

The Yoga Barn



Spring/Summer 2002

Friday August 16th through Sunday August 18th
Friday: 7-9 PM, Saturday & Sunday: 10AM – 2PM
FEE: \$90 per person for the entire workshop or
\$25 for Friday night, \$60 per day for Saturday & Sunday
Locust Street Studio

The Power of Chant **with Lahar Goldberg**

Within the sound of chant lies the untapped potential of stillness, mental clarity and the power of silence. Through chanting of the Veda and the Yoga Sutra of Patanjali we will learn basic rules and guidelines of chant, while uncovering its beauty, mystery and magic. Saturday and Sunday mornings will begin with a strong, preparatory asana class led by Robin, director of The Yoga Barn. Lahar will then guide us joyfully into the world of chant.

Lahar Goldberg is a Certified Viniyoga Instructor who began her study of yoga in India over 20 years ago. She has studied chant at the Krishnamacharya Yoga Mandiram in Chennai, India, and has had advanced training in Vedic and sutra chanting in New Mexico at the Vedic Chant Center with Sonia Nelson and T.K.V. Desikachar.



A Day at the Barn **with Robin L. Rothenberg**

July 20th, 10 AM to 5 PM
Gourmet Vegetarian lunch included
Fee: \$85
Limited to 12

Treat yourself to this mini-retreat, held in the beautiful sanctuary of the Fall City Studio!

Take this opportunity to explore yoga in-depth with this masterful and compassionate teacher. Practice will be centered around the Yoga Sutra, by Patanjali, and promises to be a reflective and enriching experience. Chez Peter will provide a sumptuous luncheon, which will satisfy both the palate and the tummy.

The Yoga Barn
Founder and Director:
Robin L. Rothenberg

Administration:
Kathie Divers

Reception:
Kathie Divers, Jennifer Nield, Tracy Rudge

Newsletter:
Kim Pearson of Primary Sources. www.primary-sources.com

Webmaster:
Ed Hazen of Eds Bits. www.edsbits.com

edsbits
web design and more

proud Webmasters of yogabarn.com

Ed Hazen
425.222.6550

info@edsbits.com
www.edsbits.com

Note From Robin

My mother-in-law likes to say, "It's not life that's tough - it's the transitions." As my children are nearing that time of life when they are setting off on their own, I've had to face the challenge that my role as mother must change along with them. The mommy that made the boo-boos all better is no longer the mother they need to grow through this transition into adulthood. More and more, my job is to be the silent support behind the scenes, to get out of the way so that they can experience the world on their own terms. Learning when to let go and step aside has been the most delicate balance I've had to negotiate, more challenging than standing on one leg in Tree pose, even with my eyes closed.

In yoga, we focus on the points of transition, precisely because it's at those unfixed moments that the truth between where we've been and where we are is revealed. Each class begins with time to notice the breath and tune our awareness into the experience of our body and mind in the present moment. Although this may sound peaceful, in that new-agey kind of way, the reality is often quite the opposite. Inside, our minds play a cacophonous tape of conversations, incidents, fantasies and emotions that are often so noisy, that the moment we close our eyes and focus on them, we feel like someone's blasting Heavy Metal inside our head.

Of course, all this disquiet is happening in our minds throughout our day whether we are paying attention to it or not. The difference is that with yoga we bring the intention to shift our focus from our relationships with others, our work and what we do, to our relationship with ourselves. Before we *move* into yoga postures, we *remove* the posture of our day, the shields or masks of our doing self, and reconnect to that eternal part of us that recognizes we are simply being here – now. Eventually, using the breath as our guide, the tide of mind-waves begins to settle and we shift into movement.

In viniyoga, we move in and out of postures several times before we stay and hold any one position. In this way, we practice transition again and again. Each *asana*, or posture begins with a base of stillness, and out of that, we move, at times with ease, sometimes with an awkward kind of wobble. Perfection in *asana*, isn't about a fixed pose that can be photographed for the cover of **Yoga Journal**, but rather, it is a momentary revelation of grace that teaches us about holding our ground without rigidity; opening ourselves to change without uprooting our foundation. It is all about practicing what's hardest in life, so we can meet those challenges with equanimity.

As my fledglings are about to take flight, I am grateful for all the years of practice on the mat, that has provided me the platform to make it through this transition with a little more grace and less wobble, than I would otherwise. Knowing how to find the stillness within, to cultivate my own roots, helps me to relax around my desire to take charge of their lives, and helps return my attention to my own center. It is through yoga that I am able to release them to their "*dharma*"- their path – and begin the work of redefining my own. That doesn't mean I won't be a sobbing mess at Jamie's graduation ceremony in June, but the tears will only in part be about loss, the greater part will be in celebration of the birth - of us both.

