



Winter 2010

sun&moonyogastudio

breathe. stretch. relax. repeat.

Shedding Anxiety

by Amir

One of the main lessons we learn through our yoga practice is that all we really have in life is the present moment. We can't control our past or future, but we can shape our future and accept our past by enjoying the moment we are in right now.

The principal thief of present-moment peace of mind is anxiety. Ironically, at its core, anxiety is almost always apprehension or fear about the past or future, not the present. Yet we continually experience anxiety in the present in some fashion. I notice it when I find myself eating faster, driving faster, or lying in bed awake at night. We appear to be conditioned so that regardless of what we are doing, there is always something cooking on the back burner, robbing us of our present moment enjoyment.

In yoga class, we practice keeping awareness on our energy and body as we breathe and move. In approaching, for example, triangle pose, instead of worrying that we can't do it well, or coasting on the ease with which we did it last time, we focus on the placement of the feet, the strength and grounding in the legs, and the rotation of the torso. In this way, we get a full experience. This mindfulness is how we hook into the present moment.

And this is the same practice we can take into daily life. For example, when your boss yells at you about a project, instead of reacting from anxiety about job security, or recalling how your parents yelled at you in the same way, stay in the present moment, winnow the true from the false, and take fact-based, appropriate and thoughtful action.

Shedding the pattern of ingrained anxiety is not easy. It takes awareness of the pattern, and deliberate and constant effort to stay mindful, keep breathing, and be present. As many times a day as we remember, we can pause and then say to ourselves, "this is my life — what am I doing to live it fully, right now?"



From Darkness to Light

by Alex Levin

They say one should never go to bed angry. Recently, I did. Got in bed, wide awake, seething with this and that disappointment in the choices I made that day. While brushing my teeth, my list of grievances had grown and spun into a tornado-like frenzy. Suddenly, once tucked in and my body still, I went into a pause, listening with all my senses. My attention shifted into the physical sensations I was feeling. In a flash, I felt the knots of resentment soften, especially deep in my belly. It felt like I was melting into spaces of comfort, confidence and ease.

Our most stressful experiences are like the shortest day of the year, the winter solstice. We grow so weary of waking up in the dark, the foreshortened evenings, and the accompanying cold. There's nothing intrinsically wrong with the dark, the knots, the tight spots—they are what give life and art its dynamic contrasts. But habitually recoiling or protecting ourselves, usually from inaccurately perceiving our situation, may land us at our darkest hour. This can feel like a stuck place, an inescapable orbit. Ancient and modern sages alike teach that if we are suffering, we are resisting what is. On our yogic path, we begin to recognize that the cause of suffering comes from not seeing things as they truly are, from ignorance. Once worn down enough, we begin to wake to the realization that there is an alternative.

That night, at the same instant that I paused, and listened deeply into my dark discontent, it was like a bright light came on in my mind. I clearly saw that the parade of reeling worries were but shadows: as each floated by, I saw right through it. They had no substance. These worries are chronic concerns I use to defend or define myself. But this time, I understood that they were simply figments of my imagination, not actual at all. This whole review seemed to take only seconds. Once I remember to ask for clarity, it appears. My simple prayer, pausing to ask for what I need to know, is like the magic word that connects me to knowledge of the flow of life. No wonder we celebrate that point, as earth orbits the sun, that daylight begins to increase.

The kind of change that brought a halt to the tidal wave of my mind that night—letting me be still within it, within the very emotions and thoughts and sensations it's made of—comes from acknowledging the futility of exerting control. It involves the will to surrender into the space that may feel the most dark of all, the space of not knowing; abiding in the seeming emptiness. This pause, this space creates just enough of a crack in our ignorance to let awareness illuminate our dilemma.

Asserting this willingness, the ancient yogis chanted this mantra from the Teachings from the Forest of Knowledge:

Lead us from the unreal to real,

Lead us from darkness to light,

Lead us from death to immortality.

Om. Let there be peace, peace, peace.

From The Upanishads

Each year we are cyclically reminded of the sun's steady presence, even when the earth's temporary position gives the impression of less light. Our darkest hour often coincides with a sliver of remembering always available light. To notice our struggle with the play of shadows is to illuminate, to bring the ever-present light into play. It can happen, we can invite it to happen, in any dark moment, even and perhaps especially, when going to bed.

Kalesvara Mudra

by Suzanne Morgan

A hasta mudra is a gesture or positioning of the hands to channel and direct energy in the body. Mudras come from the over three-thousand-year-old tradition of yoga originating in India. *Hasta* means “hand” in Sanskrit and *mudra* comes from the Sanskrit word “mud,” meaning to delight. A mudra is a “seal,” as in sealing energy in the body, and sealing your connection with the Divine. Mudras can be created with the eyes and the tongue, and sometimes they incorporate the whole body. The kalesvara mudra is one example of a hasta mudra.

To form kalesvara mudra, the pads of the middle fingers touch each other and extend, as do the pads of the thumbs. Curl the index, ring and pinky fingers in towards the palm of the hand and connect these fingers from the joint to the tips. Point the thumbs toward your chest with your elbows out to the side.

While yoga is a spiritual practice, it also offers practical healing applications that benefit even those who aren't spiritually oriented. Hasta mudras work in a way that can be compared to acupuncture or reflexology. By activating parts of the hand, a hasta mudra opens up channels to the brain. Kalesvara mudra allows you to shape and control the mind. Its primary benefit is to calm anxieties, but it is also known to help heal addictions or unwanted character traits. It also enhances memory and concentration.

