

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 12/26. 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 unlimited yoga classes for a suggested minimum donation of \$75 (if there is one second class you require) or \$45 if you are content with whatever classes are available. We greatly appreciate your generosity when making your donation.

Yoga Classes

Location	Start Date	Time	Amount
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Workshops, Special Events, Upgrades	Amount
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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, Hatha Yoga classes are 90 minutes, suitable for beginners, run for 8 weeks and held at Woodbury Yoga Center. 8 week Hatha Yoga series: **\$125/\$115 if received by 12/26** 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.

Monday	1/2–2/20	Thursday	1/5–2/23
9:30 am	Janaki/Hilde <i>Optional Meditation</i>	9:30 am	Hilde
5:30 pm	Diane	4:00 pm	Diane
*6:00 pm	Hilde at Oakville	Friday	1/6–2/24
Tuesday	1/3–2/21	9:30 am	Susan <i>Vinyasa Slow Flow</i>
9:30 am	JoAnn/ <i>Moderate Vinyasa</i> Jamie (Jyoti)	Saturday	1/7–2/25
11:15 am	Hilde <i>Gentle Yoga</i>	9:30 am	JoAnn <i>Optional Meditation</i>
4:30 pm	Laura <i>Children's Yoga (1-hour)</i>	Sunday	1/8–2/26
7:15 pm	JoAnn	5:00 pm	Jamie (Jyoti) <i>Gentle Yoga</i>
Wednesday	1/4–2/22	* Satellite location—Oakville, Union Congregational Church—161 Buckingham St. Please bring your own mat/towel to class.	
10:30 am	Art <i>Gentle Yoga</i>		
6:00 pm	Hilde		
7:45 pm	Hilde		

Winter Weather

Class closings due to inclement weather or driving conditions may be made up in any class offered. Kindly contact us if you need help in taking your make-up class. When conditions are questionable, a message is left on the yoga center machine at least an hour before the scheduled start time of the class if the class is cancelled. If you check earlier, be sure to check again at one hour before the class begins before journeying out.

As always, do not drive if the class is held but conditions are poor in your area. We will always give you a make-up class.

Winter Open Pass Upgrade

When you register for just one yoga class per week this winter, you may upgrade for an Open Pass. This pass entitles you to take any additional hatha yoga class running this session. If you require a specific second class to be available, the upgrade cost is \$75. If you are content with the classes available with otherwise sufficient registration, the upgrade for Open Pass is \$45.

Give or Request the Gift of Yoga this Holiday Season

WYC Gift Certificates are available for bookstore, hatha yoga and meditation classes. We also have books, CD's cushions and mats. Purchase early!

Chocolate Truffles Arriving in Early December!

Sugar-free, honey-sweetened truffles are available here at WYC for your holiday enjoyment and gift giving.

Children's Yoga (1-hr, two 3-week sessions)

Suggested ages 6-12

Tues 4:30–5:30 pm **Instructor:** Laura McEvoy
 Session 1: Jan 10, 17, 24; Session 2: Feb 7, 14, 28

\$55/ session; \$47 if received by 1/2 (session 1) and 2/1 (session 2)

Yoga helps improve body awareness, coordination, posture, strength, calmness and relaxation. The yoga class environment promotes good self-esteem, empowerment, respect, and connectedness.

"So often children are told to calm down and relax, but they are not taught how. Here, they learn healthy habits for managing stress and releasing pent-up energy," says Instructor Laura McEvoy. Ms. McEvoy is certified as an elementary school teacher with a Masters degree in counseling.

Tai Chi & Chi Gung

We regret that Lynn is unavailable this session for teaching. We are optimistic that she may be available in March for one or two Master Classes, focusing on Cloud Arms or other specialty areas. She is also looking for other qualified instructors who could offer Tai Chi and Chi Gung for us here at WYC.

A Letter from our Director

Dear yoga family and friends,

Breathing in deeply of the fullness and joy in our lives, we breathe out and let go of thoughts of limitation and distress. Let our meditations and commitment to compassion deepen and stabilize our center, even as events and people around us may be changing and adjusting. Let us keep our hearts open and our dedication to yoga - unity consciousness - steadfast in bringing inner peace to ours elves, families, community and world.

We welcome Sri Dhyanyogiji to our meditation hall and yoga practice space. The murti (statue) arrived on 19 November, and is already transforming and uplifting the energy here. It is traditional in India that murtis of Saints are instilled with prana (vital life force) and in this way brought to life. As this murti is, to many, the very being and essence of Sri Dhyanyogiji, we hope that you experience and honor the quality of energy emanating in Muktidham. Information about Sri Dhyanyogiji's life and teaching is available in brochures near the murti. His biography, *This House is on Fire*, is in the bookstore.