Robin



About Robin Rothenberg:

Robin L. Rothenberg is the director of The Yoga Barn and a dedicated practitioner of yoga since 1986. She came to yoga looking for a gentle way to get back into shape after the birth of her second child. What she discovered was a powerful tool for alleviating years of chronic illness and lower back pain. Certified in the Iyengar tradition in 1992, Robin has since shifted her personal practice and teaching modality to Viniyoga which has provided a rich launch pad for personal growth and spiritual transformation. In May of 1998, she received her Viniyoga Certification, and has now completed her coursework for the Viniyoga Therapist Training Program. Robin brings to her teaching her own experience of yoga; strong classical training and the understanding that there are options to pain and disease. It is this sense of empowerment she conveys to her students, encouraging them to become more aware of their bodies, their minds, and the choices they make. Her playful style enriches her classes with a sense of humor and joy.

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Introductory Series

These series usually run in 4 week sessions. They meet once a week and are designed to accommodate the needs of students new or relatively new to yoga. These classes build gradually, with lots of individual attention to help you stretch and strengthen your body, while learning basic poses, breathing and relaxation techniques.

**Fee: 4 weeks/\$52
3 weeks/\$39**

**Intro Series Dates:
April 15-May 6
May 13-June 9
June 10-July 7
July 8-August 4
August 5-August 25**

**Check class schedule
for days & times.
No drop-ins please!**

BUY A YOGA BARN SAMPLER CARD

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& IS NON-TRANSFERABLE. YOU NEED TO SPECIFY
WHICH TEACHERS YOU WOULD LIKE TO "DROP-IN" ON
WHEN YOU PURCHASE THE CARD.**

*Sampler Cards recommended for those who have
completed an Intro Series or have had previous
experience with yoga.*

What is Yoga?

The word yoga comes from the ancient Sanskrit language of India meaning *yuj*, to yoke or unite, and is understood to be the merging of body, mind and spirit. In practice, yoga is a process of removing the physical and mental obstacles in our lives which cause us to suffer. For some, this means developing better postural habits to heal a chronic backache, for others it may mean learning to breathe deeply before reacting to adversity, and for some it's a matter of creating a quiet space each day to commune with the spirit Self. At the core of all yoga practice is the quality of balance; to strengthen that within us which is weak, to develop flexibility where we have become rigid, to find a path that brings light and harmony to our lives and allows us to see what is, with clarity. It is a process, not an outcome.



The Yoga Barn classes focus primarily on *asana* and *pranayama*, the physical posture and breath work, which aid most of us in developing strong, vital bodies and a calm, relaxed state of mind. In some classes chanting and meditation are also explored. Utilizing the comprehensive teachings of present day yoga

masters T.K.V. Desikachar and B.K.S. Iyengar, the posture work emphasizes good, structural body mechanics coordinated with the breath to allow for safe and fluid movements.

Desikachar, son of master guru Krishnamacharya, has devised his own school of *Viniyoga*, which links posture with the breath in a flow series to release energy blocks at a very deep level. *Viniyoga* uniquely allows for adaptation of posture and practice based on each individual's needs. The *Iyengar* method is known for its precise and vigorous posture work, which builds strength, stamina and flexibility, and for its unique use of props which modify classical postures to accommodate those with injury or physical restriction. The combination of these two schools provides versatility and a comprehensive base to explore a yoga practice.

The Yoga Barn offers a friendly, non-dogmatic environment where teachers aspire to facilitate each student's quest for personal health and spiritual well-being.

Bodyworkers at The Yoga Barn

For more information on these amazing bodyworkers, see our website, www.yogabarn.com. You'll find Lomi Lomi, Swedish, Deep Tissue, Therapeutic, Zen Stone, Thai Massage and more! Call the number listed to make an appointment.