Since hasta mudras work to change the energy in the body and spirit, it's best if you incorporate conscious breathing with your practice. Breathe fully and freely on the inhale, and exhale the breath out completely. Find a rhythm with the breath. Try to make the inhale and exhale the same length.

It also helps to set a positive intention as you form a mudra and concentrate on this intention during



the practice. For instance, when practicing the kalesvara mudra, you might set the intention of being calm. Visualize all anxiety leaving your body and mind.

For the most part, it's fine to practice mudras anywhere and at any time. Of course it's more beneficial if you can bring your full attention to the practice, but also don't hesitate to practice a mudra while standing in line or working at your desk.

Mudras can be held for various lengths of time. You may find that you only need to hold a hasta mudra for five to ten minutes before you receive the intended benefit. For more long-term challenges, you can practice a hasta mudra three times a day for fifteen to thirty minutes. There are no set rules. Let your intuition and your body guide you.

Try this hasta mudra and see if it speaks to you. If you are sensitive energetically, you may receive immediate results. But if the benefit doesn't come quickly, be patient and consistent in your practice. Also, follow your intuition. Don't be afraid to modify the mudra if your body is telling you to do something different. You can also create your own mudras. Have fun and explore!

For a deeper look at mudras and their practical and therapeutic applications, check out Suzanne's informative and inspired book, "Hasta Mudras for Health and Healing," available at both studios.

Teacher Feature Meet Jon Waterman



What first drew your attention to Eastern philosophies?

I fell in love with karate during my junior year in college and decided, much to the chagrin of those funding my education, that this was the career I would follow. For the next twelve years I worked my way up the rankings as a competitor, teacher and ultimately small business operator. By the time this chapter of my life was over I had become a senior instructor and tournament director for the South East Karate Association and served as the president of the Atlanta Martial Arts Association. This introduced me to many martial arts styles and their philosophical origins.

How were you first introduced to meditation?

There were many weekends when a yoga, tai-chi or Zen meditation instructor would drop by to run an afternoon workshop after the morning class. I recall not only how well suited the studio space was for them, but also how different and peaceful the energy was in their classes compared to what we were accustomed to. My interests shifted more and more away from the high intensity towards yoga and meditation.

How did you end up in this quiet studio near the heart of Fairfax?

Soon after moving back to the northern Virginia area, I began sitting regularly with a relatively small group of meditators in Bethesda. This Sangha evolved into the Insight Meditation Community of Washington and from its inception, as a founding board and Teacher's Council member, I have been organizing and mentoring sitting groups. In July 05 Erika Neal, another member of the Teacher's Council who had been leading the Sunday evening class at Sun & Moon, asked me to take over so she could focus on her growing family and therapy practice.

How would you describe your style of teaching?

It is my understanding that for the past two thousand years, most styles of yoga, particularly hatha, have developed in part to temper the body-mind, thus

focusing its energies for meditation. Therefore, I encourage everyone to first remember how to relax as much as possible and then turn the attention towards training the mind. My classes, workshops and retreats focus on strengthening continuity of present moment awareness by synthesizing mindful movement, insight dialogue, and various meditation techniques within a tranquil environment.

From where do you draw your inspiration?

I have studied extensively with teachers from around the world with a concentration, since 1994, on Buddhist insight meditation. Since then I have strengthened my personal practice by attending over 100 retreats and workshops, the majority of these being seven to thirty-days long in a silent, residential retreat setting.

Can you say a little more about Buddhist insight meditation?

Buddhist Insight Meditation (known as Vipassana) is a comprehensive approach to awakening the heart and mind. The practice is to gradually cultivate our natural wisdom and compassion by developing a calm, concentrated sense of presence. An underlying component of this process rests in the skillful application of non-judging attention called mindfulness. As mindfulness deepens we are able to see through our conditioned behaviors and thoughts, ultimately revealing our vast potential to make choices inviting joy, happiness and freedom.

Do you have any final remarks?

I am really fortunate to be able to dedicate myself full time to the dharma by teaching classes and workshops in diverse environments. I also enjoy a successful personal coaching practice and have found that the fundamentals of these teachings apply here as well. It is said that the dharma is good in the beginning, the middle and the end and there is no doubt, in my mind anyway, that we can rely on this.

