



**First Class
Free for New
Students**
Newcomers to Unity Woods may take their first class free anytime during the session. Contact us for details.
301-656-8992
www.unitywoods.com

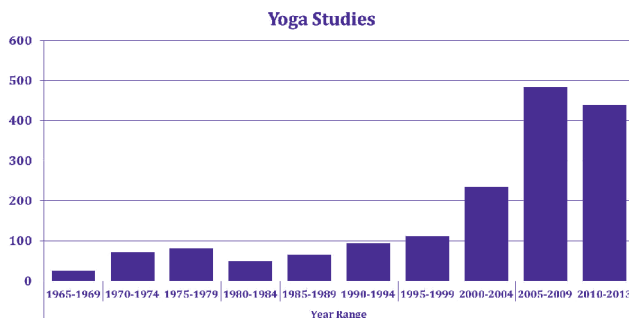
Namaste

Since yoga has become so trendy in recent years, various trends within the overall trend have appeared. One that has lingered and is expanding each year is the interest in “therapeutic yoga”. A thorough examination of this important subject would be too vast to fit within the scope of this newsletter, so I hope to hit just a few significant points about its development and current state internationally, nationally, and locally.

For centuries, yoga has been used to treat illness and disease. In more modern times, one of the pioneers of scientific research into the practices of yoga and their use as a therapeutic tool was Swami Kuvalyananda. He established the Kaivalyadhama Health and Research Center in Lonavla, India in 1924. Lonavla is situated between Pune, where the Ramamani Iyengar Memorial

Yoga Institute is located, and Mumbai. As an adjunct to his research, Swami Kuvalyananda published *Yoga Mimamsa*, the first scientific journal specifically devoted to studying yoga.

T. Krishnamacharya, B.K.S. Iyengar’s guru and renowned in his own right for his skills in treating illnesses with yoga, is reported to have visited



See Namaste, page 2

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Unity Woods Yoga Center

...is one of the best known and most widely respected yoga centers in the country. We offer classes for students at all levels in posture (asana) and breathing (pranayama), special courses for targeted needs and interests, workshops with some of the world’s finest teachers, and programs covering various aspects of the science and art of yoga.

At Unity Woods, our purpose is to offer uncompromising, expert yoga instruction to as broad an audience as possible. Our teaching staff is the area’s most experienced, comprised of highly trained, certified instructors who help guide you to improved health, serenity, and expanded awareness.

All of our classes are based on the teachings of B.K.S. Iyengar. Named by *Time* magazine as "one of the 100 most influential people in the world", Mr. Iyengar is widely regarded as the world’s foremost living yoga teacher. His approach develops self-awareness through precision in movement and attention to the subtleties of body, breath, mind, and spirit.



John's Workshops

June 14

**Yoga for Health
Potomac, MD**

Morning workshop on Abs
301-330-0430

June 19–22

**Milwaukee Yoga Center
Milwaukee, WI**

Teacher Training for
Inter. Jr.–Inter. Sr. I Levels
<http://www.yogacenter.cc>

August 6–10

**Yoga Northwest
Bellingham, WA**

Five-day Intermediate Intensive
www.yoganorthwest.com

September 26–28

**Iyengar Yoga Institute
New York, NY**

<http://iyengarnyc.org/>

October 17–19

**Workshop for Teachers
SERENDIPITY**

Berkeley Springs, WV
Topic TBA

www.unitywoods.com

November 15

**Sun and Moon Yoga Studio
Arlington, VA**

Two afternoon classes.
www.sunandmoonstudio.com

November 16

**Advanced Pranayama
Unity Woods/Bethesda**

www.unitywoods.com

December 5-7

**B.K.S. Iyengar Yoga Studio of
Dallas
Dallas, TX**

John returns to the heart of Texas to share the joys of Iyengar Yoga with all the yoga cowboys and cowgirls.

www.dallasiyengaryoga.com

See www.unitywoods.com
for details

Namaste (continued)

Kuvalyananda to see his research center and meet with the swami. Clearly cross-pollination occurred between these tremendously influential yogis, and they propelled the development of yoga as therapy forward, Kuvalyananada through his Center and writings and Krishnamacharya through two of his primary disciples, T.K.V. Desikachar and B.K.S. Iyengar.

In 1989, as the value of therapeutic yoga was beginning to be recognized in the West and its application developed, Richard Miller, PhD. and Larry Payne, PhD. created the International Association of Yoga Therapists (IAYT) with the purpose of establishing yoga as a recognized and respected therapy. I met Larry and Richard in the 1980's when we taught together at conferences sponsored by Unity In Yoga, an organization founded by yoga pioneer Rama Jyoti Vernon. Unity In Yoga later morphed into Yoga Alliance.

Since those early days, therapeutic yoga has burgeoned to the extent that an organization called The Center for Yoga Therapeutics in Scottsdale, AZ describes it as "The first new health profession of the 21st Century." Even Target sells books and equipment for yoga therapy. Pretty mainstream, I'd say.

