



**Spring 2010**



## Work Hard and Be Kind

by Amir

"All I ask is one thing and this is... I'm asking particularly of young people... Please do not be cynical... It doesn't lead anywhere. Nobody in life gets exactly what they thought they were going to get, but if you work really hard and you're kind, amazing things will happen. I'm telling you, amazing things will happen. It's just true."

Do you recognize this quote? It's one that I can't get out of my mind since Conan O'Brien delivered it on his last "Tonight Show" broadcast after a tumultuous week of losing his dream job as host of the show. Rather than accept the network's offer of moving him 30 minutes later, Conan stood firm in his belief that moving a television institution from a time slot it has held for 60 years — essentially, turning "The Tonight Show" into "The Tomorrow Show" — would destroy it.

Conan's situation was played out in a very public forum, but it was a version of what happens to all of us at some point in our lives. In spite of careful planning and best intentions, life doesn't unfold how we expect it to. But what counts is how we handle the situations that arise.

In yoga, we practice loving-kindness, and amazing things may or may not happen. But cleaning up things in this lifetime — visualizing positive things and practicing ahimsa (non-harming), rather than dwelling on past negative outcomes — can indeed have a positive effect. In that final hour, when anything could have been said, Conan used his time to practice extreme indifference to the differences of opinion, and to encourage us to look toward the positive side of new possibilities. I admire Conan for going beyond the obvious hurt and using his platform to do what a good yogi would do.

I don't know if Conan has any yoga training or has even taken a yoga class, but he hit it right big-time when he said this during his last speech. Conan practiced ahimsa remarkably well. He displayed integrity and expressed respect and gratitude to the network he had worked with for 20 years, rather than expressing anger and spite.

It's true that hard work and kindness won't guarantee you great things, but they rarely hurt your odds. And if bad things happen instead of good things, at least you won't have to waste energy second-guessing your actions. Kindness can be arduous — it takes effort to remember peoples' names and make time for friends. It takes energy to keep your mind open so that every smile comes from a genuine place instead of becoming a phony reflex action. And the toughest part about kindness is showing it in the face of hostility, as Conan did. But if you marry kindness to hard work and talent — you've got the keys to the kingdom.



# Love/Hate Relationships

by Alex Levin

I'm intrigued, in my own and my students' yoga practices, by the poses we love and the poses we hate. How we approach these love/hate relationships is as unique as we are. Some of us are perfectly content to simply practice what feels good and easy. Others of us cringe at this option: "Is it really OK to just do what feels good? How would I improve, grow?" If you've never let yourself do an "Only Poses I Love" practice, try it sometime in your home practice. Just get on your mat and do what's fun, what "calls" to you. See and feel what results.

Especially once we've learned that specific poses or kinds of practices benefit us in specific ways, we tend to let that knowledge dictate our practice. Without jettisoning that good information, let's confirm it for ourselves. The many valuable poses and sequences are not for everyone all the time. Traditionally, yoga was taught one-on-one, the guru assigned the aspirant a custom practice, as you may experience these days in private yoga sessions. Whatever authority has given us a suggested practice, it is our individual responsibility to practice mindfully. It is our chance to discover ourselves, to find how this body/mind/spirit expresses the pose now, in its unique perfection. Even when we've been given a personalized practice, we're following a particular routine, or we are participating in a group class, one of our most valuable benefits will be the moment-to-moment awareness of how it feels for us.

Invariably there will come a time that our teacher or our ambition or our curiosity will steer us toward a pose that we hate. This is the perfect opportunity to pause, to be curious. It is an opportunity to disclose what repels us. Is it fear of physically hurting ourselves? Fear of embarrassment? Is it that every time we do the pose it just doesn't feel right, or downright hurts? It is better to sit the pose out than proceed when we know, from experience and intuition, that our usual approach is no longer intelligent. There is no rule that we have to do every pose. We can give ourselves permission to opt out of the dreaded pose but continue our practice with an open curiosity. The beauty of stepping away from the pose is the bigger perspective we get: watching

others in the class and noticing our reaction (jealousy, inspiration or appreciation?); asking for a hint on how to adjust the pose to be free of pain; or choosing to do something completely different, just because we feel like it.