Special Events and Workshops

Day	Date	Time	Loc	Workshop	Teacher
JANUARY					
Fri	1/1	1:30-3:30pm	Arl	Wring Out the Old, Breathe in the New	Amir
Fri	1/1	12:30-2:30pm	Ffx	Bring Yoga Home for 2010	Carol Confino
Fri	1/8	tbd	Arl/Ffx	Yoga for Good	Various Teachers
Sat	1/9	2:00-4:00pm	Arl	Yoga for Winter Blues	Annie Moyer
Sat	1/16	2:30-4:00pm	Ffx	Free Class	Advanced Studies Students
Sat	1/23	1:30-3:30pm	Arl	Restore with Amir	Amir
Sat-Sun	1/23-1/24	12:45-3:45pm	Ffx	Life Force Yoga	Carol Confino
Sun	1/24	1:00-4:00pm	Arl	Encountering Silence: Retreat and Meditation	Alex Levin and Jackie Shaffer
Sat	1/30	2:30-4:00pm	Arl	Free Class	Advanced Studies Students
Sun	1/31	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
FEBRUARY					
Fri	2/5	tbd	Arl/Ffx	Yoga for Good	Various Teachers
Sat	2/6	1:30-4:30pm	Arl	Healing Low Back Pain with Amir	Amir
Fri-Sun	2/12-2/14	Variable	Arl	Advanced Yoga Studies Weekend	Advanced Studies Faculty
Sun	2/14	2:00-4:00pm	Arl	Partner Yoga for Two	Heidi and Roger Panetta
Sat	2/20	8:00-10:00pm	Arl	Yoga After Dark	Live music by SoilSound & Yoga with Faith Halter
Sun	2/21	12:30-6:30pm	Arl	Your Body, Your Health with Dr. Marie Schum-Brady	Marie Schum-Brady
Sat	2/27	2:00-5:00pm	Arl	Free Your Hips Through Yoga & Feldenkrais	Alex Levin and Madeline Helbraun
Sun	2/28	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
Sun	2/28	2:30-4:00pm	Ffx	Free Class	Advanced Studies Students
MARCH					
Fri	3/5	tbd	Arl/Ffx	Yoga for Good	Various Teachers
Sat	3/6	1:30-5:30pm	Arl	Color and Healing: Finding Yoga Through Art	Jackie Shaffer
Sun	3/7	2:00-4:00pm	Arl	Yoga Lying Down	Allegra Gulino
Fri-Sun	3/12-3/14	Variable	Arl	Advanced Yoga Studies Weekend	Advanced Studies Faculty
Sat	3/20	1:30-4:30pm	Arl	Yoga for the Hamstrings with Amir	Amir
Fri-Sun	3/26-3/28	Variable	Arl/Ffx	Hosting Baxter Bell	Baxter Bell

Class Descriptions

Level 1: A basic introduction to yoga breathing, postures, and relaxation. Intended for beginners with no previous experience, or those looking for a gentle and basic ongoing practice.

Level 2: Refines the basics and provides more detailed alignment instructions and breath work.

Level 3*: Teaches more advanced standing and seated poses, pranayama, and begins integrating inversions, deeper backbends, and meditation techniques.

Level 4*: Intensifies an already-strong asana practice by developing a deeper internal and energetic understanding of yoga. Inversions, arm balances, wheel and lotus poses are included, as well as advanced pranayama and meditation. Students are expected to have a home practice.

All Levels: Includes the basics as well as options for deeper practice. Appropriate for all students.

Combination Classes (i.e. Level 1/2):

For the student who is comfortable in the lower level, and interested in exploring the next.

Gentle Yoga: Basic poses at a slow pace. Ideal for beginners and/or students with health concerns.

Deepening Your Practice: Each week, Amir examines a specific category of poses and explores not only detailed instructions and variations of the poses, but also emphasizes how they integrate physically and psychologically into our being. Taught in a workshop style. Practical for all levels, but student must have completed at least one full session of Level 1 at Sun & Moon before registering for this class.

Integral Yoga: A holistic approach to yoga that incorporates a complete hatha routine, deep relaxation, pranayama, chanting and a short meditation. Appropriate for all levels.

Kids: Play and work with poses to increase flexibility and strength, develop coordination and posture, and explore relaxation and stress reduction tools. Yoga stories and/or visualizations will be presented in each class.

Kripalu: A variation of hatha yoga, the Kripalu style focuses on listening to your mind, body and spirit. Every class is an exploration of self. Classes consist of gentle flow, posture holds, pranayama,

meditation, Sanskrit chanting, use of mantra, yoga philosophy and deep relaxation. Emphasis on learning about yourself makes this class appropriate for all levels of yogis.

Kundalini: A unique yoga practice integrating hand positions, breath, posture, sound and motion. This class offers an opportunity to explore the highly evolved technology of Kundalini yoga infused with classic yoga asanas and vinyasa flow.

Meditation on Sunday evenings: A general survey and practice of various meditation philosophies and practices. Open to beginners and advanced students alike. No registration necessary.

Middle and High Schoolers: A playful yet disciplined practice of asana, pranayama, and relaxation, intended to help reduce stress and promote strength, self-esteem, focus, balance, and positive body images.

Moms & Babies: Bring along your baby, from infant to almost-crawling, for this welcoming postnatal class that emphasizes how yoga can help you stay physically and emotionally strong and centered during your first months together. Strengthen, stretch and tone your body with emphasis on support for feeding, holding, lifting and carrying your baby, as well as moving more easily through your daily life. Learn basic techniques of baby massage and movements that encourage neuromuscular development in babies.

Philosophy & Meditation: A group gathering for meditation practice and reading and discussion of yogic texts, both contemporary and traditional.

Pilates 1: This exercise system focuses on correct breathing, posture and core strengthening. No admittance after week three without permission of the instructor.

Pilates 2: The progression in this class is faster than Pilates 1 and provides an energetic, full body workout. Prior Pilates experience necessary.

Pre-Natal Yoga: An all-levels course which supports and empowers expectant mothers. Teachers ways to ease aches and pains, make the body comfortable during pregnancy, and use the breath to calm and steady the mind.

Restorative Yoga: Completely relax, relieve tension and revive the mind and body through breath work and passive yoga

poses. Restorative yoga provides an ideal way to end the work week, recover from stress, and renew the nervous system.