Anita Boser, Certified Hellerworker -- Hellerwork, Thurs. to Sat. **425-765-2713**

Catherine DeMarin, LMP -- Dharma Touch Massage, Wed. **206-605-9934**

Noriko Takei, LMP, Reiki Master -- Massage Therapy, Mon. **425-392-9347**

Sandy Wagele, LMP, NCTMB -- Massage Therapy, Mon. to Thurs. **425-894-6448**

Atsumi Yamashiro, RN, LMP -- Massage Therapy, Thurs. and Sat. **425-747-5870**

Calendar of Events

Full details of Events & Workshops can be found on our website, www.yogabarn.com.
Call the Yoga Barn to register 425-427-0038

INFANT MASSAGE SERIES with Molly Haling Jensen
4 Fridays, 10:00 - 11:30 AM at Locust Studio. FEE: \$75 series
Series 1: 4/19 - 5/17 (no class 5/3)
Series 2: 5/31 - 6/21
Series 3: 7/19 - 8/9

FINDING YOUR CENTER with Anita Boser
Three chances to attend: Saturday April 20th - Saturday, May 18th - Saturday, June 22nd
2-4 PM at Locust Studio. FEE \$35

FREEING YOUR SHOULDERS & UPPER BACK II with Barb Moody
4 Mondays April 22nd - May 13th, 5:30 - 6:45 PM
Locust Studio. FEE: \$48 series, \$14 drop-in

YOGA FOR BELLY DANCERS with Carla DeArmas
Session IV, May 3rd: Laterals: opening up the Sides. 7-9 PM Locust Studio
Session V, May 31st: Rotating the Spine: Twists, 7-9 PM Locust Studio
FEE: \$30 per Workshop Session

MOVEMENT & MEDITATION SERIES with Phyllis Moses
Thursdays, May 9th - June 6th, 5:45 - 6:45 PM at Gilman Studio. FEE: \$60 series/\$14 drop-in

NEW APPROACHES TO ARTHRITIS with Steve Hall, M.D.
Friday, May 10th at Gilman Studio, 7-9 PM, FEE: \$60

FINDING YOUR FOOTING with Barb Moody
4 Mondays May 20th - June 17th, (no class 5/27) 5:30 - 6:45 PM
Locust Studio, FEE: \$48 series, \$14 drop-in

YOGA FOR EMOTIONAL WELL BEING with Phyllis Moses
Saturday, June 1st, 1-4 PM, Gilman Studio, FEE: \$45

MENOPAUSE: NATURAL HORMONES & OTHER CONSIDERATIONS with Steve Hall, M.D.
Friday, June 7th at Gilman Studio, 7-9 PM, FEE: \$60

THE POWER OF CHANT with Lahar Goldberg
August 16th - 18th. Fri: 7-9 PM, Sat & Sun 10 AM - 2 PM, Locust Studio.
FEE: \$25 for Friday night, \$60 per day for Sat & Sun

Special Events with Robin

SUTRA STUDY with Robin Rothenberg & the Yoga Barn staff
Address the core teachings of yoga and move toward transformation
Fridays Apr 26th, May 31st, June 28th, July 26th

THROUGH A TEACHER'S EYES with Robin Rothenberg
Develop Observation Skills to Read your Body
Apr 27th & 28th, 12-4 PM, Gilman Studio
FEE: \$40 per session/\$65 for both. All levels welcome

CHAKRAS AND MORE with Robin Rothenberg
Understand the Human Energy System
May 17th - 19th. Friday 6:30 - 9:00, Sat & Sun 10-5. Locust Studio. FEE: \$125

A DAY AT THE BARN with Robin Rothenberg
All day retreat in beautiful Fall City, gourmet lunch provided
Saturday, July 20th, 10:00 - 5:00. Fall City Studio. FEE: \$85

The Yoga Barn Spring & Summer Schedule

Session 1: April 15-June 2 . Session 2: June 3-July 14 . Session 3: July 15 - August 25th
No classes held: Memorial Day Weekend May 24-27, or July 4th



Call 425-427-0038 to register

Classes at Gilman Studio

Address: 660 NW Gilman Blvd., Suite C6, Issaquah. Directions: Located in downtown Issaquah, just off Gilman Blvd, in the Gilman's Corner complex west of the PostOffice. It's the brick complex fronted by Rodda Paints and Verizon. We are toward the back past Issaquah Ski and Cycle.

