



YOGA STUDIO

The place to BE

CLASSES OFFERED Fall/Winter 2008

Yoga, meditation, pilates, dance, frequency attunement, nutrition classes & more • Featuring local artists • Discount to eco-friendly travelers

Yoga

Basic Yoga

For those who are new to yoga and looking for a place to start. Learn basic poses, breathing techniques, stretching, strengthening and relaxation in a comfortable, non-judgmental atmosphere, and at your own pace. Relieve stress. Feel better! Modifications and options will be given for both beginner and intermediate yogis.

Instructor: Cheryl Roman

Mondays | 9:30-10:45 a.m. | 12 Classes: 9/29-12/15

Mondays | 6-7:15 p.m. | 12 Classes: 9/29-12/15

Tuesdays | 4-5:15 p.m. | 12 Classes: 9/30-12/16

Fee: \$75 for 6-week series or \$15 per class.

Yoga & Meditation

Yoga is an ancient practice that promotes health for the whole individual. Yoga, meaning "to join," incorporates gentle stretches with conscious breathing and relaxation techniques to create a body-mind-spirit experience. Benefits include increased flexibility, strength, balance, focus and improved sense of well-being. People of all ages and abilities can do yoga--an open mind is more important than a flexible body. In addition to energizing poses, meditation techniques help students develop concentration and reduce stress. Regular yoga practice can launch an incredible and healthy journey of self-discovery.

Instructor: Jenn McCullough

Tuesdays | 9:30-10:45 a.m. | 12 Classes: 9/30-12/16

Wednesdays | 7:30-8:45 p.m. | 12 Classes: 10/1-12/17

Thursdays | 4-5:15 p.m. | 12 Classes: 10/2-12/18*

Thursdays | 6:45-8 p.m. | 12 Classes: 10/2-12/18*

Saturdays | 8-9:15 a.m. | 12 Classes: 10/4-12/20

Saturdays | 9:30-10:45 a.m. | 12 Classes: 10/4-12/20

Fee: \$75 for 6-week series or \$15 per class

* No class 11/27 (Thanksgiving) fee pro-rated.

Intermediate Yoga & Meditation

This class will weave in sun salutations and other vinyasas with longer holdings and variations of traditional poses. Explore arm balances, inversions and backbends. Experience is required for this class. Please contact Integration Yoga Studio for details.

Instructor: Jenn McCullough

Wednesdays | 6-7:15 p.m. | 12 Classes: 10/1-12/17

Fee: \$75 for 6-week series or \$15 per class

Chair/Senior Yoga

Traditional yoga poses are modified to accommodate practitioners. Props, such as a chair, yoga strap and blankets ensure safety and comfort. Movements and poses promote increased blood flow, balance, agility and reflexes, while using one's own body weight to increase bone density. Gentle, repetitive movements help generate synovial fluid, a natural lubricant produced in the joints.

Instructor: Jenn McCullough

Thursdays | 9:30-10:45 a.m. | 12 Classes: 10/2-12/18*

Fee: \$75 for 6-week series or \$15 per class

* No class 11/27 (Thanksgiving) fee pro-rated.

Yoga for Kids

Children are natural yogis: curious, flexible, intuitive and always "in the moment." Here, kids discover the calming and healthful benefits with interwoven stories, music and opportunities for artistic expression.

Little Kids Yoga (ages 3-6)

Instructor: Jenn McCullough

Mondays | 12-12:30 p.m. | 4-week session (dates below)

Mondays | 4-4:30 p.m. | 4-week session (dates below)

Big Kids Yoga (ages 7-12)

Instructor: Jenn McCullough

Mondays | 3-3:45 p.m. | 4-week session (dates below)

• Session 1: 9/29-10/20

• Session 2: 10/27-11/17

• Session 3: 11/24-12/15

Fee: \$50 for one session (4 classes.)

Rhythm, Dance & Fitness

Adult African Dance

Come feel the exuberance of moving to traditional West African rhythms! Each class features a warmup, traditional dance movements and choreography, all to live drumming. Everyone is welcome, including children accompanied by adults.

Instructor: Allison Kodeih of ALMA Dance & Drum

Tuesdays | 7-8:30 p.m. | 10/7-10/28

Fee: \$35 for 4-week series or \$10 per class (group discounts available.)

■ Nia

Nia, Swahili for "with purpose," is a fusion fitness program that blends the expressiveness of dance, the power and precision of martial arts and the expanded awareness of the healing arts. Nia is a creative workout adaptable to all ages and fitness levels.