Vinyasa 1:** A fast-paced, challenging practice that builds stamina and strength through a series of flowing poses. Students should be comfortable coming quickly into standing poses with good alignment and should be practicing at Level 2 or above. Appropriate for beginning Ashtanga-style and power yoga practitioners.

Vinyasa 2:** Adds more advanced poses and challenging transitions to the fast, flowing pace of Vinyasa 1. Open to Level 3+ students or students comfortable with a Vinyasa 1 practice who are ready to expand their focus and core strength. Appropriate for experienced Ashtanga-style and power yoga practitioners.

Yoga and the 12 Steps: Traditional twelve-step programs offer a spiritual remedy for healing from addiction, but do not address the physical dimension. We will practice physical movement and postures, breathing exercises, and conscious relaxation; as well as begin to develop awareness and balance and connect our physical bodies to our mental, emotional and spiritual selves. Both yoga and the twelve-step philosophies are woven to provide a framework for authentic living and personal growth. Beginners very welcome and embraced.

Yoga for Recovery: A slow-paced class which combines yogic breathing, deep relaxation, and gentle movement to restore strength, range of motion and vitality. The practice will be modified for individual needs.

Yoga for Weight Loss: An all-levels yoga practice of postures, breathing exercises, conscious relaxation, and discussion to encourage the body, mind, and spirit to achieve a comfortable weight.

Partner Yoga for Two: Come with a partner for individual and partner poses. Have fun, do some yoga, and learn how to develop a practice for two. No experience required.

TEACHER BIOS

For a listing of Sun & Moon teachers, please go to our website at www.sunandmoonstudio.com and click on "about sun&moon" and then "our teachers."

*Level 3 and up classes require teacher permission.

**Vinyasa classes require completion of at least two sessions of Level 2 or above and/or permission from the teacher.

DIRECTIONS TO ARLINGTON

ARLINGTON STUDIO

3811 Lee Highway
Arlington, VA 22207

From Rt. 66 heading East: Take Exit 72 (Spout Run/Lee Hwy). Turn left onto Lee Hwy. Continue on Lee Hwy. until you reach your 3rd light. Turn right onto N. Pollard. The studio is on Lee Hwy. on the right in a small strip of stores.

From GW Parkway/Alexandria: Take the Spout Run Exit (left exit) off GW Parkway. Turn right onto Lee Hwy. Continue on Lee Hwy. and at the fourth light turn right onto N. Pollard. Park in lot on your right. The studio will be on Lee Hwy. in a small strip of stores.

First Class Free!

If you have never taken a class at our studio, we would like you to try a class on us. We hope that if Sun & Moon is the right studio for you that you'll sign up for one of our many offerings. You may want to give this coupon to a friend.

Bring this coupon to the studio for your first class free!

(This offer is valid one time to local residents who have never attended a class at Sun & Moon studios.)



sun&moon yogastudio

Arlington • Fairfax City
703.525.YOGA (9642)
www.sunandmoonstudio.com

ARLINGTON STUDIO • Winter 2010 (Mon-Fri 12 wks, Sat. & Sun. 13 wks)

