

## 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 January classes for \$25.

### Yoga Classes

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

### 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 12/27. One hour classes are \$105/\$95 if received by 12/27.

Save additional \$10 when you sign up for a second yoga class in this schedule.

Missed classes can be made up in any other class during this series.

**Monday 1/4—2/22**  
 9:30 am Janaki *Optional Meditation*  
 ◆12:00 noon Megan *Chair Yoga, 1-hour class*  
 5:30 pm Diane  
 \*6:00 pm Hilde at Oakville  
 \* ◆7:15 pm JoAnn at Crowne Plaza *1-hour class*

**Tuesday 1/5—2/23**  
 9:30 am Vincent *Intermediate Vinyasa*  
 11:15 am Hilde  
 ◆7:15 pm JoAnn *1-hour class*

**Wednesday 1/6—2/24**  
 9:30 am Megan *Gentle Restorative*  
 6:00 pm Hilde  
 7:45 pm Hilde

**Thursday 1/7—2/25**  
 9:00 am Hilde  
 4:00 pm Diane  
 6:30 pm JoAnn *Intermediate, Optional Meditation*

**Friday 1/8—2/26**  
 9:30 am Vincent *Vinyasa Slow Flow*

**Saturday 1/9—2/27**  
 9:00 am Susan *Optional Meditation*

**Sunday 1/10—2/28**  
 5:00 pm Cyndi

### ◆ 1-hour class

### \* Satellite Locations

Please bring your own mat/towel to class.

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

**Southbury, Crowne Plaza Hotel**  
 exit 16 off I-84

*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.*

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

Wednesday, 1/6-2/24, 4:30-5:30 pm

\$105/\$95 if received by 12/27

**Instructor:** Laura McEvoy

### Children's Yoga by donation, drop-off program (ages 4–7)

**Instructor:** Michelle Wenis, 203-797-8972

Friday, 4:15-5:00 pm

Parents can wait upstairs or return at end of class.

Suggested donation: \$5 per child or more to benefit our Center.

### Chair Yoga

**Instructor:** Megan Lutz

Monday, 11:45 am, 1-hour class

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. The focus 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.

### Our Winter Gift to You!

To encourage you to get up, get moving, and get out of the house in February, and in thanking you for your presence in the WYC community, we are offering a free open pass to all classes for the month of February to everyone signing up for the full 8 week winter session. We appreciate you!

Also, if you want an open pass for January, the Open Pass Upgrade is only \$25.

***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. We recently received a donation to support us in supporting you. Thank you, TB!***

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

### A Letter from our Director

Dear yoga family and friends,

Within us is the source of infinite calmness, joy, and peace. Let us allow each moment that we are "stressing" to be a reminder to access our calm peaceful center: Slow even breathing, mantra repetition, a simple, positive affirmation ("Divine Love is doing it's perfect work here and now...") or prayer all help draw us back into our calm self. We experience that a regular meditation and/or yoga practice also helps keep us peaceful and centered. A participant in the Sunday evening program remarked that her entire week is different, more relaxed, when she comes to the program. Give yourself many more joyful weeks by meditating in community with us regularly on Sunday evenings.

You can still join us for the rest of the current series, with a free open pass to all yoga classes offered when you sign up for just one. To help you keep your practice strong, we are again offering the free open pass for the month of February to all students registering for the full 8 week winter session. February is a good month to double up on yoga classes, keeping our bodies active and spirits strong!

Do join us as often as you can, in yoga or meditation class, volunteering in selfless service (Karma Yoga), or at Sunday evening programs. We are here to support your yoga practice - to strengthen our connection to spirit, to combine our energy into one harmonious, expanding vibration of peace and unconditional love.

Thank you for being a part of our yoga community.

May our New Year be filled with abundant blessings of eternal joy, and may our hearts be filled with boundless compassion.

Love,  
 Janaki

### Annual Fundraising Letter

A hearty thank you to all who have responded this year to our annual fundraising request. Response has been slow so far this year, compared to past years, so we are hoping more people will be able to participate. We are offering more for less this year; everyone's help is appreciated.

We are carrying-on with the help of volunteers. Volunteers with the following skills would be very helpful: web-site design and maintenance, video recording, office, painting, and carpentry. Our fax machine and office copier are not working and we could use either advice on repairing them or donations for replacing them.

