

## Registration Form

Your registration prior to the start date may ensure your class will be held. Early registration to obtain the \$10 discount must be RECEIVED by the date specified. Refunds or credits are not given for classes missed—you may take a make-up in ANY class in this series.

### Yoga Classes

Location	Start Date	Time	Amount
----------	------------	------	--------

August Extension	Amount
------------------	--------

### Tax-Deductible Donation

**Total**

We regret we are no longer able to accept credit cards. Kindly register with a check or cash. We are happy to arrange a payment plan when necessary. Thank you.

Name

Address

City Zip code

Phone Call Me About  
 Volunteering  
 I Care about WYC's Future

Email  Sign Me Up for WYC E-News

### Woodbury Yoga Center Mission

At Woodbury Yoga Center, we believe that the answers to all questions of living lie within us and are accessible through the practices of daily meditation and yoga. Our purpose is to share this understanding and the benefits of these practices with all neighbors. The science of Yoga supports the religious diversity of the community. WYC is a tax-exempt not-for-profit educational institution, Federal Statute 501 (c) (3).

# Hatha Yoga

Unless specified, classes are 90 minutes, suitable for beginners, run for 8 weeks and held at Woodbury Yoga Center.  
 8 week series: \$115/\$105 if received by 6/17.  
 One hour classes are \$105/\$95 if received by 6/17.  
 Missed classes can be made up in any other class during this series.

The focus in all yoga posture classes is on toning muscles, limbering joints, releasing tension and centering one's body and mind. The benefits also may include a decrease in chronic pain, anxiety, depression, blood pressure, cholesterol and insomnia.

**Monday 6/21—8/9** 3-wk ext: 8/16, 23, 30  
*Optional Meditation*

9:30 am Janaki /Hilde  
 5:30 pm Diane  
 \*6:00 pm Hilde at Oakville

**Tuesday 6/22—8/10** 3-wk ext: 8/17, 24, 31  
*Intermediate Vinyasa*

9:30 am Vincent  
 11:15 am Hilde  
 7:15 pm JoAnn

**Wednesday 6/23—8/11** 2-wk ext: 8/18, 25  
*Gentle Prana Flow*  
*Chair Yoga, 1-hour*  
*Children's Yoga, 1-hour, 7 wks*

9:30 am Megan  
 12:00 pm Megan  
 4:30 pm Laura

6:00 pm Hilde  
 7:45 pm Hilde

**Thursday 6/24—8/12** 2-wk ext: 8/19, 26  
*Intermediate, Optional Meditation*

9:00 am Hilde  
 4:00 pm Diane  
 6:30 pm JoAnn

**Friday 6/25—8/13** 2-wk ext: 8/20, 27  
*Vinyasa Slow Flow*

9:30 am Vincent

**\*Saturday 7/3—8/21** 1-wk ext: 8/28  
*Optional Meditation*

9:00 am Susan

**Sunday 6/27—8/15** 2-wk ext: 8/22, 29

5:00 pm Cyndi

### \* Satellite Location

Please bring your own mat/towel to class.

**Oakville, Union Congregational Church**  
 161 Buckingham St.

\* Saturday class begins one week after other classes begin.

### August Extension—Up to 3 week mini-series!

The last weeks of August are not covered by the summer schedule. We encourage students to speak with teachers to sign up for a 1-, 2- or 3-week extension, depending on the day of the week your class is offered. Each class listed to the left indicates the length of the extension available. The cost is \$15, \$30, and \$45, respectively. Registrations and payments must be made by 7/21 to insure that classes will be extended. Everyone registering for the extension receives a free open pass for the entire extension session.

### Children's Yoga (suggested ages 8–12)

**Instructor:** Laura McEvoy  
 Wednesday, 6/23–7/28, 6 weeks, 4:30-5:30 pm  
 \$81/\$71 if received by 6/17

### Chair Yoga (one-hour class)

**Instructor:** Megan Lutz  
 Wednesday, 6/23–8/11, 12:00–1:00 pm  
 Bend forward, backward and sideways, while practicing supported, restorative postures on a chair. We balance energetic flowing sequences guided by breath with gentle stretches, guided relaxation and healing imagery.

### Summer of Relaxation Special: Up to 80 free classes in July & August...

...when you sign up for an entire 8 week session of 90-minute classes this summer! Take a yoga vacation on us. Take time off work, stay home, and come to yoga every day—sometimes 3 times a day! You get a free pass for the month of July and through August 15, when you sign up for the full 8 week, 90 minute session this summer. 60 minute class registrants may upgrade for \$10.

*If the only reason you are not coming to yoga or upgrading to an open pass is money—talk to us. We can make it happen.*

Discounts are offered for six months or one year of yoga classes. Kindly inquire with Di or Neema in the office.

### A Letter from our Director

Dear yoga family and friends,

We breathe deeply and slowly, drinking in the beauty of this lovely spring and releasing our attention from the mind's habitual concerns. Just taking this moment of peace, being present with it, and gradually extending it into our day. Quiet calmness and joy—these are the gifts we offer ourselves and each other. Our daily time in meditation, yoga, quiet reflection or prayer opens the door into the inner sanctuary of stillness. Let us bring it out and offer it to the world with our smile, gentle, quiet actions, kindness and compassion.

To support your practice we are again offering a Summer of Relaxation. From July 1 to August 15, anyone who has registered for the full 8 week summer session (beginning June 21) is welcome to come to as many yoga classes as you like, at no additional charge. You may come every day, even twice on some days. We hope you can take advantage of this opportunity.

We are so excited about welcoming everyone in with the summer free open pass. Indeed, there are more students in each class. Let us celebrate the availability of more yoga for more people, helping each of us become more relaxed and accepting of one another in classes and in our lives.