Monday	9:30 - 10:45 AM	Intro Series	Phyllis
	11:15 - 12:45 PM	Basic Yoga 1	Jean
	1:00 - 2:15 PM	Therapeutic Yoga	Robin
	5:30 - 7:00 PM	Yoga Conditioning for Women	Kris
	7:15 - 8:30 PM	Intro Series	Kris
Tuesday	9:45 - 11:15 AM	Basic Yoga 1-2	Carla
	12:00 - 1:00 PM	Belly Dance Series (Session 1: 4/23-6/4; Session 2: 6/11-7/23)	Carla
	6:30 - 8:00 PM	Basic Yoga 1	Jean
Wednesday	9:30 - 10:45 AM	Prenatal Yoga	Diane
	11:15 - 12:30 PM	Intro Series	Diane
	1:00 - 2:00 PM	Postnatal Yoga (4/15 - 6/2 only)	Diane
	5:45 - 7:00 PM	Intro Series	Phyllis
	7:15 - 8:45 PM	Basic Yoga 1	Phyllis
Thursday	9:45 - 11:15 AM	Basic Yoga 1-2	Carla
	12:00 - 1:00 PM	Belly Dance Series (Session 1: 4/25-6/6, Session 2: 6/13-7/25)	Carla
	5:45 - 6:45 PM	Movement & Meditation Series (5/9 - 6/6)	Phyllis
	7:15 - 8:30 PM	Prenatal Yoga	Phyllis
Friday	9:45 - 11:00 AM	Intro Series	Jean
	10:00 - 11:30 AM	Infant Massage Series (Session 1: 4/19-5/17, Session 2: 5/31-6/21 Session 3: 7/19-8/9)	Molly
Saturday	8:30 - 10:00 AM	Basic Yoga 2	Kris
	10:15 - 11:30 AM	Basic Yoga 1	Kris
Sunday	10:00 - 11:15 AM	Intro Series	John

10% Discount

Available when registering for 2 or more classes per week.
 (Intro series & Workshops not included)

Classes at Locust Street Studio

Address: 525 NW Locust St, Issaquah. Directions: Located directly across the street from The Yoga Barn on Gilman Blvd. It is set back from the road behind the KFC parking lot, 2 doors down from the Orchid Tree Chinese Restaurant. Locust Street is a small, alley-like street that runs in front of the Orchid Tree. Locust Street may also be accessed from 7th Avenue, which runs between Safeway and Lombardi's Restaurant.



Monday	9:30 - 11:00 AM	Basic Yoga 3	Robin
	5:30 - 6:45 PM	Improve Your Yoga Series (4/22 - 6/17)	Barb
	7:15 - 8:45 PM	Basic Yoga 1	Jean
Tuesday	5:30 - 6:45 PM	Therapeutic Yoga Intro Series	Robin
	7:00 - 8:15 PM		Anne
Wednesday	9:30 - 11:00 AM	Basic Yoga 1	Jean
	5:30 - 7:00 PM	Basic Yoga 1	Kris
	7:15 - 8:45 PM	Basic Yoga 3	Kris/Anne
Thursday	9:30 - 10:30 AM	NIA	Lara
	5:30 - 7:00 PM	Basic Yoga 2	Anne
	7:30 - 8:45 PM	Intro Series	Anne
Friday	9:30 - 11:00 AM	Basic Yoga 1-2	Beth

Classes at Fall City Studio

Directions: Take I-90 to Fall City. From Fall City head east on Highway 202. Follow 202 approximately 1 mile. Take a left at 356th Dr. SE. Head up the hill, past Rutherford Estates (both entrances), stay right and come up around one more turn to the yellow house. The house sits on a bluff on the right. Follow the road around the yellow house to the driveway separating the house from the Green Barn -- that's the Yoga Barn. The stairs are on the back side.



Monday	9:30 - 11:00 AM	Basic Yoga 1	Diane
	7:00 - 8:15 PM	Intro Series	Katherine
Tuesday	7:00 - 8:30 PM	Basic Yoga 1-2	Jill
Wednesday	9:30 - 10:45 AM	Intro Series	Beth
Thursday	9:30 - 11:30 AM	Yoga In-Depth	Robin
	5:30 - 7:00 PM	Gentle Basic Yoga 1	Diane
	7:15 - 8:45 PM	Basic Yoga 1	Katherine

See page 4 for Introductory Series Dates

Latest updates or changes on schedules may always be found on our website:

www.yogabarn.com

Class Fees & Descriptions

425-427-0038

Class fees are determined on a 7 week session, unless otherwise designated. Some classes may meet for less than 7 weeks and will be prorated accordingly. Make-ups available within the same session only. No cash refunds. Call the office to check on space availability for make-ups.

Introductory Yoga: For students new to yoga or trying viniyoga for the first time. See page 4 for details.

Basic Yoga 1, 2, & 3: This program is designed to offer a progressively challenging series of classes to cultivate your skills and awareness as you feel ready to deepen your understanding as a yoga practitioner. Basic Yoga 1-2 is a good transitional class for those who want to work more strongly, but appreciate the guided explanations of a Basic Yoga 1. Fee: 7 classes for \$98, 6 classes for \$84, \$16 drop-in.