Session runs from Saturday Jan 2 - Sunday Mar 28

Time	Class	Instructor	Start Date	Fee	Studio
SUNDAY					
8:00am-9:00am	Pilates	Danielle Ring	3-Jan	\$169.00	B
9:00am-10:30am	All Levels	Enid Kassner	3-Jan	\$195.00	A
9:15am-10:45am	Level 3	Alex/Jackie	3-Jan	\$195.00	B
10:45am-12:00pm	Level 1	Enid Kassner	3-Jan	\$195.00	A
11:00am-12:30pm	Level 2	Anne J./Emma	3-Jan	\$195.00	B
12:30pm-2:00pm	Kripalu Yoga	Rachel Goldberg	3-Jan	\$195.00	A
4:45pm-6:15pm	Vinyasa 2	Alfia Khaibullina	3-Jan	\$195.00	B
6:30pm-7:30pm	Meditation	Various teachers	3-Jan	Donation	B
MONDAY					
10:00am-11:15am	Level 1	Judith Lyon	4-Jan	\$180.00	A
10:15am-11:45am	Level 2	Asya Haikin	4-Jan	\$180.00	B
12:00pm-1:15pm	Gentle	Asya Haikin	4-Jan	\$180.00	A
12:15pm-1:30pm	Meditation/Philosophy	Jackie Shaffer	4-Jan	\$180.00	B
4:00pm-4:45pm	Middle Schoolers	Annie Moyer	4-Jan	\$156.00	C
5:00pm-6:00pm	High Schoolers	Annie Moyer	4-Jan	\$156.00	C
4:00pm-5:15pm	Level 1	Karin Caffi	4-Jan	\$180.00	B
4:30pm-6:00pm	Level 2/3	Jackie Shaffer	4-Jan	\$180.00	A
5:30pm-6:30pm	Pilates 1	Danielle Ring	4-Jan	\$156.00	B
6:15pm-7:45pm	Level 3/4	Alex Levin	4-Jan	\$180.00	C
6:15pm-7:45pm	Level 2	Amir	4-Jan	\$180.00	A
6:45pm-7:45pm	Pilates 1/2	Danielle Ring	4-Jan	\$156.00	B
8:00pm-9:30pm	Vinyasa 1/2	Carol Stehl	4-Jan	\$180.00	B
8:00pm-9:15pm	Level 1	Amir	4-Jan	\$180.00	A
TUESDAY					
10:00am-11:15am	Level 1	Judith Lyon	5-Jan	\$180.00	B
10:15am-11:45am	Level 2	Annie Moyer	5-Jan	\$180.00	A
12:00pm-1:30pm	Level 3	Annie Moyer	5-Jan	\$180.00	A
12:00pm-1:30pm	Level 2	Kristy Vandenberg	5-Jan	\$180.00	B
4:30pm-6:00pm	Level 2/3	Jackie Shaffer	5-Jan	\$180.00	A
4:45pm-6:00pm	Level 1	Jeni Berry	5-Jan	\$180.00	B
6:15pm-7:45pm	Level 2	Jackie Shaffer	5-Jan	\$180.00	B
6:15pm-7:30pm	Level 1	Suzanne Morgan	5-Jan	\$180.00	A
7:30pm-8:45pm	Gentle	Asya Haikin	5-Jan	\$180.00	C
8:00pm-9:15pm	Level 1	Alex Levin	5-Jan	\$180.00	B
8:00pm-9:30pm	Level 2/3	Laura Dillon	5-Jan	\$180.00	A
WEDNESDAY					
6:30am-7:30am	All Levels	Charlotte Raich	6-Jan	\$156.00	A
9:30am-11:00am	Level 2	Jackie Shaffer	6-Jan	\$180.00	A
9:30am-10:45am	Kundalini Yoga	Diana Erkiletian	6-Jan	\$180.00	B
11:15am-12:30pm	Level 1	Jackie Shaffer	6-Jan	\$180.00	A
11:30am-12:45pm	Moms & Babies	Beth F/ Faith	6-Jan	\$180.00	B
4:30pm-6:00pm	Level 2/3	Annie Moyer	6-Jan	\$180.00	A
4:30pm-6:00pm	All Levels	Gayle Fleming	6-Jan	\$180.00	B
5:30pm-7:00pm	Vinyasa 2	Mike Ricker	6-Jan	\$180.00	C
6:15pm-7:30pm	Level 1	Jackie Shaffer	6-Jan	\$180.00	B
6:15pm-7:45pm	Level 2	Annie Moyer	6-Jan	\$180.00	A
7:15pm-8:45pm	Partner Yoga for Two	Heidi/ Roger	6-Jan	\$180.00	C
8:00pm-9:30pm	Level 1/2	Nikki Sutton	6-Jan	\$180.00	A
8:00pm-9:30pm	Deepening Your Practice	Amir	6-Jan	\$180.00	B
THURSDAY					
10:30am-12:00pm	Level 2	Alex Levin	7-Jan	\$180.00	B
10:30am-11:45am	Level 1	Annie Moyer	7-Jan	\$180.00	A
12:00pm-1:00pm	Pilates 1	Frankie ParkStryk	7-Jan	\$156.00	A
12:30pm - 2:00pm	Level 2/3	Judith Lyon	7-Jan	\$180.00	B
4:30pm - 5:15pm	Kids ages 7-11	Beth F/ Karin	7-Jan	\$156.00	B
4:30pm-6:00pm	All Levels	Suzanne Morgan	7-Jan	\$180.00	A
6:15pm-7:45pm	Level 2/4	Suzanne Morgan	7-Jan	\$180.00	A
6:15pm-7:30pm	Level 1	Anne Jablonski	7-Jan	\$180.00	B
7:45pm-9:15pm	Integral Yoga	Beth F/ Sabrina	7-Jan	\$180.00	B
8:00pm-9:30pm	Vinyasa 2	Kristin Heinz	7-Jan	\$180.00	A
FRIDAY					
6:30am-7:30am	All Levels	Emma Saal	8-Jan	\$156.00	A
9:30am-10:45am	Level 1	Charlotte Raich	8-Jan	\$180.00	B
10:15am-11:45am	Level 2	Jackie Shaffer	8-Jan	\$180.00	A
11:00am-12:30pm	Level 3	Charlotte Raich	8-Jan	\$180.00	B
4:30pm-5:45pm	Gentle	Pauline/ Faith	8-Jan	\$180.00	B
6:30pm-8:00pm	Prenatal	Maureen/ Beth E.	8-Jan	\$180.00	A
6:30pm-8:00pm	All Levels	Alfia Khaibullina	8-Jan	\$180.00	B
SATURDAY					
8:00am-9:00am	Pilates 1/2	Nirinjan Devi	2-Jan	\$169.00	B
9:15am-10:15am	Pilates 1	Nirinjan Devi	2-Jan	\$169.00	B
9:15am-10:30am	Level 1	Amir	2-Jan	\$195.00	A
10:45am-12:15pm	Level 2	Amir	2-Jan	\$195.00	A
10:45am-12:15pm	Vinyasa 1/2	Allegra Gulino	2-Jan	\$195.00	B
12:30pm-2:00pm	Prenatal	Allegra Gulino	2-Jan	\$195.00	B

FAIRFAX STUDIO • Winter 2010 (Mon-Fri 12 wks, Sat. & Sun. 13 wks)
 Session runs from Saturday Jan 2 - Sunday Mar 28

