

The Yoga Connection instructors are dedicated to teaching Hatha Yoga while working with the body's optimal anatomical alignment. Working with students of all abilities, our style of yoga is based on a philosophy that the mind, body and spirit are equally divine and should be equally honored.

BENEFITS

Yoga provides many physical and mental benefits. You can improve your strength, flexibility, balance and coordination, as well as find relief from joint stiffness. Yoga also offers mental clarity and increases your ability to focus and concentrate. A regular practice will reduce stress and leave you feeling calm and refreshed.

At The Yoga Connection, we encourage students to listen to their bodies to create a heightened sense of body awareness - which is essential to good health. By exploring physical poses, breathing exercises, and relaxation techniques, instructors help students make the mind, body, inner spirit connection.

WHAT WE OFFER

We offer a wide variety of classes to meet the needs of all students - beginner to the advanced practitioner; all ages, and whether physically fit or physically challenged. We invite you to join us as we explore the many physical, mental, and spiritual benefits of yoga.

MISSION STATEMENT

We strive to teach yoga in a peaceful, relaxed, supportive environment.



SHERNITA PARKER, RYT began practicing yoga in 2001 to find relief from lower back pain caused by pregnancy, but quickly found it offered so many benefits. As her own interest in yoga grew and she became more committed to her practice, she knew she wanted to share her enthusiasm and dedication to yoga with others. Shernita received her certification at the Health Advantage Yoga Center in Herndon, VA and is ecstatic at how this opportunity has deepened her own practice. Shernita believes yoga is the perfect tool to help you deal with life's challenges and more fully experience life's joy.



LORRAINE MCCLEARY, RYT is a Physical Therapist who began to study yoga more seriously in 2000 when she was diagnosed with breast cancer. She found that her yoga practice gave her new energy, stress relief and strength of body and heart. She has studied in the Iyengar and Anusara styles and completed her teacher training at Health Advantage Yoga Center in Herndon, VA in 2006. She is also certified in Yin Yoga. Lorraine would like to share

the healing art of yoga with those who wish to live each day with strength and compassion of heart.



AUDRA MONK, RYT has been a student of yoga since 2000. She began teaching in 2002 and earned her teaching certification from Sun and Moon Yoga Studio. She truly believes that yoga is for everybody and encourages students to be where they are in their body on each day. She loves that strength and grace come together so beautifully in yoga, leaving us with a feeling of peace and power after our practice. Audra teaches yoga with a lighthearted style, knowing that if we enjoy the journey, we will continue to explore.



PATT WATTANASUPT, RYT began his yoga journey in 2004. Since then, he's discovered a great transformation physically and emotionally through yoga. He completed his certification at Health Advantage Yoga Center. He's continued his studies with Susan Van Nuys and Doug Keller and taken workshops with Desiree Rumbaugh and Betsy Downing. He believes that Yoga can create both strength and flexibility which can improve your performance in sports or in everyday's activities.



CHRIS SQUIRES, LCMT has studied traditional Asian martial arts for over 30 years. He earned an instructor ranking in 1997 and has continued specialized training in Baguazhang and Pananandata. He is a certified massage therapist and somatic bodyworker. Chris's therapeutic approach to teaching qigong makes it easy to learn and immediately beneficial.



KRIS BRINKER has been a practitioner of the internal arts in Northern Virginia - Tai Chi (Taiji), Chi Kung (Qigong), Yoga - since 1989. Her early roots began with traditional Yang style Tai Chi and Hatha Yoga. Kris later began classes with Peaceable Dragon instructors in 2003 and continues studying the Cheng Man-Ching variation of the Yang style form as well as numerous variations of Qigong including Taiji Shen Gong and the Sheng Zhen Wuji Yuan Gong forms, among others.

Kris is authorized to teach by The International Sheng Zhen Society and Master Li Jun Feng, principal teacher of Sheng Zhen Qigong and former head coach of the Chinese National Wushu (Kung Fu) Team. Kris is also a certified Reiki Master and practitioner in the Reiki Jin Kei Do lineage.

