



# Ancient Healing Arts Yoga Studio

## WINTER SESSION CLASS SCHEDULE JANUARY 2 – MARCH 5, 2011

### MONDAY

11:30 am–1 pm	Iyengar Yoga Level II	Jill Johnson	\$117
4–5:30 pm	Prenatal Yoga	Jill Johnson	pass
6–7:30 pm	Anusara-Inspired Mixed Level	Michel George	\$117

### TUESDAY

10–11 am	Mommy and Me Yoga	Deb Robinson	pass
5:30–7 pm	Iyengar Yoga Level I	Jill Johnson	\$117

### WEDNESDAY

8:30–10 am	Iyengar Yoga Level I/II	Jill Johnson	\$117
6–7:30 pm	Yoga Level II	Carole Petrillo	\$117

### THURSDAY

6–7:30 pm	The Art of Sequencing Series	Diana Shannon	\$117
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### FRIDAY

11:30 am–12:30 pm	Therapeutic Yoga	Jill Johnson	pass
6–7 pm	Zumba	Jenn Sargent	pass

### SATURDAY

9–11 am	Yoga Level II	AHA Staff	\$117
11:15 am–12:30 pm	Yoga Level I	AHA Staff	\$117

### SUNDAY

9–10:30 am	Iyengar Yoga Level I/II	Diana Shannon	\$117
11 am–12 noon	Nia Dance	Jenn Sargent	pass

**WINTER SPECIAL: Drop in to any class for \$15!** Those who sign up for a session may drop in to any additional class for just \$13. Entire session can be purchased with two payments. No refunds for missed classes. Make up a missed class by attending another class during the week or session. All classes are \$15 drop-in except for Mommy and Me (\$10) and Therapeutic (\$15). Passes available for Mommy and Me (\$64 for 8 classes), Therapeutic, Pre-natal, Nia, and Zumba (\$130 for 10 classes) but must be used for those classes only. Payment by cash, check, or credit card accepted.

## CLASS DESCRIPTIONS

**Iyengar Yoga Level I, Yoga Level I** How to practice basic yoga poses and to link them into home practice sequences. Includes standing poses, simple forward bends and twists, and an introduction to shoulder stand and basic breathing techniques.

**Iyengar Yoga Level I/II, Yoga Level I/II** A link between Level I and Level II. Students refine the Level I poses and will begin work on Level II.

**Iyengar Yoga Level II, Yoga Level II** Additional basic poses presented, including headstand, full backbends and the basics of pranayama.

**Anusara-Inspired Mixed Level** Includes a wide variety of postures from different categories of asana. Not intended for beginners.

**Mommy and Me Yoga** Mothers and babies up to two years are guided through yoga postures.

**Nia Dance** A transformational movement practice done to music that teaches how to be more joyful, expressive, and alive in your body.

**Prenatal Yoga** Gentle stretching, strengthening, and relaxation for all three trimesters. No yoga experience required.

**Therapeutic Yoga** Careful instruction by a physical therapist and yoga teacher on alignment and prevention of injuries using introductory poses with support as needed. New mothers with babies are welcome.

**The Art of Sequencing** A special class series with instruction and handouts designed to inspire and build your personal yoga practice in the new year. Drop-ins welcome.

**Zumba** A Latin-dance inspired aerobic exercise that incorporates steps from merengue, salsa and more to make a high-energy dance workout. No dance experience or skill required.



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## UPCOMING WORKSHOPS AND SPECIAL OFFERINGS

### **Partner Pre-Natal Workshop**

*Sunday, January 9, 4–5:30 pm*

Come learn ways to use yoga during labor and delivery. Taught by Charles Meyers and Jill Johnson **\$30/couple**

### **Classes with Charles Meyers at the Women's Health Resource Center**

Charles Meyers will be offering Qigong Classes and Pain Management classes at the Women's Health Resource Center. For information or to register, call 603-650-2600.

### **Yoga for X-Country Skiers Workshop**

*Saturday, January 22, 3–5 pm*

Cross country skiing blends balance, strength, flexibility, and breathwork in a moving meditation. Discover how increasing body awareness, openness, and mindfulness through yoga poses will improve the techniques of skate skiing and striding. Learn specific sequences to prepare for and recover from skiing as well as modified poses to do on skis! Taught by Diana Shannon, certified Iyengar yoga teacher and former captain of the Dartmouth cross country ski team. Workshop includes printed sequences for your home practice. Open to all levels of skiers and yogis. **\$25**

### **Indian Cooking Classes**

*Select dates in the winter*

Learn simple ways of preparing balanced and nourishing meals for you and your loved ones with only a handful of ingredients and spices in your pantry. All ingredients as well as recipes will be provided, and we will share a meal! Taught by Aruna Seth, a native and expert in Indian cuisine, who has taught Indian cooking classes at the college level. Stay tuned for upcoming dates. Contact [cooking@ahayoga.com](mailto:cooking@ahayoga.com) for more information.

### **The Sacred and the Profane: Working with Sacroiliac Challenges with Greg Anton**

*Saturday, March 19, 9–11:30 am*

The sacrum is the large, triangular bone at the base of the spine and at the upper and back part of the pelvis. The name is derived from the Latin sacer meaning sacred. The sacroiliac joint between the sacrum and the ilium bone of the pelvis which are joined by ligaments is a strong, weightbearing joint which transmits all the forces of the upper body to the pelvis and the legs. When the pelvis is misaligned the SI joints – there are two, one on each side, but they move together as a single unit – are worked incorrectly and compression can occur resulting in lower back pain. In this workshop we will explore the working of the pelvis and the sacroiliac joints and learn how to create maximum space for freedom and flexibility to relieve compression. **\$35 (\$30 for IYANE members)**

### **Padmasana is Possible: Opening the Hips and Groins with Greg Anton**

*Sunday, March 20, 9–11:30 am*

B.K.S. Iyengar states in *Light on Yoga* that Padmasana is one of the most important and useful asanas. Yet it can be a challenging pose for many. In this workshop we will lengthen the groins and open the hips to create space and freedom of movement to prepare for Padmasana. On this first day of Spring, till the soil and plant the seeds so one day your Lotus pose can blossom! **\$35 (\$30 for IYANE members)**

## **NEW CLASSES THIS SESSION**

### **The Art of Sequencing Special Class Series**

*Thursdays, 6–7:30 pm*

Each week you will practice a new sequence of poses (just like regular asana classes). In addition, handouts will be provided to take the sequence home for further practice and exploration as well as to enable you to design similar sequences on your own. A different approach to sequencing will be taught each week. Use this class series to help establish a regular home practice in the new year and get support and feedback on your efforts. Series open to those with at least one year of yoga experience. Drop-ins and make-ups encouraged. All methods welcome. Taught by Diana Shannon.

### **Zumba**

*Fridays, 6 - 7:00 pm*

Zumba is a Latin-dance inspired aerobic exercise that incorporates steps from merengue, salsa and more to make a high-energy dance workout that leaves you smiling and sweating. Jenn gives it a twist with classical Indian dance moves and "Bollywood" dance, too. As long as the music's going and you're moving, it's the most fun way to work out! Wear clothes you can move and sweat in and clean indoor, smooth-soled shoes (no running shoes or dark soled shoes, please!). No dance experience or skill required. Taught by Jenn Sargent.

**PLEASE REGISTER ONLINE FOR ALL EVENTS AT [AHAYOGA.COM/REGISTER](http://AHAYOGA.COM/REGISTER) !**