If I find myself wondering why I've been avoiding a pose, it's time to explore. I will usually move in and out of the pose slowly, only about half-way, allowing wiggle room. In that reduced range, I find the sweet spot, like on a tennis racket, where I know and feel the perfection of it — even if the form looks much different than anyone else's. The nuances of my anatomy and psychology become more apparent when I leave more space to navigate the pose in this partial, yet all-inclusive, way. The energetic channels between all parts open, everything connects, integrates.

Whatever pose we're met with, whether the teacher announces a pose we love or one we hate, we might imagine that we've never done this pose before, that we're on the brink of a new adventure. Indeed, our bodies, minds and breath and everything around us is different in this moment than ever before. Here, now, we can welcome all our experiences — physical, mental, sensory, emotional, energetic and spiritual — and how we relate to them. This full acceptance is the practice that reveals peace in our diversity, as the sages described in the Yoga Sutras:

*Consciousness settles as one radiates friendliness, compassion, delight and equanimity toward all things, whether pleasant or painful, good or bad.*

## Creating Sphinx and Cobra Comfort

by Anne Jablonski



If yoga is the art of living, then asana practice on the mat is Kinesthetic Art School: a place to fine tune your proficiency at intelligently responding to sensory feedback. That mastery translates into artful navigation of life off the mat, letting you move with greater ease through the continuous succession of 'nows' in life. Even when the 'nows' aren't so comfortable.

As a committed disciple of feel-good asana, if anything hurts, I pretty much don't want to do it. One of my teachers says at the opening of his workshops: "If it hurts, it's wrong." I long deciphered that as absolution from flirting with poses that felt remotely uncomfortable. For years, cobra pose (Bhujangasana) and its bent-elbow-sister-variation, sphinx pose, fell squarely into that camp. But while every pose is most certainly not for every body, the admonition to steer away from discomfort is another way of saying: "Find a way to do what you're doing without pain."

Moving with comfort into backbends may mean coming at them from a fresh direction. Finding the backwards tip in the pelvis and spinal extension needed for comfortable backbends when you begin to move into them from the belly, with your spine already essentially locked in maximum extension, leaves little room for play. But recalibrate the route to cobra from all fours, with your belly initially off the floor? You forge a benevolent alliance between your belly and pelvis to support your lower back. The spine then unfolds like a wave.

Begin in child's pose. Ease your way into half dog pose by extending your arms forward, hands shoulder-distance apart. Walk your hands forward, away from your tailbone, until your thighs are vertical. Now round your spine toward the sky, tip your pelvis back by shifting your sit bones down

and tucking your tailbone in, and release your chin toward your chest.

Be a curious and attentive explorer. Stay rounded as your hip points begin to ride away from your feet in slow, smooth motion. As bones, muscles, tendons, and ligaments wander through this terrain, witness what is most deeply true for you at every moment, letting everything else melt away. As your hip points glide forward, summon continuous life into the shape with breath. Reaffirm the circular flow of energy at the low back: tailbone toward the pubis, pubis toward the navel, navel toward the spine.

Bend your elbows as much you need to as your hip points float to the floor. Bloom your chest forward and away from your tailbone, lengthen the back of your neck, and soften your shoulders away from your ears. Affirm the connection of your feet and legs to the earth, roll your outer thighs toward the floor, and bring lift into your belly to support your low back.

Arrive in your expression of cobra (elbows straight) or sphinx (elbows bent) and park here for few breaths or longer. When the inner cue nudges you to shift out of this shape, hug your elbows in and unhurriedly make your way to child's pose. Ride the wave of your breath as you relax everything, everywhere.

## Teacher Feature Meet Suze Auda



### How did yoga and Sun & Moon make their way into your life?

In 1993, my sister Sheri recommended a class as therapy after a car accident. I reluctantly joined her with anxious shoulders drawn up to my ears, never really exhaling completely during class. As much as I resisted at first, there was something so comforting, liberating, yet strangely familiar about this simple, laid-back form of exercise compared to years of aerobics, weight training, and racquetball. After many ambitious, twenty-something years, the path of yoga was a welcome relief from my own expectations. I was beginning to know myself after chasing “the” career on the “treadmill-of-life”. My sister gave me Richard Hittleman’s *Yoga 28 Day Exercise Plan* (1969!) to continue the practice at home. It still holds a place today in my reference library.