GIFT CERTIFICATES, CORPORATE AND PRIVATE CLASSES AND PARTIES OFFERED

REGISTRATION INFORMATION

- Register early as classes fill quickly. Registration may be mailed, faxed, emailed, completed online or by phone.
- Full payment required at time of registration to ensure space in the class. VISA, Mastercard, cash, check and money orders accepted. Checks should be made payable to TYC.
- When taking more than one class a week - 1st class full price, 2nd class 10% off. **Full Sessions Only.**
- **Sign up for the Full Session and receive one free class of your choice.** (Workshops not included.)
- Seniors 60 and over receive a \$10 discount per class for full session registrations!

ALL CLASSES INCLUDE A \$35 NON-REFUNDABLE, NON-TRANSFERABLE ADMINISTRATION FEE.

WORK/CLASS EXCHANGE

Work at the studio for 2 hours per week in exchange for taking 1 class per week. Limited positions available. Call for details.

POLICIES

- Do not eat 2-3 hours before class.
- Students must be at least 16 years old to attend classes.
- Please do not wear heavy perfumes or colognes as a courtesy to those with allergies.
- Drop-ins for Intermediate and Advanced Classes require permission from the instructor/director.
- Call the studio for weather-related class cancellations.
- Please arrive a few minutes before your class time. If you are late, please enter quietly. If you must leave before the end of a class, please depart before relaxation.
- Students will not be allowed into class if more than 10 minutes late.
- Please turn off all cell phones.
- We reserve the right to cancel classes with fewer than four enrolled students.
- **Make-up Policy** Students are encouraged to make up their classes within the session in another class. Make-ups may be in a class of equal level or below. No make-up available for the Tai Chi class.
- There is a \$35 fee for returned checks.
- Discounts cannot be combined with any other discount.

FULL CLASS SESSION REFUND POLICY

Refunds are based on the date written notice is provided, not the date of the last class attended. The \$35 administrative fee is excluded from the amount refunded.

The tuition refund schedule is as follows: After the first class-100%; second class-70%; third class-60%; fourth class-30%.

No refunds will be given after the fifth week of class. Refunds will be processed after the sixth week of the session.

Prenatal students must speak with Director.

WE REGRET WE DO NOT PROVIDE CHILDCARE AT TYC.

The YOGA connection



Winter 2012 CLASS SCHEDULE

WINTER SCHEDULE 2012

January 3 – April 2 (13 week session)

Prices are for all 13 weeks

MONDAY			
10:00AM – 11:15AM	Mixed Levels	Audra	\$195
5:30PM – 6:45PM	Gentle Beginner	Marsha	\$195
5:45PM – 7:00PM	Mixed Levels	Shernita	\$195
7:00PM – 8:30PM	Yin Yang Yoga	Marsha	\$195
7:15PM – 8:30PM	Level I	Shernita	\$195

TUESDAY			
5:45PM – 7:00PM	Tai Chi & Chi Kung	Kris	\$234
5:30PM – 6:45PM	Level 2/3	Patt	\$195
7:00PM – 8:30PM	Total Body Yoga	Patt	\$195
7:15PM – 8:30PM	Winter Shape-up	Jen Z.	\$195

WEDNESDAY			
10:00AM – 11:15AM	Yin Yoga/Deep Stretch	Marsha	\$195
5:45PM – 7:00PM	Level 1	Patt	\$195
5:30PM – 6:45 PM	Level 2	Ely	\$195
7:00PM – 8:30PM	Partners Stretch	Ely	\$195
	Discount for 2 family members	\$375	
7:15PM – 8:30PM	Level 3	Patt	\$195

THURSDAY			
7:45AM – 9:00AM	Sunrise Yoga	Ely	\$195
5:30PM – 6:45PM	Yin Yoga/Deep Stretch	Lorraine	\$195
5:45PM – 7:00PM	Mixed Levels	Ely	\$195
7:00PM – 8:30PM	Yoga for Back Care	Lorraine	\$105
	7 week class session 1/5 – 2/16		
7:00PM – 8:30PM	Yoga for Healthy Bones	Lorraine	\$90
	6 week session 2/23 – 3/29		
7:15PM – 8:30PM	Mind Body Yoga	Ely	\$195

