

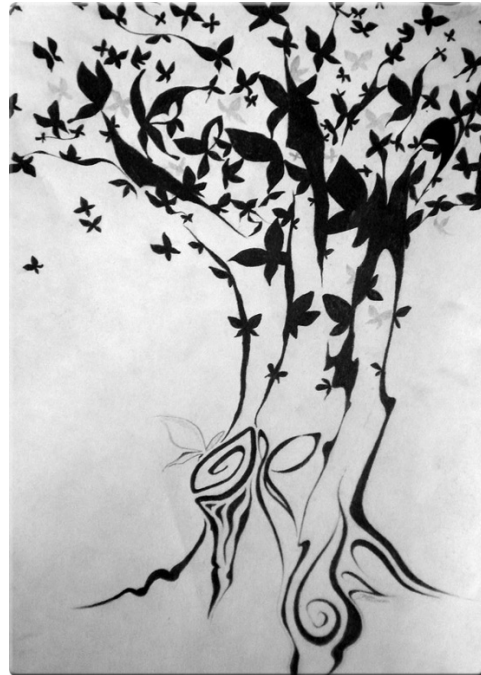
YOGA GYPSY CAMP - 2012 SCHEDULE TRANSFORMATION THROUGH KULA

Barbara Allen

Entering our fifth year together at this location, I looked for a fitting symbol for the YGC. This beautiful Tree of Life says it all. As the leaves become butterflies, it symbolizes creating form from chaos. Chaos - life's twists and turns. What we make of our own experiences creates the unique butterflies we are constantly becoming.

Chinese mythology depicts the Phoenix and the dragon within the Tree of Life. Dragon is one's essence and Phoenix the fire of changing but immortal life. Growing up in Phoenix, this image is part of my inner makeup.

Together we support each other on and off the mat class after class, month after month and year after year. There is safety in opening the heart and the body where the Sacred resides. Tom and I have been diligent in creating a sacred space and it continues!



We dedicate 2012 to kula and all that this means!

Holding classes at the Yoga Gypsy Camp, we offer weekly classes, and collaborate in other offerings with **Awaken Wellness** in Columbia.

Winter	Monday, January 2nd – Saturday, March 24th	(12 Weeks)
	Spring Break: March 26 th through March 31 st	
Spring	Monday, April 2nd – Saturday, June 23rd	(12 Weeks)
	Summer Break: June 25 th through July 7 th	
Summer	Monday, July 9th –Saturday, September 15 th	(10 Weeks)
	Fall Break: September 17 th through September 22 nd	
Fall	Monday, September 24th – Saturday, December 15 th	(12 Weeks)

WEEKLY CLASS SCHEDULE - Multi Level Hatha Yoga

Mondays	5:45 – 7:15 pm	Barbara
Wednesdays	6:30 – 8:00 pm	Barbara
Thursdays	6:30 – 8:00 pm	Barbara @ Awaken Wellness
Saturdays	8:30 – 10:00 am	Barbara

COST

- \$100-\$120 per session depending on session length (\$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.
- Please make checks out to *Forward Flowing Consultancy*. Thanks!

To register, please contact Barbara by phone or email. Or just show up!

BLISS YOGA – RESTORATIVE YOGA

Held monthly at Awaken Wellness, this two-hour event is a peace of heaven! We stretch out the kinks, melt the frustrations away with asana then drop into deeply 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 so please register!

Barb's Bliss on Fridays: February 17th, May 18th, August 17th and November 16th
7:00-9:00 pm @ Awaken Wellness Cost: \$30 per person

VALENTINE'S DAY – YUM YOGA

There are many reasons for doing yoga with a partner. Valentine's Day is an even better reason to partner up on the mat! Taught by Jen and Barbara, partner yoga is romantic!

Sunday, February 12th, 2011 1:30 - 4:00 pm @ Awaken Wellness
Cost: \$50 per couple

To reserve your place in Bliss and/or Yum Yoga, go to
www.awakenwellnesscolumbia.com

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.

We look forward to serving you in this wonderful practice of yoga!

Namaste
Barbara, Tom and Mestophiles,



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; he *REALLY* loves being brushed!
 - Please *do not* let him outside. Thanks!
- *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 happy.
- 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. We always make room for everyone in regular classes!
- 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 intentionally create a loving space for all – welcome to a place of peace, respect and laughter.

Need help? Have questions?

Cell: 410.491.4149 Office: 410.480.2334