Instructor: Deb Reis

Mondays | 7:30–8:45 p.m. | 11/10–12/15

Fee: \$75 for 6 class series or \$15 per class.

■ Fundamentals of Pilates Mat Class I

Pilates combines the integration of the mind and body with an emphasis on maximizing strength and endurance. It builds abdominal, limb and spinal strength while boosting overall flexibility, coordination and balance. This class will emphasize the essentials of Pilates Mat training and principles. The class is appropriate for beginners and those with intermediate Pilates experience.

Instructor: Amy Adamczak

Wednesdays | 9:30–10:30 a.m. | 12 Classes: 10/1–12/17

Fee: \$75 for 6 class series or \$15 per class.

■ Fundamentals of Pilates Mat Class II

This is an advanced Pilates mat class (see description of I). Previous experience is required for this class. Please contact Integration Yoga Studio for details.

Instructor: Amy Adamczak

Wednesdays | 8:15–9:15 a.m. | 12 Classes: 10/1–12/17

Fee: \$75 for 6 class series or \$15 per class.

Energy Work

■ Frequency Attunement

Frequency attunement helps the highest atmospheres of the mind manifest fully as health, happiness, balance and prosperity at the cellular level of consciousness. Ancient Solfeggio frequencies are channeled to clear the mind and body of energy blocks and to increase vitality.

Instructor: Tobie Saad of Acoustic Arcana

Mondays | 7:30–8:45 p.m. | 4 Classes: 10/6–10/27

Fee: \$50 for 4 class series or \$15 per class.

■ Frequency Attunement "Tune-Ups"

Monthly practices in immersing one's self in sound to clear the energy body, quiet the mind and reaffirm intention. A real-time sonic purification ritual with forks and flames. Come as you are.

Instructor: Tobie Saad of Acoustic Arcana

Saturday | 1:30–2:45 p.m. | 10/4, 11/1, 12/6

Fee: \$37.50 for 3 class series or \$15 per class.

■ Speak Up Series

This series will focus upon living intentionally, the chakra system and its bija (seed sounds); mantra; and self-tuning.

Mondays | 7:45–9:00 p.m. | 4 Classes: 10/6–10/27

Instructor: Tobie Saad of Acoustic Arcana

Fee: \$75 pre-registration for entire 4-class series, \$20 single course pre-registration, \$25 drop in.

Meditation

■ Meditation

Learn, practice and discuss a variety of meditation techniques. Relax, deepen your yoga asana practice, get more out of shavasana. All levels of experience welcome.

Instructor: Jenn McCullough

Thursdays | 5:30–6:30 p.m. | 10/2–12/18* (except 10/2, 11/6 & 12/4)

Fee: \$90 for entire 8-week series, pro-rated for pre-paid (2-7 classes) or \$12 per class. * No class 11/27 (Thanksgiving).

■ Meditation Meeting for Racing for Recovery

Meditation is a powerful tool in healing from addictive and self-destructive behavior and thinking. Learn techniques that can be of great value in one's journey to recovery and the power of positive group energy.

Instructor: Jenn McCullough

Thursdays | 5:30–6:30 p.m. | 10/2, 11/6, 12/4

Fee: No charge for Racing for Recovery Members.

■ Yoga Nidra

Where Shavasana ends, Yoga Nidra begins! The literal translation of Yoga Nidra is Yogic Sleep. It is an ancient form of meditation that brings you into the deepest levels of relaxation while still remaining fully aware. The 4 class series is set up for you to learn the basics of meditation and to be able to continue meditation on your own.

Instructor: John Weglo

Saturday | 11–12:30 p.m. | 4 Classes: 10/4–10/25

Fee: \$50 for 4-week series or \$15 per class.

Nutrition & Wellness

■ Eating for Vibrant Health: Carbs & Fat

This playshop will cover "Carbs & Fats – Friend or Foe?" Dispelling the myths & learning the truth. Enjoy some tasty low-carb fudge. Join in making a veggie salad. Take-home recipes & handouts provided.

Instructor: Lisa Bowe

Saturday | 1–3 p.m. | 11/22

Fee: \$35 Food & materials included.



Register for classes now!

Register through, and all classes are at, Integration Yoga Studio, unless otherwise noted.

4633 W. Bancroft St. • Toledo, OH 43615

(419) A-OM-YOGA (266-9642)

www.integrationyogastudio.com