

Effective: July 1, 2008

The Solebury Club - Yoga Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00-7:00AM Vinyasa Zaira		8:30-10:00AM Vinyasa Zaira
9:30-11:00AM Vinyasa Foundations Amy	9:30-11:00AM Hatha-Svaroopa Maureen	9:30-11:00AM Vinyasa Amy	9:30-11:00AM Hatha-Svaroopa Maureen	9:30-11:00AM Vinyasa Amy	10:15-11:45AM Iyengar Jeremi
				4:00-5:00PM Hatha-Svaroopa Michelle	
6:30-8:00PM Hatha-Svaroopa Maureen	6:30-8:00PM Vinyasa Will	6:30-8:00PM Hatha-Svaroopa Maureen	6:30-8:00PM Vinyasa Amber		

NOTE: All our instructors are trained and personally experienced in pre-natal Yoga. If you are pregnant, let the instructor know, and poses will be modified for you.

Classes are subject to change with an average of 3 or less.

Hatha Yoga in the Svaroopa style is a restorative yoga that unravels the deepest tensions from the spine. Postures (asanas), breathwork (Pranayama), and guided awareness are used. The poses are held longer and comfortably. Focus is on alignment and support, using props such as blankets, blocks or chairs. Most poses are done on the floor. The most gentle classes, with fewer poses, done slower and held longer. The Hatha Yoga style is for those getting back into shape, recovering from injury, wanting to move slowly, or just feeling tired today.

Vinyasa Yoga is a flow-style linking postures in progressive series, synchronized with the breath. These are dynamic and challenging classes that integrate the work of the body and breath with the work of the mind. They include: attention to alignment, guided meditations, chanting, and yoga philosophy. Classes are rejuvenating, and can be challenging. Standing and floor poses are done, and some poses may be done at the 'rope wall'. The Vinyasa Yoga style is for those desiring more challenge and movement.

Vinyasa Foundations a steady pace of the foundational poses (including standing poses, forward bends, back bends, twists, hip openers, and introductory inversions), breathwork, and the basics of meditation. Perfect for active people new to yoga. No yoga experience necessary, but should have the ability to move from the ground to standing and back comfortably.

Iyengar Yoga gives great attention to detail and the precise alignment of postures, as well as the use of props including our unique 'rope wall', to help accommodate any special needs. Poses are typically held longer to pay close attention to the precise muscular and skeletal alignment this system emphasizes. Moderate classes combine holding poses and flowing poses. Standing and floor poses are done. The Iyengar Yoga style is for those desiring exploration of precision and depth of the poses.

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Maureen Shortt, M.A., Director, has a degree in Education, and a Masters Degree in Nutrition Counseling. She is a registered Yoga Teacher with Yoga Alliance, a member of the International Association of Yoga Therapists, a member of the Yoga Research Society, a Fellow of the American Institute of Stress, and a student of Continued Ayurveda Studies with Dr. Bharat Shulka. She has developed and taught programs for business, industry, and education institutions nationwide for 18 years.

Amber Quinn was Kundalini Yoga certification in 2002. She holds a BFA in dance from Marymount Manhattan College. She has taught yoga/movement therapy in New York City and Bucks County for 5 years, including medical facilities, yoga studios, and health clubs. Amber developed and taught specialized programs for the Association of Help for Retarded Children (AHRC), as well as for yoga medical research studies.

Amy Cronise-Mead was introduced to yoga asana by her mother as a young child; to meditation and mantra at the age of 15; and has been teaching vinyasa flow yoga as a spiritual discipline since 2000. Amy and her husband are currently studying Tibetan Heart Yoga with Geshe Michael Roche and Christine McNally, as students in an the advanced 6 year course of study.

Jeremi Dilworth has been teaching yoga since 1995. From her background of classical dance, work in BodyMind centering, and her deep investigation into yoga based on the work of B.K.S. Iyengar and the Alexander technique, she has developed a specific style of teaching. She also teaches childbirth education and other parenting classes.

Zaira Leal M.A., R.Y.T. is a native from Madrid, Spain. She has been a student of yoga since 1993 and became certified to instruct in the Vinyasa Yoga style in 2003. She has studied with European, Indian and American teachers. Zaira believes in offering a physical and joyful class as a vehicle to connect to one's self more deeply.

Will Mead was certified through Saraswati River Yoga in 2000. He is currently training in Tibetan Heart Yoga.

Michelle Wiley has been a music teacher for over 30 years. She completed her Svaroop Foundations training in 2007.