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Carousel Park Equestrian Ctr 3700 Limestone Rd Wilmington, DE 19808 Fri 2pm-6 pm
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Legislative Mall Legislative Ave Dover, DE 19901 Weds 11am-2pm
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Little Italy Neighborhood Assoc 7th St & Bancroft Pkwy Wilmington, DE 19899 Sat 8 am-Noon
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Yoga Center of Haddonfield 856-428-9955 20 Haddon Ave Haddonfield NJ 08033
Yoga For Living 856-404-7287 1926 Greentree Rd, Cherry Hill, NJ 08034
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The Yoga Studio at Pennington 609-818-9888 114 W Franklin Ave Pennington NJ 08534

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Living Water Yoga 732-736-7373 40 Robbins St Toms River NJ 08753

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Yoga Directory

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Eight Stones Yoga Studio 717-840-4183 2805 Eastern Blvd York PA 17402

DELAWARE

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Greater Wilmington Yoga Association (GWYA)	www.gwyoga.org
Website includes yoga teacher directory, e-newsletter, membership application	info@gwyoga.org 1809 Delaware Ave. Wilmington DE 19806

Empowered Yoga 302-654-YOGA 230 East Main St Newark DE 19711
 Empowered Yoga 302-654-YOGA 2000 Pennsylvania Ave Wilmington DE 19806
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ADVERTISER'S DEADLINES: 8th day of even-numbered months.

- DECEMBER 8 FOR JANUARY/FEBRUARY
- JUNE 8 FOR JULY/AUGUST
- FEBRUARY 8 FOR MARCH/APRIL
- AUGUST 8 FOR SEPTEMBER/OCTOBER
- APRIL 8 FOR MAY/JUNE
- OCTOBER 8 FOR NOVEMBER/DECEMBER

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Retreats/Intensives

Jan 29-31: Winter Reflections: Renew your spirit and create a vision for 2010 amidst the pristine surroundings of Graystones Preserve in the Poconos. Hosted by Karin Marcus, Certified Life Coach, and Linda Marrical, Asian Body Therapist. Investment: \$375 includes lodging, food, and retreat activities. Contact: Karin at 610-667-5247 or Karin@SteppingOutCoaching.com.

March 13-14: Table Thai Yoga Massage: 9-6. Ardmore. Learn a one hour massage sequence. Instructor, Russell Afflerbach, NCMT, PDMT is proud to teach Thai Yoga Massage in the tradition of Kam Thy Chow and the Lotus Palm School. 14 CEUs through NCBTMB. Must have at least 60 hours massage training. \$195. Visit www.leftofcenteryogamassage.com to register.

March 2010: Managing Depression and Managing Anxiety: 12 week workshop on Weekday evenings /Saturday mornings. Learn life-changing strategies based upon the latest research from both psychological practice and holistic healing. Excellent resource to support and augment individual therapy. Insurance accepted. www.fuchsmortonholistic.com about group content and therapist Rhoda Fuchs-Morton MA, CAC, LPC (267) 303-419. Elkins Estate, Elkins Park PA.

April 10-11: Traditional Thai Yoga Massage: The Lotus Palm Method, Level One. 9-6. Learn a full one-hour massage sequence. Instructor, Russell Afflerbach, NCMT, PDMT is proud to teach Thai Yoga Massage in the tradition of Kam Thy Chow and the Lotus Palm School. 16 CEUs through NCBTMB. \$200. Registration info: www.leftofcenteryogamassage.com.

On Going Events

Mondays: Free Meeting for exploring Gurdjieff's three-centered approach to self-development. Reading from his books, "All and Everything" and "Meetings with Remarkable Men". Reading is followed by discussion of how to apply the teachings of Gurdjieff's work onto oneself. Visit www.nyland.org Call: Myra 610-348-5698 or Symeon 914-714-0376.

Second Monday: 7PM, Cancer Survivorship Nutrition and Lifestyle Support Group. Led by Dr. Joel S. Edman, Clinical Nutritionist and Integrative Medicine practitioner, at the Media Wellness Center. Monthly meeting to provide information and encouragement for cancer survivors to maximize health and wellbeing. Must be seen individually first. www.EdmanNutrition.com or 610-742-8880.

Caucus for Autism: invites all who care for children with Autism Spectrum Disorders to join interested others on the First Monday and Third Tuesday of the month from 7-9 pm at Upper Main Line YMCA at 1416 Berwyn-Paoli Road in Berwyn, PA. Peggy at 610/408-8635 or Ann at 610/644-3727. caucusforautism@att.net. Free.