Moving to Virginia in 1998, I married, had two children and continued my practice at several studios and eventually found Sun & Moon. Here, I deepened my awareness of yoga philosophy and the energetic body, and graduated from the 300-hour teacher training program in early 2009. One of the best aspects about Sun & Moon is the great community (sangha). Without family nearby for support, I struggled to find long-standing friendships in such a transient area. I felt a longing for friendship and community and was able to find it here.

### What do you enjoy most about yoga?

Applying the philosophical lessons during my asana practice and in my daily life is what intrigues me the most. Possibly because for so many years, yoga was simply a form of physical exercise until I was ready to make the connection between what the physical aspect of the practice represents to the other remaining seven “limbs” of yoga.

### What has been some of yoga’s lessons for you?

There are so many lessons it’s difficult to choose just a few. I’ve learned suffering cannot be avoided and is

a fact of life. Yoga has taught me why and how we perceive aspects in our lives as suffering. Yoga helps us settle, take a step back and observe suffering for what it really is. I turn to this support frequently and am

consistently reassured by it when the simplest moments of mindfulness unfold so effortlessly and humbly.

Another defining lesson for me is learning about change and transitions such as knowing when to let things settle and giving yourself space (breathing room!) before taking on the “more and more” stuff. Yoga reminds me to enjoy the process, not the goal, by pausing more often in our busy-ness, instead of always looking ahead. If I’m always looking ahead, I’m not fully enjoying where I am now!

### What do you find most surprising about teaching?

How much the students teach me! There hasn’t been one class I don’t come away with a lesson learned from my students. The teaching experience is always changing, which is probably why I like it so much. I could teach the same lesson to each class without ever repeating the same experience.

### What else occupies your time?

My two daughters, ages eight and four, could completely fill my days if given the opportunity. They continually test me, surprise me, and remind me to laugh more and think less. They are my yoga for daily living. I’ve taught them asana, pranayama, and often give them what they call “relaxation” (restorative) before bedtime. Before school we share “yoga minutes” to increase their self-awareness and settle them energetically. They both love music and singing, so I’ve taught them several chants, which calm and centers them. I often hear them humming a chant in their room, which makes me smile. My hope as a mother and a yoga teacher is to be a good role model for them, exposing them to the world of yoga, and opening doors beyond their imagination.

## Special Events and Workshops

Day	Date	Time	Loc	Workshop	Teacher
<b>APRIL</b>					
Sat	4/10	3:00-4:30pm	Arl	Yoga for Dogs	Suzanne Morgan
Sun	4/11	1:30-4:30pm	Arl	Yoga for the Feet	Rixie Dennison
Sat	4/17	1:30-4:00pm	Arl	Yoga Therapy for the Knees with Amir	Amir
Sat	4/24	2:00-4:00pm	Arl	Mindfulness and Buddhism in Yoga	Beth Fedman
Sun	4/25	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
<b>MAY</b>					
Sat	5/1	1:30-3:30pm	Arl	Restore with Amir	Amir
Sat	5/1	4:00-6:00pm	Arl	Community Clothing Swap	
Sat	5/8	tbd	Arl	Sun & Moon Advanced Studies Preview	Advanced Studies Faculty
Sun	5/16	2:00-5:00pm	Arl	Encountering Silence: Meditation & Retreat	Jackie Shaffer & Alex Levin
Sun	5/16	1:00-4:00pm	Ffx	Exploring the Chakras with Essential Oils	Rixie Dennison
Sat	5/22	1:30-4:00pm	Arl	Office Yoga with Amir	Amir
Sun	5/23	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
Sun	5/23	2:00-4:00pm	Ffx	Exploring the Chakras with Sun Salutes	Cynthia Maltenfort
<b>JUNE</b>					
Sat	6/5	1:30-4:00pm	Arl	Yoga for Golfers	Carol Stehl
Sat	6/12	1:30-4:30pm	Arl	Arching Into Backbends with Yoga and Feldenkrais	Alex Levin & Madeline Helbraun
Sun	6/13	4:00-5:00pm	Arl	Family Yoga	Annie Moyer
Sun	6/13	3:00-4:30pm	Ffx	Power Up Your Yoga	Vicki Christian
Sun	6/20	2:00-4:00pm	Arl	Celebrating the Summer Solstice	Annie Moyer
Mon-Thurs	6/28-7/1	1:00-4:00pm	Arl	Summer Camp for Kids (ages 5-12)	Annie Moyer & Beth Fedman
Sat	6/26	1:30-3:30pm	Arl	Yoga of Self Image and Food	Alex Levin
<b>JULY</b>					
Tues-Fri	7/6-7/9	1:00-4:00pm	Arl	Summer Camp for Kids (ages 5-12)	Beth Ebner & Lou Ott
Tues - Fri	7/13-7/16	1:00-4:00pm	Ffx	Summer Camp for Kids (ages 5-12)	Cynthia Maltenfort & Annette Hyde
Sat	7/17	1:00-4:00pm	Ffx	Lesser-Known Epicenters of Spirituality	Julie Carvalho

