

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. Upgrade to an open pass for entire 8-week session for \$45.

Yoga Classes

Location	Start Date	Time	Amount
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Workshops, Special Events & Upgrades

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 8/31.

One hour chair yoga class is \$105/\$95 if received by 8/31.
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.

Kindly note: Early fall classes begin the Tuesday after Labor Day—September 7.

Monday	9/13—11/1	Thursday	9/9—10/28
9:30 am	Janaki <i>Optional Meditation</i>	9:00 am	Hilde
5:30 pm	Diane	4:00 pm	Diane
*6:00 pm	Hilde at Oakville	6:30 pm	JoAnn <i>Intermediate, Optional Meditation</i>
Tuesday	9/7—10/28	Friday	9/10—10/29
9:30 am	Vincent <i>Intermediate Vinyasa</i>	9:30 am	Vincent <i>Vinyasa Slow Flow</i>
11:15 am	Hilde	Saturday	9/11—10/30
7:15 pm	JoAnn	9:00 am	Susan <i>Optional Meditation</i>
Wednesday	9/8—10/27	Sunday	9/12—10/31
9:30 am	Megan	5:00 pm	Cyndi
12:30 pm	Megan <i>Chair Yoga, 1-hour</i>		
6:00 pm	Hilde		
7:45 pm	Hilde		

Chair Yoga (one-hour class)

Instructor: Megan Lutz

Wednesday, 9/8—10/27, 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.

* **Satellite Location**—Oakville, Union Congregational Church—161 Buckingham St.

Please bring your own mat/towel to class.

Extend Your Open Pass: Upgrade for Early Fall Classes for \$45

If you like our summer Staycation special, you may continue into the fall with an open pass upgrade: your regular 8-week/8-class registration upgrades to an 8-week open pass for only \$45. Yes, you understand correctly! Unlimited classes for 8 weeks by adding \$45 to your regular registration for these early fall hatha yoga classes.

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.

Through meditation one can experience a stable, silent, inner peace that can be a permanently soothing background for all harmonious or trialsome activities demanded by life's responsibilities.
—Paramahansa Yogananda

A Letter from our Director

Dear yoga family and friends,

One of the joys we experience as our practice of yoga and meditation deepens is the awareness of our interconnectedness with one another and nature. We find ourselves being happiest when those around us are happy. Unbidden, and often unnoticed, we make imperceptible adjustments in our behavior or thinking to make others more comfortable. We accept the truth that giving to others, and putting others first, brings us the greatest joy. That this occurs spontaneously, without effort, is the most amazing thing.

To nurture this idyllic quality in ourselves we turn our attention inward, to recognize, deepen and strengthen our internal connection to the universe, or universal consciousness. This is, in fact, the very definition of yoga: Union of the individual with the universal (or divine). As the long days of summer begin to wane and our thoughts turn to cooler weather, let us come together to practice yoga, offering the fragrance of our own inner peace to one another, our families and our world.

To support your practice, we encourage graduates of the Foundations of Meditation class to take the course over again, for free. For those of you who want more yoga posture classes, you may upgrade to an open pass—entitling you to attend every single class offered during the Early Fall session—for only \$45 after you register for the session. If you came to every class, that works out to less than \$2 per class!

We are grateful and proud that students this summer began volunteering to maintain the cleanliness of our practice and community space. This implementation of karma yoga, or skill in action also known as self-less service, reflects the internal connection blossoming within our dedicated yoga community, described in the first paragraphs above.

We look forward to seeing you in class, volunteering, or at our Sunday Evening Programs for World Peace and Healing.

With gratitude for your presence among us,
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.*

WYC Office Help Needed—Potential opening in late summer to early fall; volunteer or paid; Tuesday and Friday; 4-5 hours/week. Call or email us for details.

wyogac@juno.com

Foundations of Meditation

5 Monday evenings: Sep 13, 20, 27; Oct 4, 18
7:00–9:00 pm

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 9/6

The benefits of daily meditation practice include increased calmness, peace, joy, focus, ability to concentrate, and a decrease in chronic pain, stress, anxiety, depression, high blood pressure, cholesterol and insomnia.

Thank You!

We welcome those of you new to the Woodbury Yoga Center community. A special thank you to everyone who is introducing friends, colleagues, and family to the joys and benefits of yoga here at WYC. We are here to serve you, and the community, so that together we experience a more healthy, peaceful life for our selves, our families, and our world.

You are making this happen through your attendance at classes and programs, through your volunteer activities here (known in yogic terms as seva or selfless service) through your financial support and donations, and by participating in expanding the practice of yoga in the greater community through inviting people to try a class here.

Thank you for all of these contributions to sustaining our yoga community. Each activity nourishes and strengthens the healing and peace inwardly and outwardly, individually and universally.

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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 ourselves 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.

Aug 8	Understanding Yoga Brings Freedom: Letting Go of Judgment	JoAnn Livolsi
Aug 15	Sleeping Deeply for Radiant Health and Energy: Simple Tips	Susan Hyde Wick
Aug 22	Intuition and Spiritual Practice: Surrendering through Adversity	Priyanka Hubbard
Aug 29	Experiencing Balance, Peace, and Healing in Ourselves and Our Communities	Janaki Pierson
Sep 5	Yoga Community Conversation, Chanting and Meditation for World Peace and Healing	Arthur Samuelson
Sep 12	As Is: Yoga and Accepting Ourselves as We Are	Susan Hyde Wick
Sep 19	A Spiritual Pilgrimage on the Roof of the World: Tales from Tibet	Janaki Pierson
Sep 26	Yoga Tips: Simple Tools for Avoiding Run-Away Emotions	Vin D'Alessio
Oct 3	When Life Brings 'Lemons' and We Don't Feel Like Making Lemonade	Romie Palladino
Oct 10	Prana, the Vital Life Force and Breath: Ancient Secrets for Radiant Health	Janaki Pierson

New Sunday Speakers

Arthur Samuelson began Transcendental Meditation when he was 15 years old, in 1975, and has meditated off and on since. He joined the Self Realization Fellowship in 2005, completing a three-year home-study training course designed by Paramahansa Yogananda. He has been volunteering, practicing yoga and meditation, and helping host Sunday evening programs here at WYC over the last year. A resident of Oxford, he currently works as a business manager in financial management and human resources for a private university. He has a BS in finance, BFA in Illustration, and MFA in Painting. He received Kundalini Awakening from Sri Anandi Ma in 2009.

Priyanka Hubbard, a devoted fundamentalist Christian as a child, followed the Baha'i tradition for 14 years before developing an interest in Buddhism and Hinduism. Having sought greater spirituality throughout her life, she found it after traveling from her home in Chicago to WYC in 1996 to receive Kundalini Awakening from Sri Anandi Ma. In a few years, she moved to a California neighborhood of yoga practitioners. She is now living in Connecticut with work as a consultant in Instructional Design and Software Training. She is vegetarian and has meditated regularly for 14 years.

Office Hours after September 1: 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

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Woodbury, CT 06798

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

September–October 2010

Yoga Center Welcomes You



Early Fall 2010

Your Presence is a Blessing to Us