Job Search Techniques: Workshop series covering Assessment and Goal Setting, Resumes That Get Results, Cover Letters, Personal Branding, Networking and Informational Interviews. Mondays 10:00-11:30 & Wednesdays 6:00-7:30 pm Facilitated by Marc S. Jacobs at the Resiliency Center in Ambler. \$25/session, \$75/series. Private sessions also available. 215-280-1675 MJacobs296@gmail.com.

Tuesdays: 7:30 PM, Pranic Healing: Experience Twin Hearts Meditation- a powerful way to heal oneself and the earth. Take the opportunity to shower yourself with Peace, Stability, Health, Loving Kindness and Prosperity. Weekly meditation followed by Pranic Healing sessions- donations only. Dreamcatcher, Skippack Village, PA. Contact Kim Siar 484-919-8226.

Third Wednesday & Fourth Tuesday: Angel Messages & Vibration Toning. Experience the love of the Angels, Guides and Ascended Masters. Vocal tones create energy pathways. Past energies released. Relationships to the Source deepen. Improves meditation, relaxation and grounding. Margaret Claire, RN. 7:30 – 9:30. 215 287 2920. Margaret ClaireRN@yahoo.com

Tuesdays: Zen Sitting Group 6-7 PM. All faiths welcome. Facilitated by a Mountains & Rivers Order student of John Daido Looi Roshi, Abbot of Zen Mountain Monastery. If unfamiliar with Zen sitting, call ahead for initial conversation and instruction. For further info. contact Joe: jmieloch@rcn.com 610-933-0594.

Second Tuesdays: Holistic Networking Doylestown: at Doylestown at Medical Healing Arts, 54 E. Oakland Ave, Doylestown, Pa 18901 7 PM. Sponsored by Resources for Wellness. Email Marilyn Bullock marilyn@bullockmarketing.com or Karen McGlynn info@holisticlivingexpo.org for more information. Sponsored by the Philadelphia Wellness Council www.phillywellnessguide.com.

Wednesdays: Professional Networking Breakfasts for health care and healing arts professionals to connect, exchange cards, and learn more about one another's practice specialties. First Wednesday of every month at 9:00 a.m. at The Resiliency Center (www.theresiliencycenter.com) at 602 S. Bethlehem Pike in Ambler. Pre-register by calling Elizabeth at 215-542-5004.

First Wednesdays: Astrology Study Groups forming at Parastudy, 354 Valleybrook Road, Chester Heights, PA. All Levels. Next meeting: January 6, 2010, 8 pm. \$5 members. \$6 non-members. www.Parastudy.com, www.Parastudy.org. Contact: Rose 610 447 8747.

Wednesdays: 7:30-9 PM: Man Talk: Discussions about life. Regular guys learning from & supporting each other. Topics include Fathers & Sons, Relationships, Careers & SportsTalk. Following the writings of Robert Bly and John Lee. Drop in sometime. The Resiliency Center, Ambler. Facilitator Marc S. Jacobs \$15/session, \$50/month 215-280-1675 MJacobs296@gmail.com

First Friday: Talk Circle and Dinner: 7 PM Jan 8th and Feb 5th. Facilitated by Karen.Wrigley.LSW@gmail.com Discussion about life's challenges and introductions of participants. \$10 or a yummy food contribution. 1823 West Main St, Norristown 19403 (610) 631 0880. Reservations necessary. For more information visit www.RejuvenationExpress.com.

Fridays: Insight Session: 7-8:30 PM. Theme: "Unconditional Love" At The Meditation Center, 910 Riverton Road, Cinnaminson, NJ 08077, Free service to the community – all are welcome. (856) 786-2800, Email: cinnaminson@us.bkwsu.org, Website: www.themeditationcenter.net.

Saturdays: Meditation Mornings at Bryn Mawr College: January 9, February 6 (9:30 – 12:30). Learn how to gain the benefits of a meditation practice. CEUs available. We request a \$15 donation to cover costs. Please confirm dates and location at www.meditationmornings.com.

Advertise your event in Yoga Living – email it – info@yogalivingmagazine.com

Third Saturdays: Fibromyalgia "Connections" Support Group of Montgomery County currently meets the third Saturday of the month, with a few exceptions, in Lansdale, PA. 1-3 PM. Please contact Arlene Porter, 215-393-3493 or via e-mail at Arlene.NEFibro@gmail.com for further information and directions.