We welcome Derek Pettinelli to our office staff. He is helping out on Tuesdays and additional days as needed, improving our presence on Facebook, and working on getting our eNews up and running again.

Kindly note that Art's Gentle Beginner's yoga on Wednesday morning has moved to 10:30 am for the winter season.

Due to the increased cost of keeping the center open during the winter (high heating and snow plow bills) the Sunday evening programs are offered less frequently during January 2012, and not on Christmas, 2011. We have a concentrated offering of classes this season and are more vigilant about requiring the minimum number of registrants (8) to run classes listed. Remember, if your class is cancelled due to inclement weather, you are welcome to make up the class in any other class during the series.

We appreciate everyone's participation in our annual fall fundraiser. Your donations truly do sustain us, especially through the expensive winter months.

We look forward to seeing you soon in class, at a free program, or volunteering in our yoga community.

May your holiday season and New Year be blessed with joy, prosperity, radiant health and inner peace.

With love and gratitude,
Janaki

Easily Check our Facebook page:

facebook.com/woodburyyogacenter

We are making every effort to keep you updated via FB with schedule changes, especially during wintery storms and last minute status updates of classes and events.

wyogac@juno.com

Foundations of Meditation

Instructor: Janaki

4 Monday evenings: Feb 13, 20, 27, Mar 5; 7–9:30 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

\$135/\$125 if received by 2/11

Yoga 101: Exploring Lifestyle & Philosophy

Instructor: JoAnn Livolsi

2 Thursday evenings; Jan 12, Feb 9; 6:30–7:45 pm

Instructor JoAnn LiVolsi includes yoga postures with variations for different abilities. Discussion of traditional yoga philosophy and lifestyle is included.

Location: Muktidham

\$21 for both classes if received by 1/7. \$15 at the door.

New Year's Day Celebration

11am–1pm

Welcome New Year 2012 with Yogic Chanting, Serene Meditation, and Spiritual Community

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Woodbury, CT
06701-9504

Welcome and Thank You!

We welcome you to the Woodbury Yoga Center community. Each of you are appreciated for introducing friends, colleagues and family to the joys and benefits of yoga with us here at WYC. We are here to serve you, so together we experience a healthier, more peaceful life for our selves, our families, and our world. Spread the joy!

Arrangements are made if you would like to benefit from classes here but are constrained financially. Just ask.

Thank you for all your contributions of time, energy and resources. We sustain each other in yoga. Each activity nourishes and sustains the healing and peace within our selves and our world.

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.

Dec 4	Being Conscious: Accessing Every Opportunity for Expanded Awareness	Vin D'Alessio
Dec 11	Re-tuning our Attention: Vibrations for Meditation	JoAnn LiVolsi
Dec 18	Understanding the Science of Yoga: Recognizing We are Already Content	Janaki Pierson
Dec 25	Enjoy a quiet peaceful meditation at home or with family and friends ~ No program scheduled ~	
Jan 1	Celebrate at 11 a.m. with Chanting and Meditation for the New Year (see above invitation)	
Jan 8	The Light and Life of an Ancient Culture: Two Weeks in Egypt	Vin D'Alessio
Jan 15	Available for make-up program if it snows on 1/8 ~ No program scheduled ~	
Jan 22	Feeling Calm and Serene: Yoga Poses to Ground our Energy	Susan Hyde Wick
Jan 29	Available for a make-up program ~ No program scheduled ~	
Feb 5	Cultivating Equanimity Amidst the Ups and Downs of Life	Art Rodia
Feb 12	Ayurvedic Healing in India: Fine Tuning Body, Mind and Spirit	Janaki Pierson

Office Hours: Monday through Thursday 11–2. 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.

Correction: After printing in our summer 2011 newsletter that WYC is required to pay the state tax on yoga classes, the CT. state website has been updated. We have confirmed that we are not required to pay this tax, due to our status as a 501c-3 federally tax exempt educational institution. We apologize for the error.

www.WoodburyYogaCenter.org

(203) 263–2254

Woodbury Yoga Center

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Woodbury, CT 06798

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January–February 2012

Woodbury Yoga Center

Winter 2012



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

*Let us strengthen the peace
within ourselves,
that our actions may ignite joy
in the hearts of all, so that
Love and Peace may prevail
this holiday season
and always.*