Full-time Student
- Multiple classes

10% Discount \$ _____

TOTAL DUE \$ _____

Discounts do not apply to workshops.

Office Use: Cash Reg. CC Proc. Reg. Book Circle: V/MC/Disc/CA/CK# _____

Date rec'd _____

PR _____ GC\$ _____ INI _____

Database by _____

ogastudio


breathe. stretch. relax. repeat.

3811 Lee Highway, Arlington, VA 22207

A vertical decorative graphic consisting of three overlapping, semi-transparent grey shapes that resemble a stylized letter 'S' or a series of curved lines.

Workshops Workshops Workshops!!!

Be sure to check our website at
www.sundandmoonstudio.com
for a complete listing of our workshops. We
continue to offer new workshops throughout
the session!

A vertical decorative graphic consisting of three overlapping, semi-transparent grey shapes that resemble a stylized letter 'S' or a series of curved lines.