

10/23/2008

# October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Kundalini Yoga 7:30-8:45am  Yoga with Julia 5:30, 6:45	30 AcuLunch 11:30-1:00PM	1  T'ai Chi with Anne 5:45-6:45pm	2  Yoga with Julia 5:30	3	4  Sunder Sleep 1-6pm  Qigong 2:30-4:00 (Balanced Bodies)
5  Collage and Creativity 2:00-5:00pm	6 Kundalini Yoga 7:30-8:45am  Yoga with Julia 5:30, 6:45	7 AcuLunch 11:30-1:00PM	8  T'ai Chi with Anne 5:45-6:45pm  Pranic Heal & Med 7:00-10:00pm	9  Yoga with Julia 5:30  Natural Stress Relief 7:00-8:00 pm <b>FREE!</b>	10  AcuClinic 6:30- 7:30pm	11
12  Healing From the Core 9:00am-5:00pm	13 Kundalini Yoga 7:30-8:45am  Yoga with Julia 5:30, 6:45	14 AcuLunch 11:30-1:00PM	15  T'ai Chi with Anne 5:45-6:45pm	16  Yoga with Julia 5:30	17	18  Qigong 2:30-4:00
19	20 <b><i>New 6 wk session!</i></b> Kundalini Yoga 7:30-8:45am 10:00-11:30am  Yoga with Julia 5:30, 6:45	21 AcuLunch 11:30-1:00PM	22  T'ai Chi with Anne 5:45-6:45pm  Pranic Heal & Med 7:00-10:00pm	23  Yoga with Julia 5:30  Perfect Health 7:00-9:30pm	24	25  Spa Products 2:00-5:00pm
26  Outgrowing Pain With Flexaware 3:00-5:00pm	27 Kundalini Yoga 7:30-8:45am 10:00-11:30am	28 AcuLunch 11:30-1:00PM	29  T'ai Chi with Anne 5:45-6:45pm	30  Perfect Health 7:00-9:30pm	31	

10/23/2008

**STUDIO A at 443 Carlisle Drive in Herndon  
OCTOBER 2008  
SCHEDULE OF CLASSES & WORKSHOPS**

**Ongoing Classes:**

**Kundalini Yoga classes – new 6 week session begins Monday October 20<sup>th</sup>.** Start your week off right on Mondays at 7:30-8:45am or 10:00-11:30am. Breathe, stretch, relax, and meditate with Darshan Kaur Khalsa. Six week sessions \$90. Call Darshan Kaur for more information or to register, 703-742-0711.

**Perfect Health. Thursdays, 7:00pm-9:30pm. Five week class starts October 23.** Bring balance and healing into your life through this powerful regime of Ayurvedic practices. Taught by Michelle Fondin, this program has been developed by Deepak Chopra, MD, and David Simon, MD. For more information contact Michelle at 571-265-4559 or [www.theayurvedicpath.com](http://www.theayurvedicpath.com).

**Acu-Lunch Break, Tuesdays from 11:30am – 1:00pm**  
Enjoy a simple stress-reducing **30 minute** acupuncture treatment in a group. \$12 per session. Bring your travel mug and leave with a cup of hot, relaxing tea. **Drop in from 11:30 – 12:15.** Call Sharon at 703-623-8340 for more information, or visit [www.acupunctureinva.com](http://www.acupunctureinva.com).

**Pranic Healing and Meditation. Alternate Wednesdays, 7:00-10:00pm. Cost by Donation.** Call Charu at 703-994-1121 for more information.

**Beginner and Advanced Beginner Yoga classes** on Monday and Thursday nights. Call Julia at 703-283-7810 for drop-in availability- \$18 per class.

**Workshops:**

**Sounder Sleep. October 4, 1:00-6:00pm. \$78.** The Sounder Sleep System as taught in this workshop, consists of gentle sleep-inducing breathing and movement techniques. Learn how to easily fall – and stay – asleep! Enjoy the many benefits of restful slumber. Call Petra to register: 703-698-8806.