Time	Class	Instructor	Start Date	Fee	Studio
SUNDAY					
8:00am-9:00am	Yoga for Weight Loss	Carolyn Amundson	3-Jan	\$169.00	A
9:15am-10:45am	Vinyasa 1/2	Carolyn Amundson	3-Jan	\$195.00	A
9:15am-10:30am	Level 1	Helene Hammer	3-Jan	\$195.00	B
10:45am-12:15pm	All Levels	Tanya Roland	3-Jan	\$195.00	B
11:00am-12:30pm	Level 2	Helene Hammer	3-Jan	\$195.00	A
4:30pm-5:30pm	High Schoolers	Cynthia Maltenfort	3-Jan	\$169.00	A
5:00pm-6:30pm	Prenatal	Vicki Christian	3-Jan	\$195.00	B
5:45pm-6:45pm	All Levels	Cynthia Maltenfort	3-Jan	\$169.00	A
7:00pm-8:00pm	Meditation	Jon Waterman	3-Jan	Donation	B
7:00pm-8:30pm	Vinyasa	Kerri White	3-Jan	\$195.00	A
MONDAY					
9:30am-10:45am	Level 1	Kelly Johnson	4-Jan	\$180.00	A
11:45am-1:00pm	Moms & Babies	Allegra Gulino	4-Jan	\$180.00	A
10:15am-11:45am	All Levels	Carol Confino	4-Jan	\$180.00	B
12:00pm-1:15pm	Gentle	Carol Confino	4-Jan	\$180.00	B
3:00pm-3:45pm	Kids K-3	Cynthia Maltenfort	4-Jan	\$156.00	B
4:30pm-6:00pm	All Levels	Kristina Khan	4-Jan	\$180.00	B
6:15pm-7:30pm	Level 1	Kristina Khan	4-Jan	\$180.00	B
6:00pm-7:30pm	Level 3	Vicki Christian	4-Jan	\$180.00	A
7:45pm-9:15pm	Level 2	Frank Wooldridge	4-Jan	\$180.00	A
7:45pm-9:15pm	All Levels	Vicki Christian	4-Jan	\$180.00	B
TUESDAY					
7:00am-8:00am	All Levels	Cynthia Lim	5-Jan	\$156.00	B
10:15am-11:45am	Pilates/Yoga	Suze Auda	5-Jan	\$180.00	A
10:30am-12:00pm	All Levels	Kelly Johnson	5-Jan	\$180.00	B
4:30pm-6:00pm	All Levels	Rixie Dennison	5-Jan	\$180.00	B
6:15pm-7:45pm	All Levels	Rixie Dennison	5-Jan	\$180.00	B
6:15pm-7:45pm	Level 1	Terry Strayer	5-Jan	\$180.00	A
8:00pm-9:30pm	Level 2	Nancy Rowland	5-Jan	\$180.00	B
8:00pm-9:30pm	Kripalu Yoga	Rachel Goldberg	5-Jan	\$180.00	A
WEDNESDAY					
9:00am-10:15am	Level 1	Cynthia Maltenfort	6-Jan	\$180.00	A
10:00am-11:30am	All Levels	Pauline Tait	6-Jan	\$180.00	B
11:45am-1:15pm	Level 2	Anna Mikheeva	6-Jan	\$180.00	B
4:30pm-5:45pm	Gentle	Carole Rodero	6-Jan	\$180.00	A
6:00pm-7:30pm	Level 3 and up	Pat Pao	6-Jan	\$180.00	B
6:15pm-7:45pm	Level 2	Carol Confino	6-Jan	\$180.00	A
8:00pm-9:15pm	Level 1	Carol Confino	6-Jan	\$180.00	B
8:00pm-9:15pm	All Levels	Pat Pao	6-Jan	\$180.00	A
THURSDAY					
7:00am-8:00am	All Levels	Cynthia Lim	7-Jan	\$156.00	B
10:15am-11:45am	Level 2/3	Judith Lyon	7-Jan	\$180.00	B
10:30am-12:00pm	Level 1/2	Carol Confino	7-Jan	\$180.00	A
4:15pm-5:00pm	Kids K-3 (nine weeks only)	Cynthia Maltenfort	28-Jan	\$117.00	B
6:00pm-7:30pm	Level 2	Rachel Goldberg	7-Jan	\$180.00	B
6:15pm-7:30pm	Level 1	Carole Rodero	7-Jan	\$180.00	A
7:45pm-9:15pm	Level 2	Nancy Rowland	7-Jan	\$180.00	A
7:45pm-9:15pm	Prenatal	Allegra Gulino	7-Jan	\$180.00	B
FRIDAY					
10:00am-11:30am	All Levels	Kelly Tynes	8-Jan	\$180.00	B
10:15am-11:30am	Level 1	Audra Monk	8-Jan	\$180.00	A
11:45am-1:15pm	Yoga for Recovery	Cynthia/Carole	8-Jan	\$180.00	B
4:00pm-5:30pm	Level 3/4	Tanya Roland	8-Jan	\$180.00	A
5:45pm-6:45pm	Restorative Yoga	Carole Rodero	8-Jan	\$156.00	B
5:45pm-7:15pm	Level 1/2	Tanya Roland	8-Jan	\$180.00	A
7:00pm-8:30pm	Yoga and the Twelve Steps	Rixie Dennison	8-Jan	\$180.00	B
SATURDAY					
9:00am-10:30am	Level 3	Annette Hyde	2-Jan	\$195.00	B
9:15am-10:45am	Level 2	Suzanne Morgan	2-Jan	\$195.00	A
11:00am-12:30pm	Vinyasa 1	Suzanne Morgan	2-Jan	\$195.00	A
11:00am-12:15pm	Level 1	Annette Hyde	2-Jan	\$195.00	B

DIRECTIONS TO FAIRFAX

FAIRFAX CITY STUDIO

9998 Main Street
 Fairfax, VA 22031

From Rt. 29/211: Take 236 East (Main Street). Pass downtown Fairfax City. We're located on the left in Main Street Center.