Yoga In-Depth: This class is an opportunity to study with Robin and explore the full-spectrum of yoga from asana, to philosophy, to chanting, self-reflection and meditation. The Fall City studio offers a peaceful setting, perfect for this inner work. This is a challenging class, ideal for students interested in yoga as a vehicle for personal transformation. Fee: 7 classes for \$119, 6 classes for \$102, \$19 drop-in.

Therapeutic Yoga Series: Ideal for those suffering from chronic pain or illness. Learn healing tools for low back and neck trauma, restorative poses for chronic fatigue, fibromyalgia and M.S. Lots of individual instruction in a supportive class setting. Fee: 7 classes for \$112, 6 classes for \$96. No drop-ins. Must consult instructor before joining.

Prenatal Yoga: This class offers women from the community a place to come and stretch together – they learn ways of supporting their bodies through this time of intense change. Yoga postures can bring relief to the common aches of pregnancy, such as back pain, sciatica, nausea and constipation; while the breath work helps alleviate anxiety, restore energy and calm the mind. Classes are ongoing and may be joined at anytime. Fee: 7 classes for \$98, 6 classes for \$84. No drop-ins.

Postnatal Yoga: This class is designed to stretch and strengthen the new mother and aid in toning the abdominal muscles after childbirth. Of additional benefit: Moms offering each other support and parenting tips. Babies up to crawling age are welcome too! Fee: 7 classes for \$84, 6 classes for \$72/ \$14 drop-in

Yoga Conditioning for Women: For women who are interested in exploring yoga as a dynamic alternative to health club membership. Focus will be on strengthening the upper body, abdominal and spinal muscles; balanced with deep stretches for the shoulders, hips and legs. This class includes the occasional use of light weights; 1-2 lb. hand weights, and 2-3 lb. ankle weights. Excellent for runners, hikers and sports enthusiasts! Pre-requisite: Intro and Basic I. Fee: 7 classes for \$98, 6 classes \$84/ \$16 drop-in

NIA: Neuromuscular Integrative Action uses practices of diverse movements, free expression and the senses to experientially create fitness and wellness. Creativity is endless, offering students movement choices with a blend of Eastern and Western styles, concepts and philosophies. NIA gracefully integrates the fun and spontaneity of dance and free movement, the precision and power of martial arts, the ease and intent of Tai Chi, and the mind/body connection of Yoga. Adaptable to any fitness level, NIA is a celebration of movement, music and energy! Fee: 7 classes for \$84, 6 classes \$72/ \$14 drop-in.

Belly Dance: BELLY DANCE FITNESS FUN!!! Get fit while having more fun than you've ever imagined! Learn how to isolate and control muscles you never knew you had, while rolling, shimmying and celebrating ALL that you are! Come see for yourself why these ancient, empowering "Mother Earth" exercises are so important for today's modern woman. All ages welcome!! Bring a scarf or belt to tie around your hips. Fee: 7 classes for \$84, 6 classes \$72/ \$14 drop-in

Improve Your Yoga: Yoga asanas are meant to unfold from your inner core -- your spine, breath and awareness. The *Feldenkrais Method of Awareness Through Movement* encourages this unfolding from within. Gentle movement sequences help you develop awareness, strengthen balance, increase flexibility and coordination and will help you revitalize your Yoga practice. Fee: 7 classes for \$84, 6 classes \$72/\$14 drop-in.

Individual Sessions: Originally yoga was taught one on one, allowing the teacher to formulate a practice that was individualized for each student's needs. These invaluable sessions are an opportunity to develop your personal practice and to address specific questions regarding physical discomfort or injury, breathing techniques, or spiritual inquiry. You'll take with you a completed practice sequence designed specifically for you. Call the office to schedule an appointment with the instructor of your choice. Fee: will vary with each instructor.



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About the Staff

Anne Ammon's passion for yoga has been consistently growing since she began practicing in the mid '80s. Because giving is an important part of life for Anne, she dedicated the last two years to organizing the Positive Yoga Event, raising funds for breast cancer research, treatment and prevention. Anne graduated in 2000 from the Yoga Barn Teacher Training Program. She is now sharing her light-hearted spirit with students at The Yoga Barn.