**Creativity and Collage. October 5, 2:00-5:00pm. \$75 includes instruction and materials.** Our creative life connects us to a deeper sense of self. With guidance from local artist Anita Champ, explore design and assembling using handmade papers. Call Tracey to register: 703-568-9224.

**Five Natural Ways to Anxiety and Stress Relief. October 9, 7:00-8:00pm. FREE!** Learn timeless mind-body techniques to relax and relieve anxiety. Based on Deepak Chopra's bestselling book, *Perfect Health*, Taught by Michelle Fondin, certified Chopra Center instructor. Visit [www.theayurvedicpath.com](http://www.theayurvedicpath.com) for more information.

**AcuClinic. Oct 10, 6:30 – 7:30pm. \$12.** Wind down from a stressful work week with a stress-reducing acupuncture treatment. Five needles are placed in each ear and left for 20-30 minutes while you relax and decompress. Call Sharon at 703-623-8340 for more information, or visit [www.acupunctureinva.com](http://www.acupunctureinva.com).

**Healing from the Core Daycourse. October 12, 9:00-4:00. \$125.** Angela Stevens teaches self-care techniques so that we can deal with others without undue stress. Learn how to care for others while avoiding burnout – CEUs available for healthcare professionals. Call Tracey at 703-568-9224 for more information.

**Organic Skincare & Spa Products. October 25, 2:00-5:00pm. \$4-\$10/item.** Create scented bath salts, body oils, herbal bath teas, and more using pure essential oils, sea salt, and dried organic herbs. Package each item, and leave with gifts for friends, family, or yourself! Pay only for what you make. Call Tracey to register: 703-568-9224.

**Flexaware Workshop – Outgrowing Pain. October 26, 3:00 – 5:00pm. \$40.** This workshop will help you learn how to “outgrow” pain. Based on the Feldenkrais method, this program addresses back pain, arthritis, carpal tunnel syndrome, and other chronic pain syndromes. Visit [FlexAware.com](http://FlexAware.com) to learn more! Register for this class with Tracey, at 703-568-9224.

# November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Qigong 2:30-4:00pm (Balanced Bodies)  Pranic Healing 8:00 am- 6:30pm
2 Pranic Healing 8:00am-6:30pm	3 Kundalini Yoga 7:30-8:45am 10:00-11:30am  Yoga with Julia 5:30, 6:45pm	4 <b>NO ACU LUNCH ELECTION DAY!</b>  T'ai Chi with Ed 6:30-7:30pm	5 T'ai Chi with Anne 5:45-6:45pm  Pranic Healing 7:00-10:00pm	6 Yoga with Julia 5:30pm  Perfect Health 7:00 – 9:30pm	7	8
9	10 Kundalini Yoga 7:30-8:45am 10:00-11:30am  Yoga with Julia <b>New Session!</b> 5:30, 6:45pm	11 AcuLunch 11:30-1:00pm  T'ai Chi with Ed 6:30-7:30pm	12 T'ai Chi with Anne 5:45-6:45pm	13 Pilates Mat 9am-5pm  Yoga with Julia 5:30pm <b>New Session!</b>  Perfect Health 7:00 – 9:30pm	14 Pilates Mat 9am-5pm  Acu Clinic 6:30 – 7:30pm	15 Pilates 8am -2:00pm  Qigong 2:30-4:00pm
16 Pilates Mat 9am-5pm	17 Kundalini Yoga 7:30-8:45am 10:00-11:30am  Yoga with Julia 5:30, 6:45pm	18 AcuLunch 11:30-1:00pm  T'ai Chi with Ed 6:30-7:30pm	19 T'ai Chi with Anne 5:45-6:45pm  Pranic Healing 7:00-10:00pm  Healing from Core 7:00-9:00pm (Upstairs)	20 Yoga with Julia 5:30pm  Perfect Health 7:00 – 9:30pm	21	22 Qigong 2:30-4:00pm
23	24 Kundalini Yoga 7:30-8:45am 10:00-11:30am  Yoga with Julia 5:30, 6:45pm	25 AcuLunch 11:30-1:00pm  T'ai Chi with Ed 6:30-7:30pm	26 <b>Happy</b>	27 <b>Thanksgivin g</b>	28 <b>Holiday</b>	29 <b>Thanksgivin g</b>
30 <b>Holiday</b>						