From I-495: Take Rt. 236 West (Little River Turnpike). Little River Turnpike turns into Main Street. We're located on the right in Main Street Center.

From Rt. 123: Take Rt. 236 East (Main Street). We're located on the left in Main Street Center.



While this schedule is current as of the printing, there may be changes prior to and after the start of the session. Please check our website at www.sundandmoonstudio.com for the most up to date information.

General Information and Fees

REGISTRATION INFORMATION

Sun & Moon classes are offered weekly on a seasonal session basis (four sessions per year). We are a school of yoga with our classes structured to provide a well-rounded curriculum over an entire session. We recommend that students register for the full session, although we do allow students to attend on a partial session or drop-in basis.

Please read all of our policy information before filling out the registration form on the following page. We accept beginners or new students at any time throughout the session as long as space is available in your class choice. If you are joining the session late, partial session registration is available at discount, provided that you sign up for six classes or more. Local students who have never been to Sun & Moon before, and are considering registering for classes, may take their first class free to determine if Sun & Moon is the right studio for them (ask our staff for terms and information).

We accept Visa, Mastercard, Discover, checks or cash. A \$35 fee will be charged for checks returned to Sun & Moon. If you fax in a credit card registration, please do not mail a copy — you may be charged twice.

SINGLE CLASS/DROP-INS

A drop-in is anyone taking a single class for which they have not registered as a full session. Those dropping in to an additional class during a session for which they have registered may pay the discounted full-session registration rate. Drop-ins are permitted only if space is available, so please call first. You may come to a class that is full, you will need to wait until class begins to see if you can take the place of a "no show" that day. Please inform the teacher that you are taking the class as a drop-in.

REGISTER EARLY

Registrations are taken on a first-come, first-served basis. Please register early to avoid disappointment. Sorry, we do not call to confirm registrations. However, we will call if the class you requested is full.

FEES

75 and 90 minute classes: \$15/class with session registration
\$20/class to drop-in

45 and 60 minute classes: \$13/class with session registration
\$15/class to drop-in

MAKE-UPS

We have a very liberal make-up policy. If you miss a class, you may make it up in any other yoga class within the current session at either studio. If you know you will miss classes in the future, you may make them up in advance of your absence. When you are doing a make-up, inform the teacher of the class that you are doing a make-up class and inform them of the class you are registered for. All make-ups must be taken during the session for which you are registered; they may not be carried over to the next session. Classes cancelled due to inclement weather may be made up during the session. Call the studio or visit our website to find out if your class has been cancelled.

REFUND POLICY

You must fill out a Refund Request form. The forms are available at the front desk. *The date the written request is received rather than the last class attended is the criterion for determining refunds.*

- A \$30 non-refundable administration fee is deducted from all tuitions.
- After week one, all tuition less the \$30 registration fee is refunded.
- After week two, 75% of tuition less the \$30 registration fee is refunded.
- After week three, 50% of tuition less the \$30 registration fee is refunded.
- After week four, 25% of tuition less the \$30 registration fee is refunded.

No refunds are given after the fifth class. Refunds are made by check and may take up to six weeks.

WHAT TO WEAR

Comfortable clothes such as shorts, footless tights or leggings with a T-shirt or leotard. Please do not wear baggy sweats or pants (this inhibits the teacher's ability to spot misalignments). Please remove shoes before entering the yoga rooms. We have men and women's changing areas. No heavy perfume/cologne or noisy jewelry please. Please leave cell phone and valuables locked in your car. Sun & Moon Yoga Studio, Ltd. reserves the right to dismiss (with or without a refund) any student who disrupts the harmony of the class and/or studio environment.

Staff

VOLUNTEER STAFF

We just couldn't do it without these helpers. Thank you all!!

Alissa D'Auria, Anastasia Ruiz-Webb, Anne Burnell, Anne Chaloux, Anne Meador, Ashley Brennan, Barb Lewis, Belle Penaranda, Belkis Hazera, Brad Hunter, Brenda Miller, Caitlin Guzy, Cathy Hope, Carol Murphy, Cassandra Blazer, Claudia Vandermade, Cindy Wollenberg, Cori Brown, Cressie DeRose, Cynthia Maltenfort, Deb Martin, Debi Wilson, Debbie Kidd, Denise Brown, Elisa Cohen, Ellen Williams, Elizabeth Clark, Heather McPhail, Helene Hammer, Hildie Carney, Hilarie Hoting, Holly Casazza, Jacquelyn King, Jane Collins, Jane Phelan, Jenny Schmidt, Janet Rife, Jennifer Chavira, Jean DasGupta, Jill Vitick, JK Klimek, Judy Ladd, Julie Carvalho, Kathleen Brown, Kathleen Higgs, Kay Martinez, Kimberly Mosser, Kitty Porterfield, Kristin Herzog, Kristy Vandenberg, Linda Becker, Lise Sajewski, Lisa Nilsson, Lisa Vaden, Liz Nelson, Louisa Cannell, Lynnette Le Mat, Margaret Ayers, Maria Sanchez, Marine Jaouen, Mary Blackwell, Mary Thomas, Maureen Vasquez, Melanie Mustone, Michael Personette, Mike Chavira, Olynda Dalesandro, Pamela Ouzts, Patti Wilson, Penny Peters, Rita Bartolo, Robert Kahn, Ronnie Derrico, Samin Ahmad, Sandra Kilburn, Susan Alexander, Susan Jacobson, Susan Reynolds, Tanja Schroeder, Tarey Mellan, Todd Burns, Tom Wanat, Trish Shuman, Trudi Olivetti, Victoria Kaus, Vicki Florian, Vicki Price, Yumiko Almasov, Yvonne McGhee

