

PLEASE HELP SAVE PAPER AND POSTAGE. CALL 668-7730 AND LEAVE A MESSAGE  
IF YOU NO LONGER WANT A SCHEDULE OR YOU RECEIVE A DUPLICATE. THANKS!

# YOGA FOCUS

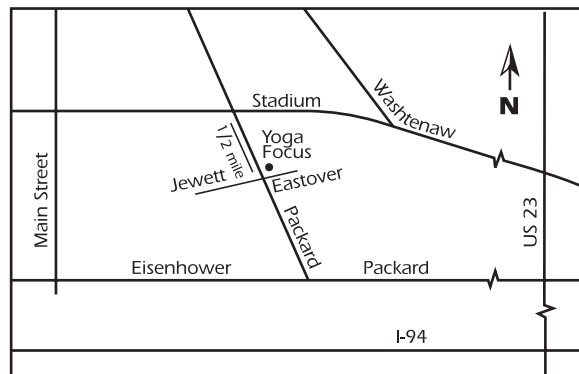


Eastover Professional Center  
1527 Eastover Place, Suite 5  
Ann Arbor, Michigan 48104  
(734) 668-7730

Website: [www.yogafocusannarbor.com](http://www.yogafocusannarbor.com)  
e-mail: [info@yogafocusannarbor.com](mailto:info@yogafocusannarbor.com)

**7-week Winter Session:**  
Monday, January 9 –  
Sunday, March 4, 2012

No classes February 13-19



## WELCOME TO WINTER SESSION

The teachers at Yoga Focus, Marlene McGrath, Alicia Rowe, David Ufer and Karen Lena Ufer include their best wishes for your Winter season. Yoga Focus is a yoga school dedicated to the practice and teaching of yoga in the tradition of Mr. B.K.S. Iyengar. This system of yoga stretches and strengthens the body, the mind, and the spirit. Yoga enhances well being through its effect on muscles, nerves, glands, organs, and circulation. Practice and discipline bring the student toward a state of alertness, health, and peace.

## PROGRAM

Classes at Yoga Focus meet for **7 weeks** beginning **Monday, January 9** and ending **Sunday, March 4, 2012**. There are no classes February 13-19. Wear comfortable clothing that can be layered. Bare feet are necessary. All props and equipment provided. **Please do not wear perfume or scented hygiene products.** Email or call Karen with questions or concerns regarding Yoga Focus: (734) 668-7730 studio or [info@yogafocusannarbor.com](mailto:info@yogafocusannarbor.com)

## SPECIAL EVENTS & ANNOUNCEMENTS

- Restorative Class with Pranayama continuing Winter Session Tuesday 4:15-5:45 pm. Great second class with your regular asana class. Drop ins are welcome.
- Lois Steinberg at the Ann Arbor Y for workshops February 24-26. Flyers available at Yoga Focus. Sign up through the Ann Arbor Y, [annarborymca.org](http://annarborymca.org)
- Teachers and students wish to express their gratitude to Roddy Wares for the many years of teaching at Yoga Focus. Her dedication to both her practice and her students is admirable. We wish her well as she continues her exploration of yoga. Thank you Roddy for your enthusiasm and kindness.

## CLASSES

### ■ *Gentle/Restorative:*

A slower paced class with a variety of hatha yoga poses taught in a modified, supported way.

### ■ *Pre Natal Yoga:*

A class for pregnant women experienced or new to yoga. A variety of hatha yoga poses will be taught to help with comfort, balance, strength and stress in preparation for the birth experience.

### ■ *Open Level:*

An open level class is for all levels. Ideally, brand new beginners should sign up for Level 1. Students will be taught according to their ability level.

### ■ *Level 1:*

A beginning level class for students new to yoga or new to this approach. Level 1 can be repeated.

### ■ *Level 1-2:*

Level 1-2 is a mixed level class of continuing and new students. Basic sitting, standing, twisting, and forward bending poses will be taught with an emphasis on strength, alignment, and flexibility.

### ■ *Level 2 and Level 2/3:*

A class for more experienced students with a working familiarity with basic poses. Emphasis will be on increasing endurance and refining individual corrections. All types of poses will be taught including inversions and backbends.

### ■ *Restorative/Pranayama:*

A class for students who have taken 1-2 years of yoga. Classical poses would be taught to restore and prepare for the breath. No pranayama experience is necessary.

### ■ *Drop In:*

Drop ins are welcome in any class except those already full. Call Yoga Focus for availability.

**Please note:** These levels are broad definitions. You are always welcome to transfer to a different class during the session. Students work at their own ability level in all classes.

## FEES

1 class per week for 7 weeks . . . . .	\$91
2nd class per week for 7 weeks . . . . .	\$78
Drop in per class . . . . .	\$15
Trial class . . . . .	\$10

- **Refund requests** need to be made by the end of the second week of classes.
- **Please register early;** some classes fill.
- Limited scholarships are available. Please call Karen at 668-7730.
- **Please complete make ups** for missed Winter classes in the Winter session in any open class.
- **Make ups** can only be completed by the registered student.

## SCHEDULE

### Monday

Level 2 . . . . .	9:00-10:30 am . . . . .	Karen
Level 1-2 . . . . .	10:45 am-12:15 pm . . . . .	Karen
Level 2 . . . . .	5:45-7:15 pm . . . . .	Karen
Prenatal . . . . .	7:30-9:00 pm . . . . .	Marlene

### Tuesday

Level 1-2 . . . . .	9:15-10:45 am . . . . .	Marlene
Restorative/Pranayama . . . . .	4:15-5:45 pm . . . . .	Karen
Level 2-3 . . . . .	6:00-7:30 pm . . . . .	David

### Wednesday

Level 2-3 . . . . .	9:00-10:30 am . . . . .	Karen
Level 1 . . . . .	5:45-7:15 pm . . . . .	Alicia
Level 2 . . . . .	7:30-9:00 pm . . . . .	Alicia

### Thursday

Level 2 . . . . .	9:00-10:30 am . . . . .	Karen
Level 1 . . . . .	10:45 am-12:15 pm . . . . .	Marlene
Gentle/Restorative . . . . .	12:30-2:00 pm . . . . .	Marlene
Level 1-2 . . . . .	5:45-7:15 pm . . . . .	Karen

### Friday

Level 1-2 . . . . .	9:15-10:45 am . . . . .	Alicia
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### Saturday

Level 1-2 . . . . .	9:30-11:00 am . . . . .	David
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### Sunday

Level 1-2 . . . . .	1:00-2:30 pm . . . . .	Marlene
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## REGISTRATION

- **Registration is on a first come, first served basis.** No phone, email or credit card reservations.
- **You may register for a class anytime** during the session. Call Yoga Focus for availability.
- **Unless you are notified that your class is full or cancelled, consider your registration confirmed.**
- **Some classes fill.** Mail in registrations are encouraged.
- **Please make your check payable to the teacher** (see listing in Welcome to Winter Session). Send check with registration form to:

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 email: [info@yogafocusannarbor.com](mailto:info@yogafocusannarbor.com)

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (work) \_\_\_\_\_

(home) \_\_\_\_\_

Class: day \_\_\_\_\_

time \_\_\_\_\_

level \_\_\_\_\_

instructor \_\_\_\_\_

fee \_\_\_\_\_

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