FRIDAY			
10:00AM – 11:30AM	Gentle Beginner	Marsha	\$195

SATURDAY			
9:00AM – 10:30AM	Mixed Levels	Shernita	\$195
9:00AM – 10:30AM	Gentle Beginner	Lorraine	\$195
10:45AM – 12:15PM	Prenatal/Post Partum	Nancy	\$195
10:45AM – 12:00PM	Intro to Qigong	Chris	\$234

SUNDAY
No Classes

LATE ARRIVALS MAY BE RETURNED AWAY SO PLEASE ARRIVE ON TIME
All classes include a \$35 non-refundable, non-transferable administration fee.

Receive one Free Class Pass upon registration for a full session.

WINTER WORKSHOPS AND SPECIAL CLASSES

Advance sign up recommended.
Students must give 7 days notice to cancel from a workshop. A \$5 fee will be subtracted from the refund.

LIBERATE YOUR NECK AND SHOULDERS!

CHRIS SQUIRES

Saturday, January 21, 1PM – 4PM \$40

In this three hour class, you will learn basic shoulder anatomy, common shoulder issues, self-treatment techniques, and qigong exercises for releasing shoulder tension and healing old injuries.

YOGA FOR A HEALTHY HEART

MARSHA MCCLELLAN

February 4, 1 PM – 3 PM \$30

All proceeds donated to the American Heart Association.

In honor of Wear Red Day, please join us for ways to improve your heart health by using simple yoga poses to increase your heart rate and relaxing poses to help with stress.

YOGA FOR WINERS

SHERNITA PARKER/WINE TASTING AT THE OPERA HOUSE GOURMET

Sunday, February 5, 4PM – 5:15PM yoga
5:30 wine tasting \$40 (includes wine)
Join us for a fun yoga class with Shernita followed by a tasting of various wines and appetizers with Jan Alten at the Opera House Gourmet! Yoga and wine tasting experience not necessary! Must be over 21!

SPINAL RENEWAL

LORRAINE MCCLEARY

March 24, 1 PM – 3 PM \$30

The spine is designed to strongly support the body. However, it should also move with fluidity and grace. Unfortunately, this flexibility can be lost through injury, disease, disuse, or aging. Come explore ways to soften and open the spine to new levels of suppleness. Students some level of yoga experience are welcome, but no acute injuries please.

EARLY BIRD SPECIAL – Register by Dec. 27 for a full session and receive a 15% off discount coupon on any retail item.

DROP-IN FEES:
\$23 Qigong/Tai Chi, \$18 All yoga classes

CLASS DESCRIPTIONS

GENTLE BEGINNER is a combination of Gentle and Level I classes. Students will learn the Level I basic poses with focus on ways to accommodate limitations. Taught in a comfortable, gentle way with relaxation, breath awareness and other stress reduction techniques.

YIN YANG YOGA is a nice combination of the quietness and healing aspects of the Yin practice concentrating on the connective tissues and the more active Yang form of yoga which include seated and standing poses, Sun Salutations, and gentle flow. Breathing techniques and meditation will be a part of this class. This class is suitable to students who have completed at least 1 session of Yin, Gentle/Beginner or Level I.

LEVEL 1 is a class for those new to yoga. This class introduces the fundamentals of yoga, showing how yoga can increase strength, balance and flexibility. Exploration of basic standing and seated postures, breathing and relaxation.

LEVEL 2 is a continuation of Beginner I. In this class endurance and refining the poses will be the focus. Students will learn simple back bending poses and shoulder stand.

LEVEL 2/3 is a class that starts with Level 2 poses and moves into Level 3 poses. Focus is on strengthening poses for the upper body to prepare students for headstand and handstand. Headstand is the major pose learned in this class. Students should complete at least three sessions of Yoga 2 before taking Level 2-3.