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

## Foundations of Meditation

3 Sunday Afternoon Intensive

January 3, 10, 17; 2:30–5:30

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 12/27

Here is what our yoga teacher Diane Scuteri says about Foundations of Meditation and the instructor:

*"Beyond the conventional teacher. An opportunity to be present with a teacher whose total dedication in her own practice conveys the true essence of meditation."*

## 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.

Dec 13	Three Easy Steps to Success with The Practice of Contentment	Janaki Pierson
Dec 20	Embodying Peace and Joy during the Holidays and Always	JoAnn Livolsi
Dec 27	Beginning the New Year with Peace in our Hearts and World: A Daily Meditation Practice	Janaki Pierson
Jan 3	The Teachings of Dogen Master ZenJi	Jordan Scheibel
Jan 10	Kirtan: The Joy of Chanting	Sarita Valentine and Sachin Hazen
Jan 17	Allowing our Lives to be Joyful: Celebrating Intuition	Janaki Pierson
Jan 24	Moving from Dark to Light: Reframing our Sacred Stories	Romie Palladino
Jan 31	Simple Yogic Breathing for Calming Mind and Heart	Vin D'Alessio
Feb 7	Opening the Heart Chakra with Yoga Postures and Other Practices	Susan Hyde Wick
Feb 14	Love Beyond Romance: An Open Discussion	Kim Nagle

**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. \*Tuesday and Friday hours are tentative until below Office Help position is filled. 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.

**Gift Certificates and Shopping at WYC:** 100% organic cotton and pure rubber eco yoga mats, books, cushions, CD's, gift certificates for classes or bookstore—the best gift you can give anyone of any age: an introduction to yoga, support for their new or deepening yogic lifestyle for a healthy, happy, peaceful adventure in life.

**Office Help Needed!** This **IMMEDIATE** opening is for either a volunteer or paid employee to work in our WYC office a few hours mid-day Tuesdays and Fridays. A calm, happy, and reliable person with good computer and communication skills will be handling basic duties including answering phones, registering students, organizing the newsletter and preparing weekly press releases. Contact us with your name, email, snail mail address and phone number.

www.WoodburyYogaCenter.org

## Deepening Meditation, Letting Go, and Yoga Sutras

**Mondays, Dec 28 and Jan 11, 7:00–9:00pm**  
**Class may be taken individually or as a series**

Strengthen our daily meditation practice and our calm contentment with our lives with immersion into the science of yoga. Support and guidance for rapidly changing situations and options in life are found in The Yoga Sutras, and other ancient classical yogic texts. Understanding the events in our lives within the context of yoga, that thoughts are a choice, we emerge in harmony with our lives. Freedom from anxiety and stress is our daily experience.

Peace alone remains when thoughts subside.

**Location:** House **Instructor:** Janaki

\$35/\$29 per class if received one week prior to class  
\$51 for two sessions if received by 12/21

(203) 263–2254

## Woodbury Yoga Center

122 West Side Road  
Woodbury, CT 06798

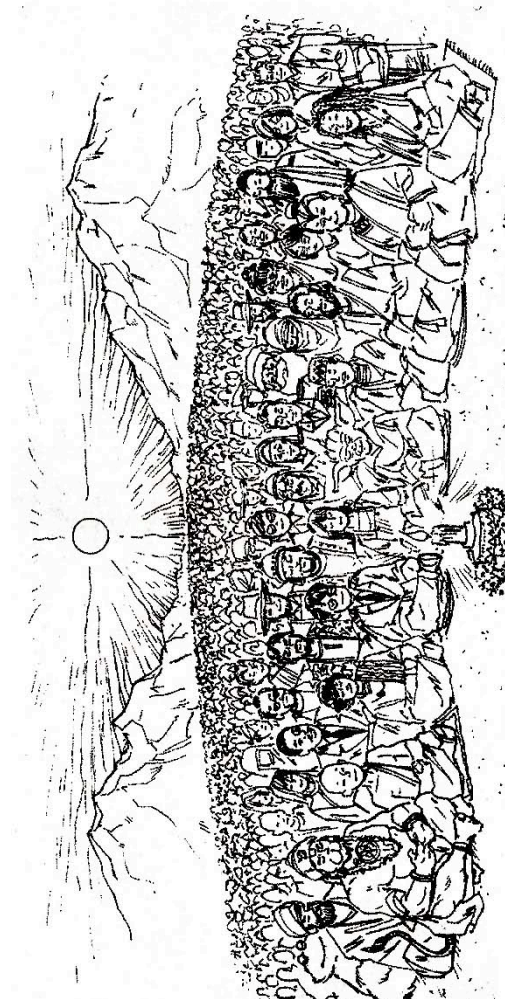
(203) 263-2254

www.WoodburyYogaCenter.org

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

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

December 2009–February 2010



Winter 2010

May our hearts be filled  
with gratitude and compassion,  
Igniting peace and healing  
in the world  
This holiday season and always

Woodbury Yoga Center