Second & Fourth Sundays 6:30-8PM: Hearts Awake. Enliven spirit through the time-honored archetype — the Awakened Group. All faiths welcome. Explore, experience, and share the sacred through spiritual practices drawn from traditional and indigenous paths. The Healing Touch Center, 1327 Darby Rd, Havertown, carlmarcus@comcast.net, 610-667-5247. Donation.

Sundays: Free Laughter Yoga Circle 7-8 PM at Healing Hands Massage - 506 E. Lancaster Ave., Downingtown. This fun exercise practice combines simple playful movements with laughter and deep breathing. No yoga experience necessary. Lead by certified instructors, Pam and Ernie. More info at www.LaughterYogaCircle.com. Email at LaughterCircle@aol.com or call 610-450-4938.

Sundays: Healing Bowl Harmonics: let the sound of healing crystal bowls wash over you, bringing deep peace, healing and rejuvenation. Sundays 3:30 - 4:30 PM. dibellayoga.com, Paoli, PA, 610-578-0733 www.dibellayoga.com.

Sundays: Yoga Meditation - Free Workshops: Sundays, 2 pm. Learn techniques focusing on heart chakra, including breathing, concentration, chanting. Advice on setting up a practice, ancient wisdom on living a balanced life. Sri Chinmoy Centre, 139 N. 4th St. (between Race and Cherry), Philadelphia. Call for schedule of next series, 215-425-3300.

On-Going Meditation: held every Sunday, Tuesday and Thursday 7:30PM to 8:45 PM at The Philadelphia Meditation Center, 8 E. Eagle Rd., Havertown, PA 19083. Center opens at 7 PM. Phone (610) 853-8200 or email PhlMedCtr@aol.com. www.philadelphiameditation.org.

Sundays & Wednesdays: United Lodge of Theosophist, 1917 Walnut St. Phila. Meets twice weekly, Wednesdays 7:45 to 9:00 PM and Sundays 11:00 AM to 12 noon for discussions and lectures concerning the use of science, religion and philosophy in the search for universal laws and truths. All meetings are free. (215) 563-4692.

Classified Announcements

Kimberton Chiropractic & Wellness Center located in the Phoenixville/Kimberton area on a highly visible corner has office space available to Lease in our wellness area. We are looking to lease to a Nutritionist, Acupuncturist or other health minded professionals. Each office in the wellness area is attached to a large common area that is perfect for workshops and available to all leasees. Please call 610-984-2873 for more details.

Proud to Announce: Laurie Miller, Energy Medicine Practitioner is now seeing clients at Serenity for the Day Spa, 114 Bellevue Ave, Hammonton, NJ 08037. Please call Spa at 609-567-4170 or Laurie at 609-332-5536 or laurie@soulempowermentcenter.com for more information and hours.

Free Meditation CD: "Attaining Spiritual Bliss" by Sant Rajinder and other information on meditation email sosphila@yahoo.com or call 215-884-4903.

Practitioner Space Avail: at Lionville Natural Pharmacy and Health Food Store, Mature, dedicated, holistic-minded individual. 610-363-7474, ask for Ben or Linda. www.lionrx.com.

Yoga/Pilates Instructor for Space in Media: call Helen at Serenity Counseling and Wellness Center to see space and discuss offering classes. 610.329.2259.

The Resiliency Center in Ambler, PA, is seeking trauma-informed professionals to join our community of healing arts practitioners. Specialties sought include infant massage, homeopathy, and holistic psychiatry. For more information, see our website at www.theresiliencycenter.com and contact Elizabeth Venart at 215-542-5004 or Elizabeth@theresiliencycenter.com.

Beautiful therapeutic space available at The Kimberton Clinic, shared. Suitable for physical therapy, yoga, counseling or energy work. Shared bathroom and waiting area, independent entrance, wood floor, wonderful light. Call Tara at (610) 933-0708.

Flute Lessons: Lessons available for students age 5 through adult. In my studio or your home. Holistic approach resulting in creativity, relaxation and enjoyment. Teacher with 30 years experience located in Phoenixville. Do something great for your child or yourself! Call (610) 656-4453. www.suzukiflute.org.

Women's Flute Ensemble: If you played the flute in middle school or high school, or have never played before, join a new flute ensemble for woman only! All levels of ability welcome. Give yourself time and permission to be creative! Located in Phoenixville. Call (610) 656-4453.

