

## *New Sessions for 2011*

January 17 - February 25

February 28 - April 8

April 11 - May 20

May 23 - July 1

July 4 - August 12

August 15 - September 23

September 26 - November 4

November 7 - December 16

## *Meet our Instructors*

### ***Christine M. Cappabianca, RYT -- Practicing 12 yrs, Teaching 9 yrs***

Teaching Kundalini Yoga and Meditation as taught by Yogi Bhajan. Certified by IKYTA, by KRI in Conscious Pregnancy instruction, and is a registered yoga teacher with Yoga Alliance.

### ***Ben Ninmann -- Practicing 14 yrs, Teaching 11 yrs***

Teaching Yang Style Long Form, Standardized Curriculum, and Fu Style Tai Chi. Second Degree Black Belt Internal Arts from the Chinese Wushu Research Institute. Certified Instructor in Tai Chi for Arthritis. Studied under Yang Zhen-Duo, Yang Jun, Nick Gracenin, Jose Johnson and Dave Lundgren.

### ***Roger Patterson -- Practicing 9 years, Teaching 7 yrs***

Teaching Free Flowing Classical Yoga, Power, & Holiday Stress Break Yoga. Studied under many instructors.

### ***Doug Rudisill -- Practicing 12 yrs, Teaching 11 yrs***

Teaching Classical Gentle Hatha Yoga. Studied under Jean Fry.

## *Other Information*

- **Register in Person**
- Wear loose, comfortable clothing
- Bring an exercise mat no larger than a beach towel
- Classes are non-judgmental and comprised of people of all sizes, shapes and physical conditions
- Missed classes can be made-up at any other similar class during this session
- A Therapeutic Effect will pro-rate the fee for late registration or missed classes can be made-up

# Six Week Yoga & Tai Chi Classes

**1.5 hr Yoga classes for six week sessions \$60**

**Two classes per week \$100**

**Single Drop-In Class Fee \$15**

**1 hr Tai Chi classes for six week sessions \$45**

**Single Drop-In Class Fee \$10**

Observe a class at A Therapeutic Effect ~ Free

Register in person with cash, check or charge

Class Times:	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 -10:30am	Kundalini Yoga Christine \$60				Kundalini Yoga Christine \$60
5:30 – 7:00pm		Yoga Doug \$60 <i>Pre-register &amp; Prepay only</i>			
7:00– 8:30pm	Yoga Roger \$60 <i>Pre-register</i>			Tai Chi Ben 7pm-8pm \$45	



**A Therapeutic Effect**

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