Carla DeArmas entered into the yoga journey in 1970, in the gentle, loving style taught by Indra Devi. Carla then studied with many prominent Iyengar teachers and has completed her viniyoga training with Gary Kraftsow. Yoga has been a mainstay in Carla's life, and continues to grow richer in understanding and reverence. She demonstrates authentic concern for the growth of each individual student. Carla, AKA "Alelli" (Ah-Lay-Lee, meaning a place of inspiration), is also a Middle Eastern Dance performer and instructor. Belly dancing is an ancient, empowering, physical and emotional discipline which beneficially affects many levels of today's modern woman. It's a total workout, the perfect complement to yoga – and it's WAY FUN!

Kathie Divers has been a dedicated yogini since 1993. She studied with Robin in 1994/95, completing her initial teacher training and completed the Teacher Training with Robin in the viniyoga tradition. She has been teaching for the past year at The Yoga Barn. Kathie also manages the office, keeping the business of yoga running smoothly.

Lara Gale holds a Blue Belt in the NIA Technique (Neuromuscular Integrative Action). She has been a teacher of NIA for over two years, and a student of NIA for over 3 years. She holds a B.A. with Honors in Kinesiology. Lara is also an ACE Certified Personal Trainer and a certified Spinning Instructor.

John Graham began his exploration of yoga in 1997 and quickly realized that it was life-changing. Realizing that teaching was his future, John began studying various styles of yoga and is currently learning the subtleties of the Viniyoga tradition with Robin. John combines all his teachings to create an individual style focused on breath, movement and a good sense of humor.

Steven M. Hall, M.D., practices a dynamic form of medicine that encourages each patient to find wholeness in all aspects of his or her life. In his gentle manner, he combines conventional and alternative modalities to offer patients a wide range of treatment options. His integrative approach draws on the latest research in advanced metabolic testing in order to optimize the functioning of the digestive, immune and hormonal systems. He employs Advanced Craniosacral therapy to help patients access their own body's wisdom and seek deep healing on physical, emotional and spiritual levels.

Katherine Hayden began a dedicated yoga journey in 1993. She has found the practice and study of yoga to be stimulating and energizing. Katherine has studied with Robin for the past seven years and has taken a number of additional trainings in the viniyoga tradition as well as in Iyengar yoga. She completed the Yoga Barn Teacher Training course. Katherine is eager to explore her love and knowledge of the yoga path with others, and through it, to grow together.

Kris Jensen first discovered yoga in 1991 as an Iyengar student in Texas. After 30 years of studying ballet, she was captivated by yoga's philosophy of treating the body with respect. After moving to Washington, she found that the enhanced personal awareness and growth that can be achieved in the viniyoga tradition was a perfect fit with her related interests: alternative health, a love of nature and the outdoors, and a part-time job with a holistic vet. Kris studied with Robin at The Yoga Barn beginning in 1995 and has completed the Teachers Training course. She is an enthusiastic instructor, dedicated to sharing her yoga experience with others and continuing what she hopes will be a lifelong education in this beneficial and spiritual practice.

Molly Haling Jensen is a Pediatric Occupational Therapist and certified in Infant Massage Instruction. She has provided OT at the UW Experimental Education Unit and the Snoqualmie School District. Molly wants to share the joy of nurturing touch with families of all children, and has a special interest in children with special needs.

Jill Massengill, D.C. is a chiropractor and brings a keen understanding and awareness of body balance to her teaching. She has a varied teaching background including health care, skiing, horseback riding and mothering. The physical, emotional and energetic balancing benefits of her personal practice have inspired her to teach others. Jill completed The Yoga Barn Teacher Training program with Robin.

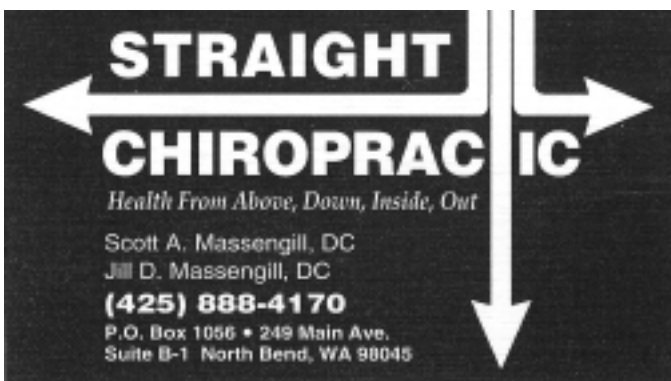
Diane McNulty is a dedicated student and practitioner of viniyoga. For Diane, yoga connects the body, mind and spirit with deep awareness of the Self. Diane studied with Robin and completed the Teachers Training Program at The Yoga Barn in 2000. She is particularly interested in working with women during pregnancy, and is looking forward to helping to expand the prenatal program at The Yoga Barn. Diane received her Prenatal Yoga Certification from the Seattle Holistic Center.