Serene, Light-Filled, Holistic Wellness Center in the Paoli area has shared space available for a like-minded practitioner. We are independent practitioners offering a variety of modalities. The treatment rooms are furnished, there is a bathroom and a small teaching space available. Call 610-647-5407 for more information.

Sierra Club Volunteer Opportunities: to sustain and preserve one of America's best-known parks. Check the park website at www.nps.gov/vafo or Volunteers-In-Parks Coordinator Michelle Ortwein at 610-783-1044 or michelle_ortwein@nps.gov To join the Sierra Club, www.sierraclub.org. Pat Beaudet 215-985-1536.

Ministry of Friendship: Compeer matches adults in same-gender, one-to-one friendships with people isolated, lonely and recovering their mental health. Human connectedness and friendship promote mental health recovery. Men and women throughout Chester County await your answer to this call of voluntary service. Call 610-436-4445 or visit compeerchesco.org.

Foster Families: Can you make a place in your family for a foster child? Catholic Social Services is looking for married or single adults to be foster parents to children of all ages, races, religions. Homes are needed for children with special medical or emotional needs and for siblings who wish to live together. Call Melissa or Pat (215) 587-2458.

PreNatal/Youth Events

HeARTs for Autism announces: "Happy HeARTs Yoga for the Spectrum child" – a fun, dynamic Movement Arts class created especially for children ages 5-12 with autism and their families. Winter classes forming now in Buck & Montgomery Co. Pa. and Camden Co NJ. Please call Barbara 215-257-3193 to register or visit www.bodylogique.com/HappyHeartsYoga

Kids Weekly Yoga Classes: On-going, Mondays 4:30-5:30 PM ages 6-12. Improve flexibility, self worth, creativity, focus and concentration. Yoga postures, breathing exercises, meditation, relaxation, games and group discussions. At the YogaLife Institute, 821 W. Lancaster Ave. Devon next to Whole Foods Market. 610-688-7030 www.yogalifeinstitute.com.

Prenatal Yoga in Devon: Mon. at 6 PM, Wed. 11 AM, Thurs at 6 PM. Yoga designed specifically for the second and third trimesters. (First trimester may attend a regular class). Develop deep breathing, relaxation and skills for a more relaxed birth. All levels welcome. At the YogaLife Institute in Devon next to Whole Foods, info. 610-688-7030 or www.yogalifeinstitute.com.

Post-Natal (Mom & Baby) in Devon: Wed. 1-2:15 PM. Infants welcome up until crawling. (Babies may sleep or join mom). Connect with your baby and other local healthy moms! All levels welcome. At the YogaLife Institute in Devon next to Whole Foods, info. 610-688-7030 or www.yogalifeinstitute.com.

Teen Yoga: Tuesdays at 4 PM. Ages 13 to 18. Learn life and stress management skills. Ask about fulfilling your school gym requirement. Student discount packages offered. All levels welcome. At the YogaLife Institute in Devon next to Whole Foods, info. 610-688-7030 or www.yogalifeinstitute.com.

Prenatal Yoga Class: Wednesday's 6:30 pm in Worcester, Pa. Join our nurturing yoga class, giving yourself time to relax, de stress, and attune to your body and your baby within. Strengthen your body for labor & delivery, ease the discomforts of pregnancy and connect with other mom's. No yoga experience needed. Call Faye: 610-220-8572. www.artandsoulyoga.com.

Kids Yoga Classes: at Whole Body yoga studio. Mondays 4:30-5:15pm begins January 4 ages 6-10, contact us for other age classes. Kids class encourages flexibility, strength, balance and coordination in the body, through postures breath, movement, songs, games and relaxation. Whole Body Yoga Studio, 213 N. Main St. North Wales, PA. Visit www.wholebodies.com or call 215-661-0510 for more information.

January

1: Happy New Years: May you discover a spiritual intention to guide your life in 2010.

1: Mindfulness Based Stress Reduction (MBSR) classes at Transformations, Voorhees, NJ. 8 week course begins in January, 2010. Learn mindful meditation practices. Based on Jon Kabat-Zinn's program at the U of MA. For more info, call (856) 470-1399 or visit www.readytotransform.com.

2: Setting A New Year's Intention with Bob Butera 1:30 – 3:30 pm \$20/25. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

5: Are You Interested in Being a Life Coach? Attend a FREE info session by iPEC Coaching at Transformations, 2301 Evesham Rd., Suite 109, Voorhees, NJ. 7:00 pm-9:00 pm. To register, call (856) 470-1399 or visit www.readytotransform.com.