Riding this wave of interest, numerous schools, yoga centers and treatment facilities have sprung up or added therapeutic yoga care and training to their offerings. Locally, The Maryland University of Integrative Health (MUIH) in Laurel, MD (not to be confused with the University of Maryland), formerly known as Tai Sophia, has offered courses in all manner of Eastern and alternative studies and therapies since 2000. They now conduct one of the country's first Master's degree programs in Yoga Therapy.

Casey Health Institute (CHI) is a new state-of-the-art integrative primary care center in Gaithersburg, Md. Established in 2013, it offers a new model of healthcare, where health and wellness are achieved through collaboration and a team-based approach. This approach penetrates all levels of the organization and adopts the tenets of integrative medicine to treat the whole person, prevent illness, and address the runaway costs devastating our current health system.

Unity Woods and I are closely associated with CHI. One of the co-founders, David Fogel, MD, is a long time student at Unity Woods. He is so enthusiastic about the therapeutic benefits of Iyengar Yoga that he asked me to supervise CHI's yoga program and invited some of Unity Woods' teachers to participate. David, as a practicing student and practicing physician, is very serious about having Iyengar Yoga as a mainstay of the CHI's Wellness Center and as a key element in the alternative aspect of CHI's integrative approach to primary care. CHI now conducts public yoga classes and refers patients to five Unity Woods instructors whom I supervise.

Perhaps the best indicator of the growing recognition of yoga as therapy is the increasing number of studies sponsored by the National Institute of Health's (NIH) National Center for Complementary and Alternative Medicine (NCCAM). NCCAM has supported "a fair number of studies" on the potential health benefits of yoga. While I couldn't find exact figures on NIH funded studies, figures presented by our own Alyson Ross, PhD. at the Iyengar Yoga National Association of the US (IYNAUS) Convention in San Diego last spring show a huge jump in overall yoga research beginning in 2000 (see graph on page 1).

Riding this wave of serious interest in therapeutic yoga, the Freer and Sackler Galleries, the Smithsonian Institution's museums of Asian art, teamed up with Therapeutic Yoga of Greater Washington's Linda Lang to host a two-day Medical Yoga Symposium this past January in conjunction with the exhibition *Yoga: The Art of Transformation*. Presenters, including Dr. Richard Miller and Dr. Larry Payne, gave talks and presented research on the place of yoga in contemporary medical practice. Among them was Dean Ornish, MD, who in many ways is the father of therapeutic yoga in the West. His groundbreaking studies and first book, *Dr. Dean Ornish's Program for Reversing Heart Disease*, published in 1990, woke up (not all at once) the establishment medical community to the possibility of effective life-style based (and specifically yogic) treatment for heart disease. The symposium sold out with an overflow crowd.

Namaste (continued)

All of this activity around therapeutic yoga is not new from my point of view. At Unity Woods, we began therapeutically oriented classes in the spring of 1997 with Helen McVey's classes for breast cancer survivors. Helen, a survivor herself, inspired her students through the uncompromising power of her practice and her compassion for their illness. She taught these very popular classes for five years before moving out of the area. And from the fall of 1998 until the summer of 2002, we offered Special Needs Classes at Unity Woods for students with challenges ranging from Parkinson's and MS to asthma and chronic back pain. Currently, Rocky offers classes on Back Care and Yoga for Scoliosis.

I have assisted in medical classes in Pune on my trips to study with Guruji and have observed him at gatherings around the country treat students with a variety of problems. In recent years I have begun a course of study on therapeutic yoga with Stephanie Quirk, who has assisted in the medical classes in Pune for the past twenty years. Because of her direct contact with the Iyengars and her own diligent practice, her knowledge of therapeutic techniques is vast; but of even more value to me is her ability to see the larger picture, to place therapeutic yoga in the context of yoga's underlying core teachings.

One of the things she said at the beginning of the course in Boulder this past April was that she is not teaching "therapeutic yoga" but "yogic therapy". In conjunction with her teaching and from my own understanding of Iyengar Yoga,

I take that to mean that she is not looking at symptoms and prescribing treatment protocols in the same way many doctors encounter symptoms and prescribe pills. Instead, her approach, the Iyengar approach, is to take into account the entire person, to see where the student/patient is—physically, emotionally, energetically, mentally, spiritually—and offer what seems most likely to bring that person into balance. This is not significantly different from teaching regular students. We try to see where students lack integration in the various aspects of their being and offer them methods for bringing about a more balanced and integrated state of being. Often, problematic symptoms fade as this occurs. This is not to say that particular issues don't require particular techniques. Certainly, skills and knowledge regarding specific dis-eases and conditions need to be acquired and refined. But the basic approach is the same irrespective of what the patient/student presents. As teachers/therapists we must see the whole person and work with them in a holistic and integrative manner. In short, we must teach them yoga in a way that addresses them and their particular needs and capacities whether they have glaring problems or just day to day issues. I hope that this is the direction that the current trend toward "therapeutic yoga" takes, for then we will be offering something truly profound and beneficial to humankind.