Barb Moody is a Certified Feldenkrais Practitioner®. She brings to her work over twenty-five years of experience in traditional and complementary health care, bodywork, and movement studies. She is available for private and semi-private lessons.

Phyllis Moses was introduced to yoga over 20 years ago. Her love of yoga led her to become a Certified Viniyoga instructor. She has completed the Viniyoga Therapist Training with Gary Kraftsow. Phyllis also holds a B.A. in Psychology, and has worked closely with her Tibetan Buddhist teacher of the past 8 years. Phyllis teaches with gentle elegance, weaving her knowledge of Western psychology with Eastern philosophy to create a bridge of understanding for her students. She teaches annually in Europe, and moved to the Northwest from Maui, where she is contributing to the growing interest in Viniyoga. Phyllis found that doing yoga during pregnancy was extremely beneficial and is excited to build the prenatal program at The Yoga Barn.

Jean Wilson came to yoga in the early 90s, having first practiced dance and Pilates-style bodywork. She has studied in both the Iyengar and Viniyoga traditions. Jean finds a great connection between her love of yoga and her love of the outdoors; the physical and spiritual aspects of each balancing the other. She has taught yoga off and on over the years, and has further cultivated her teaching skills through The Yoga Barn Teacher Training Program.

Beth Wood has been practicing yoga for over ten years. Yoga connects Beth to the feeling of being fully alive and present. She completed The Yoga Barn Teacher Training course and is looking forward to learning from her students again this year.



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Registration and General Information

The Yoga Barn Main Office: 425-427-0038

Pre-registration and pre-payment is requested to assure your space in a particular class or workshop. Registration for all classes and workshops is handled through the main office in Issaquah. You may register by phone, fax, e-mail or mail. Cash, checks, VISA/MC/Discover Card accepted.

Refunds/Credit – The Yoga Barn does not give cash refunds unless we cancel the course. Credit in full, less the \$25 non-refundable deposit, will be extended with a minimum of 48-hour advance notice of your cancellation. No credit will be extended for less than 48-hour notice.

Class rates – Class fees are based on the current session; however due to individual teachers' schedules some classes may meet more or less than the session, and are prorated accordingly. New students may begin ongoing classes at anytime for a prorated fee. Continuing students are asked to pay in full. If you need to split payment into two installments, please make arrangements with the front office. 10% discount for 2 or more classes per week.

Make-ups – are allowed within the current session at the appropriate level class. It need not be with the same instructor. To schedule a make-up, call the main office. MISSED CLASSES WILL NOT BE CARRIED OVER TO THE NEXT SESSION.

Drop-ins – If you are a registered student at The Yoga Barn and would like to drop-in to classes you are more than welcome for the additional \$2 drop-in fee. Please call ahead to confirm that there is space available in the class of your choice. Note: Drop-ins are not available for: Intro, Prenatal and Therapeutic classes.

Prenatal – If you miss a prenatal yoga class, a maximum of 3 classes may be carried over into a new session. Call to schedule make-ups. If you are having medical problems, please call us immediately so you will not be charged for missed classes. If you deliver during your session, credit is applied to other classes and must be used within 6 months.

To Get Ready – Yoga is physical exercise. Wear comfortable exercise clothes (leggings are great; no baggy sweats or jeans, please). Be sure to **not** eat a heavy meal before class (moms-to-be, please munch on something light). Leave perfume and heavy jewelry at home. Come 10 minutes early to register. If you have any serious medical conditions, please check with your physician before registering.

The Yoga Barn has Gift Certificates available. Valid only when presented.

PRE-REGISTRATION FORM

Please send this form with a \$25 non-refundable deposit for each class or workshop and/ or payment in full. Pre-payment in full is required for workshop registrations. We will call to confirm receipt of payment only for workshop registration. Some work-study trade is available upon request. Check with front desk.