5: Study the Sutras w/ Karobi Sachs, CSYT. This 3-week course will present the principles behind the practice through yoga's ancient texts. Discover your Self through yoga's ancient teachings. Tuesdays 5:30 – 6:30 PM. dibellayoga, Paoli, PA 610-578-0733 www.dibellayoga.com.

6: Opening Your Heart to the New Year with Kristen Butera 7:35-9:05 pm \$15/One Class. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

9: Yoga for Depression with Bob Butera 1:30 – 3:30 pm \$20/25. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

13: Master Class with Bob Butera 7:35-9:05 pm \$15/One Class. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

13: How to Cope with Change: Using Nature's Wisdom to Grow through Life's Inevitable Ups and Downs. Learn to move through life's transition with grace. Hosted by Karin Marcus, Certified Life Coach. Wednesdays 7-8:30pm, The Healing Touch Center, Havertown. \$100 for 5 sessions. Contact: Karin at 610-667-5247 or Karin@SteppingOutCoaching.com.

16: Yoga for Weight Loss with Kristen Butera 1:30 – 3:30 pm \$20/25. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village). Call 610-688-7030 or visit www.yogalifeinstitute.com.

16: Creating Intention - not Resolutions This year, achieve your goals using spiritual principles learned in this workshop/retreat. Discover the potential that lies within, overcome obstacles and succeed! Reflection, guided imagery, and spiritual exercises are part of this interactive program. 10am-3pm, Temenos Retreat Center, \$50.00 610-732-4511 or rev.ellen.s@gmail.com. Registration required.

16: Transformation / Stress Management Program. The DeMartini Method and Law of Attraction. An introduction to this intensive 1-day program which creates a transformational mind shift concerning a specific person or situation holding you back. Also Feb. 13. A free 1 hour introduction, Feasterville. Call Donna @ 215-364-1112 or email donnap@drilavanga.com.

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Inside **YogaLiving** | January/February Events

Our Holistic Resources are growing... so join an event!

18: Biggest Loser Contest and Health Fair at Sweat Fitness, 700 Passyunk Ave, Philly. 6-9 PM. All welcome. Meet health practitioners and be inspired to get in shape!

19: How Yoga Transforms Stress: Seminar & Book Signing with Dr. Bob Butera, M.Div., Ph.D. Hosted by Transformations, 2301 Evesham Rd., Suite 109, Voorhees, NJ, 7 – 9 PM. Cost: \$40 (price includes book). To register, call (856) 470-1399 or visit www.readytotransform.com.

20: Anatomy of Abdominal Strength with Jim Dougherty 7:35 –9 PM At the Yoyalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yoyalifeinstitute.com.

22-23: Mini-Retreat using the Work of Byron Katie facilitated by Jim Frank in Center City Philadelphia. The Work is the end of suffering - no story, no suffering. You are only four simple questions away from freedom. Come for free Friday night! For more information: www.jimfrank.net or 610-648-0953.

23: Family Constellation Workshop. Reveal and realign hidden loyalties to birth family and ancestors that cut against your personal hopes and dreams. This process relieves many chronic conditions and failures you may be carrying for others. Near Pottstown, PA. 10-6. \$50. Potluck lunch served. Michael Reddy, Ph.D facilitates. www.reddyworks.com or 610.469.7588.

23: Yoga Day USA, come celebrate the yoga community yoga classes, massage and more. The day begins @ 8:30 am Pranayama, Pranakriya Yoga class. For more information please go to www.Wholebodies.com or call 215-661-0951, a reservation is suggested. Whole Body Yoga Studio, 213 North Main St. North Wales, PA.

23: Sun Salutations A&B with Carol Elia 1:30 – 3:30 pm \$20/25. At the Yoyalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yoyalifeinstitute.com.

24: The Artist's Way Group forming. Morning and evening classes to begin Wed. Feb.24, 2010 in Center City. Start the new year with a commitment to yourself. Recover your creativity. Learn skills to dismantle your Inner Critic and move past blocks to achieving your dreams. Experienced Facilitator. Contact Stephanie Costello at 215-917-0032 or Email: stephaniecostello@yahoo.com.

