

RabBoar Studio Update

January-February 2011

Make This Your Best Year EVER

Special Classes for a Special New Year



We will once again be hosting **Gurudhan from Yoga West** for a class **Monday, Jan 17, starting at 7:30 at our studio.**

If you haven't had a chance to attend a class taught by this dynamic teacher and long-time student of Yogi Bhajan, now's your chance ... and for a great price of only \$15. Please RSVP because space is limited and we are already over 1/2 way there.

We will also be starting a new **6-week series of classes on back health.** We will explore the many reasons for back pain (some might surprise you) and show you techniques from **both Tai Chi Chuan and Hatha Yoga** to help relieve most causes of back pain and put you in control of keeping yourself pain free. We will be starting this class the last week in January — Thursday, January 27, 7:00—8:30 PM and will continue for the following 5 Thursdays. Please RSVP if you are inter-

ested or forward the information to someone you know who is experiencing chronic or acute back pain.

Our "**Meditation Monday**" class will continue, but we've added a second class earlier that over-laps the Meditation class. You can come at **5:00 PM for a more vigorous flow warm-up class** (experienced students only) then at **5:45 we'll start the pre-meditation warm-up** which includes lots of stretching and warming up of hip and leg muscles and at **6:15 we learn and start the meditation practice.** We practice a new meditation each week—for calming the heart, or energizing, or cleansing. Join us.

Private Classes to Get You Started

If you are interested in beginning a Yoga, Tai Chi or Pilates class, but feel uncomfortable because you have no previous experience, you can take some private classes to get you started. In a private classes (available Fridays and Saturday afternoons) you can learn the basics of these traditions, and learn safe prac-

tice procedure and alignment. Learn how to position your hips and knees to avoid possible strain, and learn how to breath correctly to achieve the most benefit from the practice. You will become more aware of your body-mind connection so you will feel comfortable in any of our classes. Call or email for details.

Class Schedule at 12805-7 E Tucks Chapel Road www.rabboar.com/studio

Monday (Yoga & Longer Meditation)	5:45-6:55pm	<u>Tai Chi Chuan</u>	
Wednesday (Pilates)	5:45—6:45PM	Monday/Wednesday (Basics)	5:30—7PM
Alternate Saturdays (Core Strengthening Yoga)	11:00am-12:15	Monday/Wednesday (Forms)	7—8:30PM
Tuesday and Thursday Kundalini Yoga in the tradition of Yogi Bhajan	4-5PM Tues 5:45-7:00pm Tues/Thurs	Alternate Saturdays Chi Gung	9—10:30am

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