

Neighborhood Yoga Workshops for February 2012

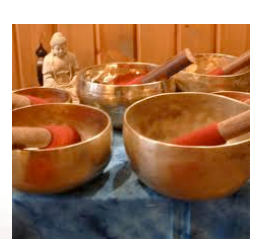
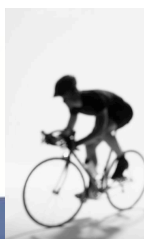
Anusara Immersion Part 1 Feb 3-5, March 30-April 1, and May 4-6. With Rachael Goolsby and Sarah Faircloth. An immersion is a program addressing all the branches of yoga but focusing mainly on asana and philosophy, with a complete breakdown of biomechanical alignment principles. It also encompasses meditation, pranayama, contemplation, anatomy, energetic anatomy, and other studies. If you are a student or teacher of yoga please join us. For more information or to register please contact Serena: serenabean96@hotmail.com.

Heart Opening Yoga Sunday, February 12, 5-7pm. Open your heart with an evening of Yoga and Live Music. The class will be a renewing flow yoga practice taught by Caroline Stahlschmidt infused with live music by Lauren Hayworth and Eli Peltz. The class is suitable for all levels and beginners are welcome. Cost: \$20 if pre-paid by 2/11; \$25 the day of the class. Register at the studio or contact Caroline: caroline@elevateyourwellness.com or 828.773.3503. Our live music classes usually fill up so be sure to pre-register to reserve your spot.

Valentine's Day Class, In Celebration of the Heart Tuesday, February 14, 5:30 - 7pm. With Serena Crawford and Carrie Streeter. Bring your sweetie or a friend to this special partner yoga class. A partner is not required and beginners are welcome. Cost: This is a regular studio class, class card or \$14 drop-in. Pre-registration is encouraged. Register at the studio.

Crystal Singing Bowl Meditation Saturday, February 18, 4:30-6:00 pm, Wellness Through Vibration (Jeremiah Brown) will lead a crystal singing bowl meditation. We will set an intention for cultivating peace within ourselves first, then offer our abundance with vibrations for peace and awareness around the world. There will also be a water structuring, where the water molecules take crystalline form from being in the vibrating bowl before you drink. The vibrations provide a cellular sonic massage and act as a steady guide through deep relaxation and meditation. One can enjoy the sounds from a comfortable seated position, laying down, or while holding different asanas as the vibrations clear blockages on a cellular level. Cost: \$10 Pre-registration and pre-payment is preferred but not required. Register at the studio.

Yoga for Athletes Sunday, February 26, 5:00 - 6:30pm Are you a runner, road cyclist, triathlete, swimmer or all around weekend warrior? Yoga will help you increase flexibility, build strength, prevent injuries, improve mental focus, and reduce stress. This class is for all levels of yoga and athletic ability. Beginners and less-flexible bodies are welcome! Cost: \$12 if pre-registered by 2/25; \$15 the day of the class. Register at the studio or contact Caroline: caroline@elevateyourwellness.com or 828.773.3503



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Realign with Caroline Attend four **Pilates Mat Classes** (between Jan 18- Feb 22) and the 5th one is free. Realign your spine and mind in the new year. Build core strength, increase your flexibility, and improve habitual postures with balance and breathe. Classes meet on Mondays from 7:30 - 8:30pm and Wednesdays from 12-1:00. \$40 for 5 classes, or \$10 each class.

Pilgrimage to Northern India, March 3-17, 2012. There's still time and space! Join us on the journey of a lifetime as we visit the ancient holy cities of northern Indian, where the Ganges flows from the Himalayas, known as the gateway to the gods. We will visit sacred temples and ashrams, join in satsang with the sadhus and swamis of India, dance in the playground of Krishna's childhood in Vrindavan (the city of Bhakti), bathe in the Ganges in the Holy city of Haridwar, stroll through the narrow streets of Rishikesh (birthplace of yoga), and watch the sun rise over loved filled monument that is the Taj Mahal. For more details about the trip including costs, itinerary, map, flight details, slide show and more, visit neighborhoodyoga.net or contact Valerie at (828) 265-0377.

Neighborhood Yoga Teacher Training (NYTT) provides the foundation to plant the roots of your practice, nurture the unfolding experience, and grow toward self-awareness and authentic teaching. This is a 9 month program (meets one weekend a month) and is yoga alliance certified. Next program begins in September, 2012.

Participants will explore methods of cultivating their personal practice, and from that space, experience the gift of sharing yoga with others. You do not have to be a teacher, nor even desire to become a teacher to attend NYTT. This training will set up a foundation of inquiry and support your personal evolution by giving you the tools to live yoga as a creative, authentic, moment-by-moment lifelong practice. Through tradition, innovation, experiential learning and intention, we will help you find your own authentic voice, and path on this journey. Through self-inquiry and group discussion, we uncover together the meaning of traditional yoga texts, and how this timeless philosophy relates to daily living. Visit neighborhoodyoga.net for details.