26: 6-Week Yoga Basics w/ Kelly Sharp, CSYT. Learn the foundational poses and principles of Svaroopaa® yoga, a compassionate practice for the body and mind. Svaroopaa® yoga is a modern expression of yoga's ancient tradition. Known for spinal freedom, quieting the mind and inner peace. Tuesdays 9:30-10:45 AM, dibellayoga, Paoli, PA 610-578-0733 www.dibellayoga.com.

27: Master Class: Balancing Poses with Bob Butera 7:35 –9 PM At the Yoyalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yoyalifeinstitute.com.

30: Yoga for Runners with Bob Mauch 1:30 – 3:30 pm \$20/25. At the Yoyalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yoyalifeinstitute.com.

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30: Personal Development Fitness (and Feb. 27). A mind and body fitness system presented in a full day intensive. You will integrate your vision, mission, and goals with powerful exercises. Learn a system you can use for a lifetime or teach to others. Offered in February. FREE 1 hour introduction. Feasterville. Call Donna @ 215-364-1112, donnap@drlavanga.com.

30: The Mysterious Workings of Karma. Explore the effects through individual pain and suffering, family opportunities/conflicts, national and international legacies. Free and open to the public. Call The United Lodge of Theosophists; 215-563-4692 ULTPHILA@AOL.COM The United Lodge of Theosophists presents a public forum at Focus Pointe Global, Two Logan Square, Suite 500, (18th Street between Arch & Cherry). 1-3 PM.

30: Creative Visioning and Manifesting for 2010. Are you ready to manifest the life, work, relationships and health you desire this year?! Join us for a powerful day of exploration, practice and soulful creation and take your life to the next level. Om Shanti! www.TheEmpowermentCentre.com.

30: ReCharge, ReGen, ReJuv—20 Fun & Healthy Ways to Improve Your Life in the New Year, presented by WellSprings Congregation. Local teachers, businesspeople and authors provide hands-on tools to help you grow in mind, body and spirit. On Saturday, January 30, 2010, Montgomery School, Chester Springs, PA from 11AM to 3PM.

February

3: Yoga for a Healthy Back with Donna Dufoe 7:35 –9 PM At the Yoyalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yoyalifeinstitute.com.

6: Sequencing for Beginners Yoga Classes with Kristen Butera 1:30 – 3:30 pm \$20/25. At the Yoyalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yoyalifeinstitute.com.

9: Loving Yourself First. Experience the power of self-love and the deeper space of compassionate living through non-judgment/ non-injury of the self first. Isn't it time you learned to practice this valuable lesson? A valentine's gift to the Self with Jenifer Shapiro. Om Shanti! www.TheEmpowermentCentre.com.

Yoga, Sanskrit, Mudras and Chanting

Weekend Immersion Program
With Mythri Menon and Kristen Butera

Jan 29 – 31st, 2010

If you are a yoga teacher or student, it is really nice to be able to speak the language of yoga, which is Sanskrit. Familiarity with the sounds of the yogic language can enhance your understanding of the origin and meanings of the teachings of yoga. This weekend will focus on basic pronunciations and sounds, then apply them to yoga poses, teachings from the ancient Yogic texts, and practices like poses, chanting and mudras. Join us and deepen your knowledge of the ancient language of Yoga!

Program Highlights:

- ✿ Study of Sanskrit Basics
- ✿ Pronunciations of Yoga Poses
- ✿ Traditional Chants and their Meanings
- ✿ Teachings from the Bhagavad Gita and Yoga Sutras
- ✿ Mudras for Health and Well-Being
- ✿ Yoga, Meditation and Deep Relaxation

Schedule: Friday: 6:30 - 8:30 PM, Saturday 9 - 5 PM, Sunday 11 - 4 PM

Fees: \$225 pre-register, \$250 (2 weeks prior to event or less)

Pre-registration is recommended: Class limit of 20 people

Reserve your space today!

Call 610.688.7030 or visit www.yogalifeinstitute.com



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February/March Events | Inside YogaLiving

Our Holistic Resources are growing... so join an event!

9: Are You Interested in Being a Life Coach? Attend a FREE info session by iPEC Coaching at Transformations, 2301 Evesham Rd., Suite 109, Voorhees, NJ. 7:00 pm-9:00 pm. To register, call (856) 470-1399 or visit www.readytotransform.com.

10: Yoga Poses for Strength with Jim Dougherty 7:35 –9 PM At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

13: The Yoga of Relationships with Bob Butera 1:30 – 3:30 pm \$20/25. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

14: Happy Valentine's Day: May love fill your heart today and always.