Kindly note the August extension registration details, and if possible, just register for the extension when you sign up now for the new series. Some classes (Monday, Tuesday) have 3 extra weeks, Saturday has only 1 extra week. Call us during office hours or speak with your instructor if you need clarification.

Thank you all for your participation in so many ways. It is a joy to share in the practice and benefits of yoga and meditation with you. We truly invite everyone to participate with us; kindly advise us if you need help handling the expense of class. We will work out something.

With great love and peace,  
 Janaki

*\*Kindly let us know if you have physical limitations and need support finding the right yoga class to meet your needs. Some scholarships are available to cover costs of yoga classes. Just ask.*

## Foundations of Meditation

### 5 Thursday evenings in September and October

The course is next available after Labor Day only. We invite you to join us at the free Sunday evening meditation programs for instruction and practice meditating throughout the summer and join us in this Meditation class in September. Thank you.

Training in the theory and practice of correct meditation. Topics include benefits of meditation; application to stress management; posture; the relationship between breath and mind; the power of mantra; the evolution of consciousness; Kundalini Shakti; and the mind and attention. Each class includes a 20-minute meditation.

**Location:** House **Instructor:** Janaki  
\$125/\$115 if received by 9/2

### *Thank You!*

Necessity requires that we continue to accept donations. This year, we offer more for less, so everyone's help is appreciated. We carry on with the help of volunteers. Let us know if you are interested in helping out—we would love to have you join in!

We are extremely grateful to those of you already helping out by volunteering or making donations. Thank You. We truly are community.

### **WYC Office Help Needed**

Potential opening in mid-summer to early fall; volunteer or paid; Tuesday and Friday; 5–8 hours/week. Call or email us for details.

NON PROFIT  
US POSTAGE  
PAID  
PERMIT #268  
Waterbury, CT  
06701-9504

June–August 2010

# Woodbury Yoga Center

*Welcomes You*

*“WYC is filled with a loving presence and unconditional commitment to help anyone and everyone attain peace. When you enter the hall or the house you are inspired to reach inward and outward; inward to Self to help what is loving and great come out and outward to inspire others toward their unique greatness. Thanks WYC.”* —EF Newington

## Meditation Programs for World Peace and Healing

### Sunday Evenings at 7 pm—A talk, meditation, and chanting for world peace followed by tea.

Everyone is invited to join in strengthening the peace within our selves and on our planet by participating in these free weekly programs. Our combined prayers provide powerful donations of peace to the world bank of global consciousness.

Jun 6	Asking Ourselves Difficult Questions: Courageous Steps to Transformation	JoAnn Livolsi
Jun 13	Yoga 101: Sorting Out the Different Practices and Styles of Yoga	Janaki Pierson
Jun 20 *	The Light Within You	Tully Moss
Jun 27	Yogic Lifestyle: Cultivating Joy and Healing through Acceptance	Janaki Pierson
Jul 4	Yoga Community Conversation, Chanting and Meditation for World Peace and Healing	Todd Pritz
Jul 11	Santosh: Practicing The Yogic Principle of Contentment	Janaki Pierson
Jul 18	Got Limitations? Yoga for Sciatica, Knee, Neck, Back - Whatever Ails You	Susan Hyde Wick
Jul 25	Embodying Yoga Throughout the Ages: Diving Further into History	Megan Lutz
Aug 1	Yoga and Life: Keeping it Simple	Vin D'Alessio
Aug 8	Understanding Yoga Brings Freedom: Letting Go of Judgement	JoAnn Livolsi
Aug 15	Sleeping Deeply for Radiant Health and Energy: Simple Tips	Susan Hyde Wick

\* This Sunday, specific group prayers for world peace and healing are included.

**New Sunday Speaker** Todd Pritz has been practicing yoga here at WYC on and off for a few years. He began meditating a year ago with the Foundations class, and has noticed his practice has become more regular since receiving kundalini awakening recently from Sri Anandi Ma. He lives in Southbury and is employed at Chemtura in Middlebury.

**Office Hours Monday–Thursday 11–2; Friday 11–1** Calls received after hours are returned during the next office hours unless regarding an event occurring sooner. Emails are answered only during office hours. Thank you.

**Directions to Woodbury Yoga Center—From Main Street (Route 6) in Woodbury:** At the Episcopal Church take Route 317 (turns in only one direction). After one mile, turn right onto West Side Road. At the fourth house on the left, turn left up the paved driveway into the dirt parking lot. Most events are held at our Meditation Hall, just up the lighted path.

www.WoodburyYogaCenter.org

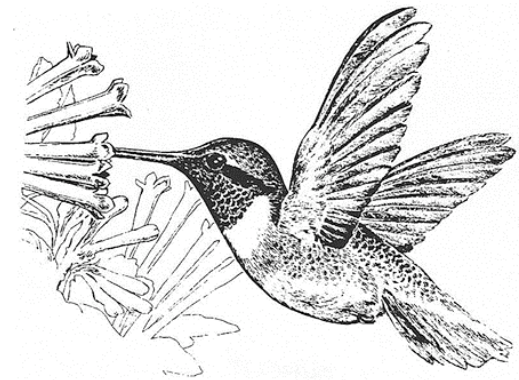
(203) 263–2254

## Woodbury Yoga Center

122 West Side Road  
Woodbury, CT 06798

(203) 263-2254  
www.WoodburyYogaCenter.org

*WYC is a tax-exempt not-for-profit educational institution under Federal Statute 501 (c) (3).*



*Summer of Relaxation  
2010*

*Your Presence is a Blessing to Us*