LEVEL 3 The focus of this class is on inversion poses with the major focus being headstand, shoulder stand and handstand prep. Backbends may also be included in this class. Students must have a strong yoga practice and full understanding of basic asanas. **Students must have instructor/director permission to attend this class.**

WINTER SHAPE UP focuses on invigorating and energizing the body from the sluggish, hot summer! Burn calories, tone core muscles, curb cravings, and promote glandular balance with techniques that can transform your body and your life!
Open to all students.

SUNRISE YOGA AND MIXED LEVELS classes are well rounded classes and suitable for beginning through intermediate students. The fundamentals of yoga are taught using the principles of proper alignment, and modifications are made when needed. These classes also include breath work, stress reduction, and relaxation techniques.

MIND BODY YOGA is focused on helping students deepen their practice and will incorporate Pranayama as an integral part of each class to explore how the breath deepens a pose and allow students to notice the subtleties of a pose. Each class will include discussion of the chakras and guide students in how the poses and breath can be used to balance the chakras - leading to improved well being. Sun Salutations will be a part of every class, as will deep relaxation and meditation. **Students must have completed at least 2 sessions of Level 1.**

PARTNER STRETCH Strength, balance and concentration will be shared, enhanced and enjoyed with the assistance of a partner. Increase your stretch and add stability to your poses. Join with a friend, spouse or relative or come alone! **Open to all levels.**

YOGA FOR BACK CARE Back pain is a major health problem for many of us. This 7 week mini series will examine the causes of back pain and explore how yoga can strengthen the back to help us feel better. If you are experiencing acute back pain, please consult your health care provider before taking this class.

PRENATAL / POST PARTUM This combination class will help students stay healthy and relaxed while toning the body using the principles of proper alignment and breath work. Prenatal students will focus on techniques for a more comfortable pregnancy, labor and delivery. Post Partum students will focus on techniques for gently regaining strength in the core muscles. **New and/or experienced students are welcome.**

TOTAL BODY YOGA will focus on strengthening, stretching, sculpting and energizing your total body. This class will flow through a series of standing poses, a variety of forward bends and back bends, twists, and balance. Increase your upper body and core strength. Improve your stamina and endurance. Suitable for yogis who already know basic alignments and body awareness but need more challenges in their practice.

YIN YOGA/DEEP STRETCH YOGA is designed for anyone whose joints and connective tissues have become less mobile through illness, injury, aging, or neglect. This class will help improve joint flexibility and help re-lubricate joints through a quiet, meditative practice of deeply held postures. This is a perfect complement to your active, yang practice or athletic endeavors to give you greater flexibility and help prevent injuries. **Open to everyone!**

TAI CHI & CHI KUNG (TAIJI & QIGONG) De-stress, wind down, relax, become more flexible and increase your strength and balance! Explore the health benefits and relaxation offered by the ancient arts of Tai Chi and Qigong! Modifications are available for physical considerations. The goal is to relax, have fun, and increase and maintain health through breathing and the gentle movements of Taiji and Qigong. A tool for improving physical and mental health, taijiquan is also a martial art, with each movement having applications.

YOGA FOR HEALTHY BONES Many people experience bone loss and osteoarthritis primarily due to aging. Regular weight bearing exercise is recommended to increase strength and help build up calcium in the bones for healthy bone mass. Yoga can provide an ideal way to build up strength in the limbs and especially in the spine and wrists that are difficult to target in other exercise forms. This 6 week mini course will provide a yoga workout to help increase bone strength, muscle strength, and balance. Please consult a health care provider if you are experiencing significant bone loss before taking this class.

INTRO TO QIGONG Strengthen your body naturally while healing old injuries using gentle movement and stretching. In this class, you will learn foundational material for further study of internal martial arts, such as Taijiquan. Learn a high quality warmup, stances, stepping, qigong movements, and more.

GET A FRIEND TO JOIN A FULL SESSION AND RECEIVE A \$20 GIFT CARD.

YOGA FLEX CARD

Need flexibility with your time or your practice? Try our Flex Card to give you the flexibility to take any class, any day, any time. Buy a card for \$50, \$75, \$100, \$125 or \$150. **They are non-transferable, non-refundable. Good for 1 year from date of purchase.**

All school educators, police, fire/rescue and active military duty to receive 10% discount on full sessions.