# Class Descriptions

**TEACHER BIOS:** For a listing of Sun & Moon teachers, please go to our website at [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com) and click on "about sun&moon" and then "our teachers."

**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.

**Adaptive Yoga:** 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.

**Budokon®**, created by Kancho Cameron Shayne, translates in Japanese as "Way of the Spiritual Warrior," and merges the two most ancient forms of movement into one synergistic expression. Explores the body's full range of motion while cultivating agility control speed, power, balance, and flow.

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

**Deepening Your Practice:** Taught in a workshop style, Amir will examine a specific category of poses each week, exploring detailed instructions and variations of the poses, and emphasizing how they integrate physically and psychologically into our being. Appropriate for all levels. Requirement: completion of at least one full Level 1 Sun & Moon Session.

**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 Yoga:** 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 Yoga:** 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/ Philosophy:** A group gathering for meditation practice and reading and discussion of yogic texts, both contemporary and traditional.

**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.

**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.

**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-K Yoga Fun:** For older toddlers (ages 4-5) with lots of afternoon energy and an interest in stretching, playing, and learning yoga; while the parent is doing yoga in the room next door. Grown-ups and kids will periodically share relaxation and story time. Free parent registration with child's registration; sibling discounts available.

**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.

**Toddlers Together:** A fun romp for caregivers and toddlers. We will incorporate asana, stories, music, and creative movement to experience the joy and heartfelt wisdom of yoga with a child-like flow. 16mos to 3yrs, adult/child class.

**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.

\*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.)