10/23/2008

## STUDIO A at 443 Carlisle Drive in Herndon NOVEMBER 2008 SCHEDULE OF CLASSES & WORKSHOPS

### New Classes:

**Beginner and Advanced Beginner Yoga classes – Five week sessions start November 10<sup>th</sup> and November 13<sup>th</sup>!** Call Julia at 703-283-7810 to register or for drop-in availability. \$80 per session, \$18 per class.

### November Workshops:

**Pranic Healing Weekend Course, November 1 and 2.** Call Charu for more information, 703-994-1121.

**AcuClinic. November 14, 6:30 – 7:30pm. \$12.** Wind down from a stressful work week with a stress-reducing acupuncture treatment. Five needles are placed in each ear and left for 20-30 minutes while you relax and decompress. Call Sharon at 703-623-8340 for more information, or visit [www.acupunctreinva.com](http://www.acupunctreinva.com).

**Healing from the Core. November 19, 7:00-9:00pm. \$20.** Angela Stevens teaches self-care techniques so that we can deal with others without undue stress. Call Tracey at 703-568-9224 for more information.

### Ongoing Classes:

**Kundalini Yoga.** Breathe, stretch, relax, and meditate with Darshan Kaur Khalsa. Call Darshan Kaur for drop-in availability and new class schedule: 703-742-0711.

**Perfect Health. Thursdays, 7:00pm-9:30pm.** For more information contact Michelle at [www.theayurvedicpath.com](http://www.theayurvedicpath.com).

**Acu-Lunch Break, Tuesdays from 11:30am – 1:00pm**  
Enjoy a simple stress-reducing **30 minute** acupuncture treatment in a group. **\$12 per session.** Bring your travel mug and leave with a cup of hot, relaxing tea. **Drop in from 11:30 – 12:15.** Call Sharon at 703-623-8340 for more information, or visit [www.acupunctureinva.com](http://www.acupunctureinva.com).

**Pranic Healing and Meditation. Alternate Wednesdays (November 5 and 19), 7:00-10:00pm. Cost by Donation.** Call Charu at 703-994-1121 for more information.

**T'ai Chi with Ed. Tuesdays, 6:30-7:30pm.** Current session runs through December 9<sup>th</sup>. For more information call Tracey at 703-568-9224.

**T'ai Chi with Anne. Wednesdays, 5:45-6:45pm.** Current session runs through December 10<sup>th</sup>.

### December Workshops:

**Acu-Lunch will continue through December 16.**

**Friday Evening Acupuncture Clinic December 12, 6:30-7:30**

**Rebuild and Relax from the Inside Out with Gurunater Kaur Khalsa, December 6<sup>th</sup> from 1:00-5:00pm. \$65.** Learn yoga and meditation techniques to carry you joyfully through the holidays and beyond! Call Gurunater to register – 703-668-0191.

**Yoga with Malea Glick.** Back for a few days from the West Coast. Malea will be offering two yoga classes. Give yourself a holiday break! Bring a friend!

**Yoga for the New Year – Sat, Dec 20, 10:00-11:30am, \$25.**

**Chakra Yoga – Sun, Dec 21, 10:00am - 12:30pm, \$35.**

**Back By Popular Demand –** Brian Wright will be returning for a Tasting of Winter Oolong Teas Saturday, January 31 from 3:00-5:00pm. \$30. Enrollment is limited, so please call Sharon at 703-623-8340 to register (what a great holiday gift for that person who has everything!).