Volunteer at one of our studios in exchange for yoga classes! Shift availability varies. Please check with the studio in which you'd like to volunteer. Call the studio at 703.525.9642.

STAFF: Lee Bory, Vicki Christian, Carol Confino, Noralea Dalkin, Kris Healy, Corinne Krill, Annie Moyer, and Amir.

NEWSLETTER LAYOUT: Laura Symanski/Natsuko Design.

For online registration go to: **www.sunandmoonstudio.com**

DISCOUNT POLICY

Sun & Moon offers a ten-dollar (\$10.00) discount to students **registering for the full session** if

- students are sixty (60) years of age or
- students are registering for two (2) or more classes

We have a work exchange program for those who wish to trade work at the studio for yoga classes.

Students may also apply for financial aid for assistance in paying for their classes.

Please cut along dotted lines

sun & moon yogastudio

Registration – **Winter 2010**

breathe. stretch. relax. repeat.

One form per person please.

Name _____

Date ____/____/____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ (evening) _____ (cell) _____

Email _____

How did you hear about Sun & Moon Studio? _____

By signing here, I declare myself to be responsible for my own health and safety while participating in class.

I have read and understand the refund policy. _____

Class	Day	Time	Start Date	Teacher	Location	Cost
					<input type="checkbox"/> Arlington <input type="checkbox"/> Fairfax	
					<input type="checkbox"/> Arlington <input type="checkbox"/> Fairfax	
One \$10 discount is available per student per session. Discounts apply for full session registration only. Check box to indicate discount: Senior (60 years or older) <input type="checkbox"/> OR Multiple Classes <input type="checkbox"/>						
TOTAL DUE						

For mail in or Faxed registrations only:
 Visa MC Disc# _____ Exp. Date ____ / ____

Office Use:
 Reg. Book Cash Reg. CC Proc.
 Circle: V/MC/Disc/CA/CK# _____
 PR _____ GC# _____ GC\$ _____
 SMYS credit _____
 NAME _____ Date rec'd _____
 Database by _____

Signature _____

Please make payment to Sun&Moon for full amount. You may drop off, fax or mail to:
 Arlington students, mail to 3811 Lee Highway, Arlington VA 22207 Fax: 703-525-5524
 Fairfax students, mail to 9998 Main St., Fairfax, VA 22031 Fax: 703-934-9481

sun & moon yogastudio

breathe. stretch. relax. repeat.

3811 Lee Highway, Arlington, VA 22207

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U.S. Postage
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Permit #6445

Weekend Workshops

Yoga workshops are a great way to learn and practice particular aspects of yoga in a deeper manner than weekly classes allow. They're also lots of fun! Many workshops fill quickly, so register early to reserve a spot.

Please visit our website at www.sunandmoonstudio.com for complete workshop listings, details, and registration information.

WORKSHOP HIGHLIGHTS

Yoga for Winter Blues with Annie

1/9 in Arlington

Healing Low Back Pain with Amir

2/6 in Arlington

Color & Healing with Jackie

3/6 in Arlington

Hosting Baxter Bell in Arlington & Fairfax

3/26 - 3/28

Our Mission

Sun & Moon Yoga Studio is a place for people to experience and study hatha yoga. We believe in a holistic approach to the study of yoga, giving our students a well-rounded yoga education, bringing in teachers with an eclectic background of yoga. We believe in combining alignment techniques of the **body** with breath techniques for calming and balancing the **mind** and the belief and faith that our work feeds us and is fed by the **(spirit)** Divine Universal Energy present in us all and in all things.

★ Yoga for Good ★

- Each month a different charity.
- Each month a different teacher.
- Each month a chance to practice for yourself and others.

Join us on the first Friday evening of each month (unless otherwise noted) as we practice an all-levels, donations only yoga class to promote awareness and raise funds for a good cause, selected by the teacher or by students in our Sun & Moon community. 100 percent of donations go directly to the evening's selected charity.

Please spread the word about **Yoga For Good**. There's no need to register - just show up with your checkbook and your friends.

Is there a nonprofit close to your heart that you'd like to propose for **Yoga for Good**? If so, we want to hear from you! This could be a great chance to do good while having fun with your friends. It's also a great way to celebrate birthdays and anniversaries. We'll provide the teacher and studio space, and list your **Yoga for Good** event on our website along with a flyer that you can share with everyone you'd like to invite. Contact carol@sunandmoonstudio.com for more information.