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

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

Monday April 5 through Friday July 2

Time	Class	Instructor	Start Date	Fee	Studio
<b>SUNDAY</b>					
9:15am-10:15am	Pilates 1	Danielle Ring	11-Apr	\$156.00	C
9:00am-10:30am	All Levels	Enid Kassner	11-Apr	\$180.00	A
9:15am-10:45am	Level 3	Alex/Jackie	11-Apr	\$180.00	B
10:45am-12:00pm	Level 1	Enid Kassner	11-Apr	\$180.00	A
11:00am-12:30pm	Level 2	Anne J./Emma	11-Apr	\$180.00	B
12:45pm-2:00pm	Budokon	Emma Saal	11-Apr	\$180.00	B
12:30pm-2:00pm	Kripalu Yoga	Jane Phelan	11-Apr	\$180.00	A
4:45pm-6:15pm	Vinyasa 2	Alfia Khaibullina	11-Apr	\$180.00	B
6:30pm-7:30pm	Meditation	Various teachers	11-Apr	Donation	B
<b>MONDAY</b>					
10:00am-11:15am	Level 1	Judith Lyon	5-Apr	\$195.00	A
10:15am-11:45am	Level 2	Asya Haikin	5-Apr	\$195.00	B
12:00pm-1:15pm	Gentle	Asya Haikin	5-Apr	\$195.00	A
12:15pm-1:30pm	Meditation/Philosophy	Jackie Shaffer	5-Apr	Donation	B
4:00pm-5:15pm	Level 1	Karin Caffi	5-Apr	\$195.00	B
4:00pm-4:45pm	Middle Schoolers* (11 weeks)	Annie Moyer	5-Apr	\$143.00	C
4:30pm-6:00pm	Level 2/3	Jackie Shaffer	5-Apr	\$195.00	A
5:00pm-6:00pm	High Schoolers* (11 weeks)	Annie Moyer	5-Apr	\$143.00	C
5:30pm-6:30pm	Pilates 1	Danielle Ring	5-Apr	\$169.00	B
6:15pm-7:45pm	Level 3/4	Alex Levin	5-Apr	\$195.00	C
6:15pm-7:45pm	Level 2	Amir	5-Apr	\$195.00	A
6:45pm-7:45pm	Pilates 1/2	Danielle Ring	5-Apr	\$169.00	B
8:00pm-9:30pm	Vinyasa 1/2	Carol Stehl	5-Apr	\$195.00	B
8:00pm-9:15pm	Level 1	Amir	5-Apr	\$195.00	A
<b>TUESDAY</b>					
10:00am-11:15am	Level 1	Judith Lyon	6-Apr	\$195.00	B
10:15am-11:45am	Level 2	Annie Moyer	6-Apr	\$195.00	A
12:00pm-1:30pm	Level 3	Annie Moyer	6-Apr	\$195.00	A
2:00pm-2:45pm	Pre-K Yoga Fun (ages 4-5)**	Beth Fedman	6-Apr	\$180.00	B
2:00pm-2:45pm	Pre-K Parents' Yoga (free w/ Pre-K Yoga Fun registration)**	Maureen Vasquez	6-Apr	-	A
4:30pm-6:00pm	Level 2/3	Jackie Shaffer	6-Apr	\$195.00	A
4:45pm-6:00pm	Level 1	Tanja Szabo	6-Apr	\$195.00	B
6:15pm-7:45pm	Level 2	Jackie Shaffer	6-Apr	\$195.00	B
6:15pm-7:30pm	Level 1	Suzanne Morgan	6-Apr	\$195.00	A
7:30pm-8:45pm	Gentle	Asya Haikin	6-Apr	\$195.00	C