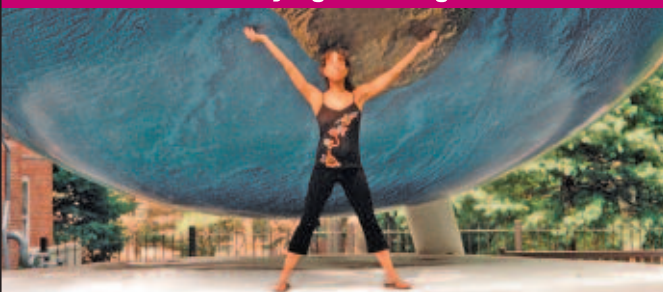
17: Learning to Surrender in Yoga Poses with Bob Butera 7:35 –9 PM At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

20: Teaching PreNatal Yoga with Randi Coen-Gilbert 1:30 – 3:30 pm \$20/25. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

20: Self Care Mini Retreat for family or professional caregivers. Nurture yourself with time dedicated just for you - you deserve it! Includes quiet reflection, relaxation techniques and stress eliminators which will help strengthen coping skills, 10am-3pm, Temenos Retreat Center, \$50 610-732-4511 or rev.ellen.s@gmail.com Registration required.

20: Introduction to Sanskrit w/ Shalini Bosbyshell. Our mother language of sacred sound and divine description. Learn the alphabet by experiencing its vibration and apply to asana and sutras. Saturday 1 – 4pm. dibellayoga.com, Paoli, PA 610-578-0733 or www.dibellayoga.com.

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Yoga for Special Needs Students

Weight Loss • Stress Reduction • Sports Training
Rehabilitation • Flexibility • On-Site Corporate Training

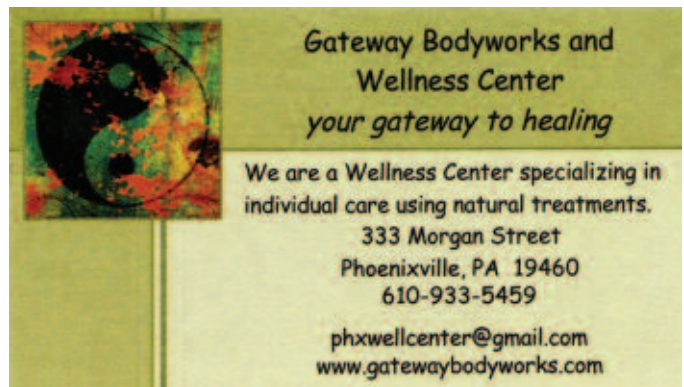
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20: Family Constellation Workshop—Reveal and realign hidden loyalties to birth family and ancestors that cut against your personal hopes and dreams. This process relieves many chronic conditions and failures you may be carrying for others. Near Pottstown, PA. 10-6. \$50. Potluck lunch served. Michael Reddy, Ph.D facilitates. www.reddyworks.com 610-469-7588.

24: Adjust and Assist Workshop: Standing Poses with Kristen Butera 7:35 –9 PM At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

27: Vigorous Yoga at Home with Erika Tenenbaum 1:30 – 3:30 pm \$20/25. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

27: Winter Retreat w/ Polly DiBella. Savor the quiet of winter. Nurture your inner Self. Asana, pranayama, meditation, inspiration. Saturday 9:30am-12:30pm / dibellayoga.com, Paoli, PA 610-578-0733 www.dibellayoga.com.

March

3: Posture Clinic: Shoulders and Neck with Bob Butera 7:35 –9 PM At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

5-6: Renowned Energy Healer & Author, Donna Eden. "Experience the Power of Energy Medicine". Doubletree Hotel, 515 Fellowship Rd. N, Mt. Laurel, NJ – Fri. 7pm-10pm; Sat. 10am-5pm. Cost: \$45 (Fri. only); \$129 (Fri-Sat comb). Hosted by Transformations. To register, call (856) 470-1399 or visit www.readytotransform.com.