Name _____

Address _____

City _____ State _____ Zip _____ Phone (day) _____ (eve) _____

Class or Workshop Title & Instructor	Location	Date/Day	Time	Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Check VISA Master Card Discover Deposit encl. _____ Payment in Full _____

Credit Card # _____ Exp. Date _____ Total amt. \$ _____

Signature _____

Mail to: The Yoga Barn - 660 N.W.Gilman Blvd., Ste. C6 - Issaquah, WA 98027; or fax us: 425-427-0613

PURA VIDA, COSTA RICA

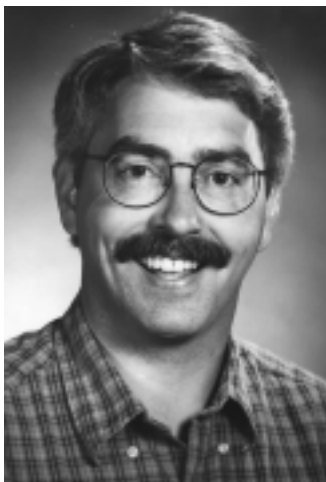
March 8 - March 15, 2003

Join Robin in beautiful Costa Rica for the yoga vacation of a lifetime! Pura Vida spa offers all the amenities of a first-class resort experience, surrounded by exotic jungles and wildlife that promises to make this retreat a cross-cultural adventure! Step into an oasis of beauty, tranquility and home-like intimacy as you immerse yourself in "the good life" – good food, good friends, feel-good yoga, meditation and fitness, all with a spiritual, holistic and helpful approach to who you are ... and what you need.



Airport transport, accommodations, gourmet meals and two daily yoga classes included for the price of \$995.

Information and reservations: Regina Fernandez, 3653 Stephen M. White Dr., San Pedro, CA 90731. Tel: 562-673-7660. Email: Regina@puravidaspa.com



TWO SEMINARS with Steve Hall, M.D.

NEW APPROACHES TO ARTHRITIS: TREATING, PREVENTING AND REVERSING ARTHRITIS NATURALLY

Friday May 10th, 7-9PM at Gilman Studio. FEE: \$60

There is new hope for those suffering with arthritis. Thanks to recent scientific advances in our understanding of the processes of inflammation and healing, we can now realistically talk about preventing and reversing arthritis, with almost all natural treatments! Arthritis affects nearly fifty million people in the United States who spend several billion dollars each year on conventional medical treatments that suppress the symptoms of arthritis but do not alter its worsening course and actually perpetuate the process of inflammation in the body. Perhaps because no huge corporation can profit from you being healthy, this new information has been very slow getting to the public. But that is no reason why you cannot benefit from this information now. "New Approaches to Arthritis" is for anyone with rheumatoid arthritis, osteoarthritis or arthritis due to any other autoimmune disorder, such as psoriasis or inflammatory bowel disease. It will also help those with fibromyalgia, chronic fatigue syndrome or a family history of arthritis.

MENOPAUSE: NATURAL HORMONES AND OTHER CONSIDERATIONS

Friday June 7th, 7-9PM at Gilman Studio. FEE: \$60

Menopause means many things to many women. For some women, menopause is barely noticeable. For others, it induces dramatic, life-changing effects. The conventional medical approach has generally treated menopause as a disease to be cured with treatment options focused mainly on hysterectomy and/or artificial hormone replacement therapy. Recent research has confirmed the effectiveness of a host of other, more natural approaches. Lifestyle changes, specific nutritional strategies and herbal supplements can soften many menopausal symptoms. In addition to estrogen and progesterone, other hormones play an important role in menopause. Fine-tuning the balance of these hormones can ease this major life transition and help prevent future health problems. In his talk on "Menopause: Natural Hormones and other Considerations" Dr. Hall will explore how to approach menopause from an integrated medical perspective, one that combines the latest in alternative and conventional medical wisdom.

Steven M. Hall M.D. practices a dynamic form of medicine that encourages each patient to find wholeness in all aspects of his or her life. In his gentle manner, he combines conventional and alternative modalities to offer patients a wide range of treatment options. His integrated approach draws on the latest research in advanced metabolic testing in order to optimize the functioning of the digestive, immune and hormonal systems. He employs Advanced Craniosacral therapy to help patients access their own body's wisdom and seek deep healing on physical, emotional and spiritual levels.

The Yoga Barn



660 N.W. Gilman Blvd., Ste C6
Issaquah, WA 98027

Change service requested

If you no longer wish to
be on our mailing list or
are receiving duplicates,
please let us know.

***The Spring Line is in!
Lots of new & fashionable
yoga clothes!***

**Spring Special
10% off selected merchandise**

**The Yoga Barn offers a full Retail Boutique with
the latest in yoga books, tapes, videos, mats,
blankets, props and clothing for men & women.**

**We also feature CDs, candles, incense, and a
selection of books on spirituality and alternative
healing.**



How to Reach Us:

Phone: (425) 427-0038 - Fax: (425) 427-0613 - Email: info@yogabarn.com

website: www.yogabarn.com

Address: 660 NW Gilman Blvd., Ste C6, Issaquah, WA 98027