8:00pm-9:15pm	Level 1	Alex Levin	6-Apr	\$195.00	B
8:00pm-9:30pm	Level 2/3	Laura Dillon	6-Apr	\$195.00	A
<b>WEDNESDAY</b>					
6:30am-7:30am	All Levels	Charlotte Raich	7-Apr	\$169.00	A
9:30am-11:00am	Level 2	Jackie Shaffer	7-Apr	\$195.00	A
9:30am-11:00am	Kundalini	Diana Erkiletian	7-Apr	\$195.00	B
11:15am-12:30pm	Level 1	Jackie Shaffer	7-Apr	\$195.00	A
11:30am-12:45pm	Moms & Babies	Beth F/ Faith	7-Apr	\$195.00	B
4:30pm-6:00pm	Level 2/3	Annie Moyer	7-Apr	\$195.00	A
6:15pm-7:30pm	Level 1	Jackie Shaffer	7-Apr	\$195.00	B
6:15pm-7:45pm	Level 2	Annie Moyer	7-Apr	\$195.00	A
7:15pm-8:45pm	Partner Yoga for Two	Heidi/ Roger	7-Apr	\$195.00	C
8:00pm-9:30pm	Level 1/2	Kristy Vandenberg	7-Apr	\$195.00	A
8:00pm-9:30pm	Deepening Your Practice	Amir	7-Apr	\$195.00	B
<b>THURSDAY</b>					
9:30am-10:15am	Toddlers Together (16 mos - 3 yrs, w/caregiver)**	Beth/Juliette	8-Apr	\$180.00	A
10:30am-12:00pm	Level 2	Alex Levin	8-Apr	\$195.00	B
10:30am-11:45am	Level 1	Annie Moyer	8-Apr	\$195.00	A
12:30pm-2:00pm	Level 2/3	Judith Lyon	8-Apr	\$195.00	B
4:30pm - 5:15pm	Kids (grades K-5)***	Beth Fedman	8-Apr	\$156.00	B
4:30pm-6:00pm	All Levels	Suzanne Morgan	8-Apr	\$195.00	A
6:15pm-7:45pm	Level 2/4	Suzanne Morgan	8-Apr	\$195.00	A
6:15pm-7:30pm	Level 1	Anne Jablonski	8-Apr	\$195.00	B
7:45pm-9:15pm	Integral Yoga	Beth Fedman	8-Apr	\$195.00	B
8:00pm-9:30pm	Vinyasa 2	Kristin Heinz	8-Apr	\$195.00	A
<b>FRIDAY</b>					
9:30am-10:45am	Level 1	Charlotte Raich	9-Apr	\$195.00	B
10:15am-11:45am	Level 2	Jackie Shaffer	9-Apr	\$195.00	A
11:00am-12:30pm	Level 3	Charlotte Raich	9-Apr	\$195.00	B
4:30pm-5:45pm	Gentle	Pauline/ Faith	9-Apr	\$195.00	B
6:30pm-8:00pm	Prenatal	Maureen/ Beth E.	9-Apr	\$195.00	A
6:30pm-8:00pm	All Levels	Alfia Khaibullina	9-Apr	\$195.00	B
<b>SATURDAY</b>					
8:00am-9:00am	Pilates 1/2	Nirinjan Devi	10-Apr	\$156.00	B
9:15am-10:15am	Pilates 1	Nirinjan Devi	10-Apr	\$156.00	B
9:15am-10:30am	Level 1	Amir	10-Apr	\$180.00	A
10:45am-12:15pm	Level 2	Amir	10-Apr	\$180.00	A
10:45am-12:15pm	Vinyasa 1/2	Allegra Gulino	10-Apr	\$180.00	B
12:30pm-2:00pm	Prenatal	Allegra Gulino	10-Apr	\$180.00	B