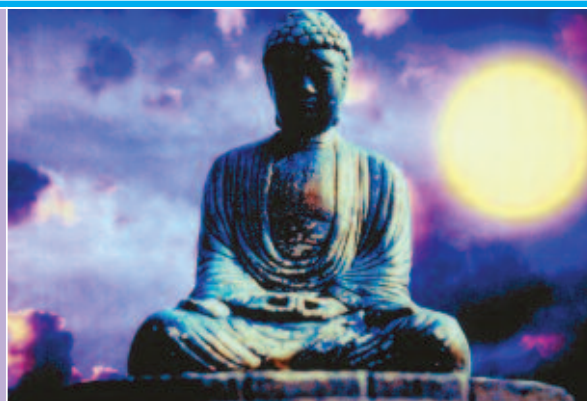
6: How to Teach Gentle Yoga with Angela Nevius 1:30 – 3:30 pm \$20/25. At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

10: Posture Clinic: Low Back and Sacrum with Jim Dougherty 7:35 –9 PM At the Yogalife Institute, 821 W. Lancaster Ave. Wayne PA 19087 (next to Whole Foods Market, Devon Village) 610-688-7030 www.yogalifeinstitute.com.

12-14: iPEC Coaching – Limited Potentials Training begins at Transformations, 2301 Evesham Rd., Suite 109, Voorhees, NJ. For more info, call (856) 470-1399 or visit www.readytotransform.com.

19-21: Internationally Recognized Relationship Expert & Author, Harville Hendrix - "Getting the Love You Want: Couples Weekend Workshop". Doubletree Hotel, 515 Fellowship Rd. N, Mt. Laurel, NJ – Fri. 6pm-9pm; Sat. 10am-5pm; Sun. 10am-2pm. Cost: \$750 (inc. materials). Hosted by Transformations. To register, call (856) 470-1399 or visit www.readytotransform.com.

Enlighten Up!



2010 YOGALIFE EVENTS IN JANUARY/FEBRUARY/MARCH

SAT. JAN. 2, 1:30-3:30 PM \$20/25
Setting A New Year's Intention
 with Bob Butera

WED. JAN. 6, 7:35-9 PM \$15/ONE CLASS
Opening Your Heart to the New Year
 with Kristen Butera

SAT. JAN. 9, 1:30-3:30 PM \$20/25
Yoga for Depression
 with Bob Butera

WED. JAN 13, 7:35 – 9 PM \$15/ONE CLASS
Master Class on Concentration Points
 with Bob Butera

SAT. JAN. 16, 1:30-3:30 PM \$20/25
Yoga for Weight Loss
 with Kristen Butera

WED. JAN. 20, 7:35 – 9 PM
Anatomy of Abdominal Strength
 with Jim Dougherty

SAT. JAN. 23, 1:30-3:30 PM \$20/25
Sun Salutations A&B
 with Carol Elia

WED. JAN. 27, 7:35 – 9 PM
Master Class: Balancing Poses
 with Bob Butera

SAT. JAN. 30, 1:30-3:30 PM \$20/25
Yoga for Runners
 with Bob Mauch

WED. FEB. 3, 7:35-9 PM \$15/ONE CLASS
Yoga for a Healthy Back
 with Donna Dufoe

SAT. FEB. 6, 1:30-3:30 PM \$20/25
Sequencing for Beginners Yoga Classes
 with Kristen Butera

WED. FEB. 10, 7:35-9 PM \$15/ONE CLASS
Yoga Poses for Strength
 with Jim Dougherty

SAT. FEB. 13, 1:30-3:30 PM \$20/25
The Yoga of Relationships
 with Bob Butera

WED. FEB. 17, 7:35-9 PM \$15/ONE CLASS
Learning to Surrender in Yoga Poses
 with Bob Butera

SAT. FEB. 20, 1:30-3:30 PM \$20/25
Teaching PreNatal Yoga
 with Randi Coen-Gilbert

WED. FEB. 24, 7:35-9 PM \$15/ONE CLASS
Adjust and Assist Workshop: Standing Poses
 with Kristen Butera

SAT. FEB. 27, 1:30-3:30 PM \$20/25
Vigorous Yoga at Home
 with Erika Tenenbaum

WED. MARCH 3, 7:35-9 PM \$15/ONE CLASS
Posture Clinic: Shoulders and Neck
 with Jim Dougherty

SAT. MARCH 6, 1:30-3:30 PM \$20/25
How to Teach Gentle Yoga
 with Angela Nevius

WED. MARCH 10, 7:35-9 PM \$15/ONE CLASS
Posture Clinic: Low Back and Sacrum
 with Jim Dougherty

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- Mental and Physical Alignment
- Breathwork, Chakras and the Energy Body
- Healthy Relationships at Home and Work
- Yogic Psychology & Spirituality
- Modern Views of Ancient Yogic Scriptures
- Yogic Approaches to Diet and Nutrition
- The Art of Teaching Yoga



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