

YOGA GYPSY CAMP - 2009 Fall Schedule

Monday, October 5 – Saturday, December 19

Focus: Ahimsa (Nonviolence)

What inspires you - a person, an object, a story, a belief system? What are you inspired towards? Are you inspired often? Rarely? Does inspiration excite you or scare you? When inspired are you motivated towards an action, towards change or is it a momentary “aha” that floats way on the next breath?



Inspire – to inhale, to take in breath. Where is your exhale then directed – this release of the “inspired” breath? As we come into community we share the collective breathing in and out. From there inspiration can lead to the creation of new dreams. Done from within the sanctity of an associative community, it is a collective celebration of new life.

We celebrate Jen Stuke’s dream becoming reality as she works feverishly to open Awaken Wellness on November 1st. Simultaneously we work to maintain the Yoga Gypsy Camp - her yoga home for some time. Balancing the coming and going of it all takes effort and more than sweat equity. From inspiration to reality we pass through chaos. All is well – chaos is simply a reconfiguration from one state to another. Let us breathe and inspire each other as we learn how to do this in community. We’ll work with the “yama” or principle of ahimsa.

To register for any of these classes or events, please contact Barbara by phone or email.

Questions? Just ask!

WEEKLY CLASS SCHEDULE

Multi Level Hatha Yoga – All Classes

Mondays	5:45 – 7:15 pm	Barbara
Wednesdays	6:30 – 8:00 pm	Barbara
Thursdays**	9:00 – 10:30 am	Barbara
Fridays*	9:30 – 11:00 am	Jen
Saturdays	8:30 – 10:00 am	Barbara

* Will transfer directly to Awaken Wellness the week of Nov. 1st.

** Details not yet complete; stay tuned.

*** All other classes remain at the YGC.

COST

- ◆ \$110 per session (\$10 per class).
- ◆ Drop-ins are \$15 per class.
- ◆ Join Weeks 5, 6, or 7 the cost is \$12.50 per class; after Week 7, the cost is \$15 per class.
- ◆ 10% discount for two classes.
- ◆ Please make checks out to *Forward Flowing Consultancy* for Barbara and *Awaken Wellness* for Jen.

Note: If you are transferring from the YGC to Awaken Wellness, Jen and I will make your transition as transparent as possible. This is being done individually. Please talk with us about your specific details.

BLISS YOGA SCHEDULE



Held once a quarter, this two-hour event is a peace of heaven! (7-9 pm)

We stretch out the kinks, melt the frustrations away with yoga asana and lead you into deep supported poses.

Excellent for stress reduction, preparation for special events or just plain good for anything that ails you! The class size is limited for personalized attention.

Reserve your piece of Bliss!

Cost: \$30 per person
Friday, October 16th

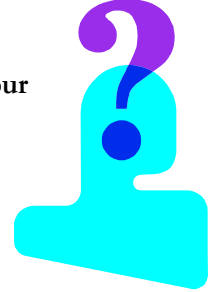
GENERAL

- Make up any missed classes at any of the regularly scheduled classes.
- Weather Policy – if the streets are safe, practice will be held. Any cancellations will be posted on the website and a message will be placed on 410.480.2334.

On behalf of Barbara, Jen, Tom and Mestophiles,
we look forward to serving you in this wonderful practice of yoga!

Namaste

GENERAL INFORMATION



- Props – We’ve got everything and more here. If you wish to bring your own mat or other props, you are most welcome to do so.
- House requests:
 - Please leave your shoes by the front door.
 - Bring purses or other valuables downstairs to the yoga space.
 - Mestophiles loves company - especially cat lovers!
 - Please do not let him outside.
- Parking – *DO* use the driveway! We have room for lots of cars and it will reduce parking in the cul-de-sac. The neighbors are very supportive and we want to keep everyone in a good place.
- Arrivals – You are welcome to arrive up to 30 minutes ahead of schedule. In mild weather, folks often enjoy sitting by the fountain in front – great calming place – or on the deck out back. Always you’ll see a sign on the front door welcoming you into the yoga space in the basement. Make yourself home there, settling in, chilling out.
- Class Size - The only class/events that require reservations are Bliss and Partner Yoga.
- Directions – 8325 Fall Chill Court, Ellicott City. We are close to the Long Gate Shopping Center – Rt. 29 and Rt. 103.
 - Through Historic Ellicott City, turn onto Old Columbia Pike heading towards Long Gate Shopping Center.
 - Prior to the high power lines, turn left onto Brittany
 - Take the second left onto Autumn Rust passing two storm water management ponds
 - Turn right onto Fall Chill Court – we’re at the top of the cul-de-sac at about 11 o’clock.
 - From Route 29, exit onto Route 100 taking the first exit onto Long Gate Parkway turning right onto Rt. 103
 - Turn left onto Stonecrest – first light.
 - Turn left onto Brittany – at the high power lines
 - Turn right onto Kings Heights – second right
 - At the bottom of an incline, turn left onto Fall Chill Court.
 - We’re at the top if the cul-de-sac at about 11 o’clock.
- This is our home, not just a house. We have intentionally created a loving space for all – welcome to a place of peace, respect and laughter.

Need help? Have questions?

On the day of class, please call my cell phone: 410.491.4149
Other times, please call my office number: 410.480.2334