\*no class 5/31; last class 6/21 \*\*last class 6/22 \*\*\*last class 6/24

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Monday April 5 through Friday July 2

Time	Class	Instructor	Start Date	Fee	Studio
<b>SUNDAY</b>					
9:15am-10:45am	All Levels	Carolyn Amundson	11-Apr	\$180.00	A
9:15am-10:30am	Level 1	Helene Hammer	11-Apr	\$180.00	B
11:00am-12:30pm	Vinyasa 1/2	Carolyn Amundson	11-Apr	\$180.00	A
11:00am-12:30pm	Level 2	Helene Hammer	11-Apr	\$180.00	B
4:30pm-5:30pm	High Schoolers	Cynthia Maltenfort	11-Apr	\$156.00	A
5:00pm-6:30pm	Prenatal	Vicki Christian	11-Apr	\$180.00	B
5:45pm-6:45pm	All Levels	Cynthia Maltenfort	11-Apr	\$156.00	A
7:00pm-8:00pm	Meditation	Jon Waterman	11-Apr	Donation	B
7:00pm-8:30pm	Vinyasa 2	Kerri White	11-Apr	\$180.00	A
<b>MONDAY</b>					
9:30am-10:45am	Level 1	Corinne Krill	5-Apr	\$195.00	A
10:15am-11:45am	All Levels	Carol Confino	5-Apr	\$195.00	B
11:45am-1:00pm	Moms & Babies	Allegra Gulino	5-Apr	\$195.00	A
12:00pm-1:15pm	Gentle	Carol Confino	5-Apr	\$195.00	B
3:00pm-3:45pm	Kids K-3	Cynthia Maltenfort	5-Apr	\$169.00	B
4:30pm-6:00pm	All Levels	Kristina Khan	5-Apr	\$195.00	B
6:00pm-7:30pm	Level 3	Vicki Christian	5-Apr	\$195.00	A
6:15pm-7:30pm	Level 2	Kristina Khan	5-Apr	\$195.00	B
7:45pm-9:00pm	Level 1	Frank Wooldridge	5-Apr	\$195.00	A
7:45pm-9:15pm	All Levels	Vicki Christian	5-Apr	\$195.00	B
<b>TUESDAY</b>					
7:00am-8:00am	All Levels	Cynthia Lim	6-Apr	\$169.00	B
9:15am-10:45am	Level 2	Corinne Krill	6-Apr	\$195.00	A
10:00am-11:30am	All Levels	Annette Hyde	6-Apr	\$195.00	B
11:00am-12:15pm	Level 2/3	Suze Auda	6-Apr	\$195.00	A
11:45am-1:00pm	Level 1	Annette Hyde	6-Apr	\$195.00	B
4:30pm-6:00pm	All Levels	Rixie Dennison	6-Apr	\$195.00	B
6:00pm-7:15pm	Level 1	Terry Strayer	6-Apr	\$195.00	A
6:15pm-7:45pm	Level 2/3	Rixie Dennison	6-Apr	\$195.00	B
7:30pm-8:45pm	Level 2	Terry Strayer	6-Apr	\$195.00	A
8:00pm-9:30pm	Level 1/2	Melanie Mustone	6-Apr	\$195.00	B
<b>WEDNESDAY</b>					
9:00am-10:15am	Level 1	Cynthia Maltenfort	7-Apr	\$195.00	B
10:00am-11:30am	All Levels	Anna Mikheeva	7-Apr	\$195.00	A
11:45am-1:15pm	Seniors	Noralea Dalkin	7-Apr	\$195.00	B
4:30pm-5:45pm	Gentle	Carole Rodero	7-Apr	\$195.00	A
6:00pm-7:30pm	Level 3 and up	Pat Pao	7-Apr	\$195.00	B
6:15pm-7:45pm	Level 2	Carol Confino	7-Apr	\$195.00	A
8:00pm-9:15pm	Level 1	Carol Confino	7-Apr	\$195.00	B
8:00pm-9:15pm	All Levels	Pat Pao	7-Apr	\$195.00	A
<b>THURSDAY</b>					
7:00am-8:00am	All Levels	Cynthia Lim	8-Apr	\$169.00	B
10:15am-11:45am	Level 2/3	Judith Lyon	8-Apr	\$195.00	B
10:30am-12:00pm	Level 1/2	Carol Confino	8-Apr	\$195.00	A
12:15pm-1:45pm	All Levels	Corinne Krill	8-Apr	\$195.00	A
1:00pm-2:15pm	Level 1	Vicki Christian	8-Apr	\$195.00	B
4:45pm-6:00pm	Gentle	Noralea Dalkin	8-Apr	\$195.00	B
6:15pm-7:30pm	Adaptive Yoga	Noralea/Annette	8-Apr	\$195.00	B
6:15pm-7:30pm	Level 1	Carole Rodero	8-Apr	\$195.00	A
7:45pm-9:15pm	Vinyasa 1/2	Mandy Shaver	8-Apr	\$195.00	A
7:45pm-9:15pm	Prenatal	Allegra Gulino	8-Apr	\$195.00	B
<b>FRIDAY</b>					
10:00am-11:30am	All Levels	Kelly Tynes	9-Apr	\$195.00	B
10:00am-11:30am	Level 2	Audra Monk	9-Apr	\$195.00	A
11:45am-1:15pm	Adaptive Yoga	Noralea/Cynthia	9-Apr	\$195.00	B
11:45am-1:00pm	Level 1	Audra Monk	9-Apr	\$195.00	A
7:00pm-8:30pm	Yoga and the Twelve Steps	Rixie Dennison	9-Apr	\$195.00	B
<b>SATURDAY</b>					
9:00am-10:30am	Level 3	Annette Hyde	10-Apr	\$180.00	B
9:15am-10:45am	Vinyasa 1	Suzanne Morgan	10-Apr	\$180.00	A
11:00am-12:30pm	Level 2	Suzanne Morgan	10-Apr	\$180.00	A
11:00am-12:15pm	Level 1	Annette Hyde	10-Apr	\$180.00	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](http://www.sundandmoonstudio.com) for the most up to date information.

