



The Lotus Blossom

**FEB 2012
newsletter**

For more info look at our website:
TheYogaCenterInc.com
Facebook.com/theyogacenter



**13 16 B Grandin Rd. SW
Roanoke, VA 24014
540-345-4090**

Yoga Center Class Schedule - New series begin March 5, 2012

MONDAY

9:00 AM - 10:15 AM
3:30 PM - 4:30 PM
5:45 PM - 7:15 PM
7:20 PM - 8:40 PM

Wake Up Yoga (series) with Gail
Gentle Yoga (drop-in) - Debbie Stevens
Yin Yoga (series or drop-in) - Debbie S.
Yoga Foundations (drop-in) - Debbie

TUESDAY

3:30 PM - 4:30 PM
6:30 PM - 8:00 PM

Hatha Yoga (drop-in) - Virginia Balsarak
Yoga 1/2 (series or drop-in) - Karen Ughetta

WEDNESDAY

12:00 n - 1:00 PM
3:30 PM - 4:30 PM
5:45 PM - 6:45 PM

Yoga for Life (drop-in) - Debbie
Yoga for Life (drop-in) - Debbie
Pilates (drop-in) - Stacy Preston

THURSDAY

6:30 PM - 8:00 PM

Yoga for Life (drop-in) - Debbie S.

FRIDAY

10:30 AM - 11:45 AM
3:30 PM - 5:00 PM

Yoga & Meditation (drop-in) - John
Yoga for Everyone (Feb. 17) Free!- Debbie

SATURDAY

8:30 AM - 10:00 AM
10:15 AM - 11:30 AM
11:45 Am—1:00 PM

Yoga for Life (drop-in)- Debbie S.
Yoga Foundations (series) - Debbie
Yoga for life 2

Drop-in classes: \$12

Class card: \$40 for 4 classes to be used in 6 weeks

\$72 for 8 classes to be used in 10 weeks

Series: \$80 for 8 week session. **Spring session** begins March 5.

Restorative Yoga

SUN FEB 5 ~ 2:00 – 4:00 PM

with Yoga Teachers Debbie Stevens
& Maggie Barchine

Relax deeply. Breathe into the tight places in your body/mind. Restore your body to its natural state of balance. Let go of the Winter blues and revive yourself!

Fee: \$30 drop-in



Please register online at www.TheYogaCenterInc.com by credit card or Mail a check to The Yoga Center P.O. Box 8341, Roanoke, VA 24014

Private yoga session...as unique as you are.

Are you uncertain about coming to a group class for the first time? Do you have a therapeutic need? Got an issue? Ask Debbie.

Valentine's Day special!
Gift Certificate for \$40 for Individual, one hour private yoga session with Debbie Stevens. Only \$40 (regular cost: \$50).

FREE! Yoga for Everyone class

FRI Feb. 17 ~ 3:30 - 5:00 PM.

Bring a partner, or not, and come practice yoga with us!

www.theyogacenterinc.com
540/345.4090

Heart opening Meditation by Debbie Stevens

Sit in a comfortable position. Feel free to prop yourself with the wall supporting your back. Allow your hands to rest gently on your thighs. Feel your shoulders and neck relaxed as you find the breath flowing in and out. Bring your awareness to the sternum, the bone in the middle of the chest. Imagine your heart inward from

there. Breathe in and out, filling up your lungs, your ribs up to your collar bones. Imagine breathing into your heart. Feel your breath flowing in and out. Feel your heart and chest expanding. Imagine you are breathing in Love and breathing out Love. Imagine Love in every cell in your body. Feel the warm glow of Love inside you.

Continue breathing here for a few more minutes, resting in the feeling of Love. When you are complete, gently breathe in and out. Wiggle your fingers, and slowly open your eyes. Notice how you proceed into the remainder of your day. Namaste

Slow Yoga Flow & Restorative Breathwork ~ SAT Feb 25 ~ 2-4:30 pm Fee: \$20

Join Evie for a slow-flowing yoga practice followed by a group, Barratt Breathworks session at the Restorative level. (explore www.barrattbreathworks.com) . Find your inner gaze-your essence- your most relaxed

state, through yoga and breathwork. As Hatha Yoga opens your body to new energy and self-awareness, Restorative Breathwork helps return your breath to its natural, easeful state. Through guided inquiries, you will find and soften block-

ages in your breath as you deepen body awareness and the experience of your inner-being. Fee: \$20. Register online For more information, go to theinnergaze@gmail.com

**Yoga for your Heart with Debbie Stevens
SUN Feb. 12 ~ 5:00 – 6:30 PM**

“The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don’t finally meet somewhere, they’re in each other all along.” - From Essential Rumi by Coleman

**Join us for the
Historic Grandin Village
Sweetheart Stroll
Sunday, February 12th
1:00-5:00 p.m.**

Then treat yourself to a Valentine! Heart centered yoga with focus on back bends and breathing techniques to open you up to your heart’s desire.

Release stress and tension in neck, shoulders and upper back. Allow your heart to open to being more awake and aware of every situation, inviting loving response.

Meditation and relaxation are an integral part of this practice.

No registration needed. Suggested donation of \$10-