**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.

# 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.

## 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. Registrations accepted by phone, mail, fax and online.

## 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. If you 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.

## 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

# Staff

## VOLUNTEER STAFF

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

Abhaya Schlesinger, Ann Hyslop, Anastasia Ruiz-Webb, Anne Chaloux, Anne Meador, Barb Lewis, Belle Penaranda, Belkis Hazera, Brenda Miller, Caitlin Guzy, Carol Confino, Carole Rodero, Cathy Hope, Christine Woods, Christie Zepeda, Chrystine Zacherau, Claudia Vandermade, Corie Brown, Cressie DeRose, Cynthia Maltenfort, Cynthia Miller, Deb Martin, Debi Wilson, Debbie Kidd, Debra Hanley, Denise Brown, Gayle Arnold, Elisa Cohen, Ellen Williams, Elizabeth Clark, Heather McPhail, Hilarie Hoting, Hilde Carney, Holly Casazza, Ilene Cranisky, Inga, Munkhuyanga, Jacquelyn King, Jane Collins, Jane Phelan, Jean DasGupta, Jill Vitick, J.K. Klimek, Judy Ladd, Julie Carvalho, Kathleen Higgs, Karen Uhlir, Kathryn Robair, Kay Martinez, Kim Grant, Kimberly Mosser, Kitty Porterfield, Kristin Thomas, Lise Sajewski, Lisa Nilsson, Lisa Vaden, Liz Nelson, Louisa Cannell, Lynnette Le Mat, Mandy Shaver, Maureen Vasquez, Margaret Ayers, Maria Sanchez, Mary Blackwell, Mary Thomas, Mary Welton, Melanie Mustone, Michael Personette, Mike Chavira, Olynda Dalesandro, Omar Sial, Pamela Ouzts, Patti Wilson, Penny Peters, Rachel Solomon, Robert Kahn, Ronnie Derrico, Sandra Kilburn, Sarah Vilet, Sharon Jentzer, Sharon Safran, Shobha Shaghal, Stephanie Carr, Susan Alexander, Susan Reynolds, Tali Auble, Tanja Schroeder, Tarey Mellan, Todd Burns, Tom Wanat, Trish Shuman, Trudi Olivetti, Vicki Florian, Vicki Price, Victoria Kaus, 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:** Amir Tahami, Annie Moyer, Corinne Krill, Kris Healy, Lee Bory, Noralea Dalkin, Rachel Goldberg, Vicki Christian

**NEWSLETTER LAYOUT:** Laura Symanski/Natsuko Design.

## 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, sign in at the front desk and inform the teacher. 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.

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



**Registration – Spring 2010**

**Arlington Studio** 3811 Lee Highway, Arlington, VA 22207  
**Fairfax City Studio** 9998 Main Street, Fairfax, VA 22031  
 703-525-YOGA (9642) **www.sunandmoonstudio.com**

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	
<b>One \$10 discount is available per student per session. Discounts apply for full session registration only.</b> 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 \_\_\_\_ / \_\_\_\_

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

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 \_\_\_\_\_



Prsrt Std  
U.S. Postage  
**PAID**  
Merrifield VA  
Permit #6445

3811 Lee Highway  
Arlington, VA 22207

### 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](http://www.sunandmoonstudio.com) for complete workshop listings, details, and registration information.

### WORKSHOP HIGHLIGHTS

- 4/17** Yoga Therapy for the Knees  
w/Amir
- 5/16** Encountering Silence:  
Meditation and Retreat  
w/Alex & Jackie
- 6/20** Summer Solstice  
w/Annie

## New Advanced Studies Program to Launch in September

Sun & Moon's freshly re-designed Advanced Yoga Studies/Teacher Training program launches in September 2010! Our new approach builds on the rich and openhearted SMYS tradition. Practice and study with our eclectic pool of dedicated in-house and visiting teachers. Build your knowledge, skills, community and practical experience to live your yoga fully while exploring the dynamic science of yoga and art of teaching.

## Yoga Camp for Kids Summer 2010

Mark your calendar for kids' camp fun this summer, in two locations with several weeks to choose from:

### FAIRFAX

**Tues-Fri 7/13-7/16** 1:00-4:00 (ages 5-9)  
Cynthia Maltenfort and Annette Hyde

### ARLINGTON

**Mon-Thurs 6/28-7/1** 1:00-4:00 (ages 5-12)  
Annie Moyer and Beth Fedman

**Tues-Fri 7/6-7/9** 1:00-4:00pm (ages 5-12)  
Beth Ebner and Lou Ott

**Mon-Thurs 8/30-9/2** 1:00-4:00pm (ages 5-12)  
Annie Moyer and Beth Fedman

For more information, visit [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com).