"The ancient healing art of yoga has stood and will stand as an unrivaled form of therapy for centuries. ...[Y]oga not only acts as a curative therapy but also as a preventive art in keeping the body healthy and firm, mind clear and clean with emotional stability...."

B.K.S. Iyengar, *Yoga Wisdom & Practice*

John Schumacher is the founder



and director of Unity Woods. He has practiced yoga for over 40 years and has taught in the Washing-

ton area since 1973. John continues to study in India with B.K.S. Iyengar, the world's foremost Yoga teacher, and is a certified Advanced Iyengar Yoga teacher. He also spent many years studying with internationally acclaimed teacher Dona Holleman.

John's clear, precise style and his engaging sense of humor have made him one of the country's leading yoga teachers. *Yoga Journal* cited him as one of "25 Americans who are shaping yoga today." He has written for a variety of publications and has appeared in numerous local and national media, including *U.S. News and World Report*, *Yoga Journal*, *Washingtonian Magazine*, the *Washington Times*, the *Washington Post*, *PBS* and others. John speaks about the practice and benefits of yoga on radio and television and at conferences and organizations around the country.

Over the years John has taught thousands of students and trained hundreds of teachers. He continues to travel across the U.S. and throughout the world, including Europe, Asia, Africa, the Middle East and the Caribbean, where he conducts workshops for students and teachers of all levels.

Read John's essays from earlier newsletters on our website: www.unitywoods.com/tag/letter

And look for digital downloads of John's audio CDs, classes and discussions at www.ihanuman.com.

Introductory Yoga Series

These four-week courses provide an introduction to the fundamentals of yoga as taught at Unity Woods. Suitable for those new to the Iyengar method of Hatha Yoga or those looking to re-start their yoga practice.

In Bethesda

with Anne Wutchiett

Sat, 8:15–9:15am June 7–28

Sat, 8:15–9:15am July 19–Aug 9

Sat, 8:15–9:15am Aug 16–Sept 13
[no class August 30]

In Arlington

with Juliana Fair

Wed, 5:30–6:30pm June 4–25

Wed, 5:30–6:30pm Aug 20–Sept 10

No Prerequisite: Open to all.

\$68/course; \$20/single class



Workshops, Short Courses

See unitywoods.com for detailed descriptions.

Bethesda Workshops

Saturday, June 14 • 2:00–4:30pm
Happy Twists and Healthy Hips
With Winnie Au

In this fun workshop, you will learn to use chairs, ropes, belts, blankets and much more to open your hips and spine. Benefit for Mary and Alexia.

Prerequisite: One year of yoga experience. \$40
Checks only, made out to Winnie Au.

Sunday, June 15 • 3:00–4:00pm
Family Yoga Workshop

With Mary Pappas-Sandonas
Share yoga together as a family!

Prerequisite: Age 7 up. \$15/ea; \$50/fam of 4

Sunday, July 6 • 9:00–10:30am
Spring into Summer! Drop-in Class
With Anne Wutchiett

Keep your practice moving during the session break.

Prerequisite: Experienced level I/II and up. \$20

Sunday, August 3 • 12:30–1:30pm
Pranayama IV Workshop
With Anne Wutchiett

Pranayama IV breaths will be introduced and further explored. We will continue to refine the art of sitting.

Prerequisite: Completion of Pranayama III. \$20

Monday, September 8 • 4:30–5:30pm
Teen Yoga: FREE Intro Class
With Laurel Goeke

Teen Yoga provides a fun, comfortable space to explore the benefits of yoga and relaxation. Yoga is ideal for teens navigating the changes in their lives. Before the fall session starts, try out this free kick-off class.

Prerequisite: Ages 11–17. FREE

Saturday, September 13 • 2:00–5:00pm
Merging Yoga and Chanting
With Doerthe Braun and Nazli Weiss

Asanas enhance our strength; chanting creates vibrancy in our bodies and brings equanimity to the mind. The workshop will include basic poses as well as chants from the Yoga Sutras.

Prerequisite: Completion of Level I. \$45

Bethesda Short Course

Sundays, June 1–22 • 12:30–1:30pm
The Path of Breath
With Anne Wutchiett

Introduction to Breath Work. An introduction to breath work and the practice of pranayama in the Iyengar tradition. Breath work will be both introduced and explored.

No Prerequisite: Open to all. \$80/course

Woodley Park Short Courses

Thursdays, Aug 21–Sep 11 • 4:45–6:15pm
Relax and Refresh with Restorative Poses

With Winnie Au

August 21: Restoratives for Chest Opening

August 28: Restoratives for Happy Hips

Sept 4: Restoratives for Stress Reduction

Sept 11: Relax and Rejuvenate with Chairs and Props

No Prerequisite: Open to all. \$76/course

Thursdays, Aug 21–Sep 11 • 6:45–8:15pm
Chairs and Rope Wall

With Winnie Au

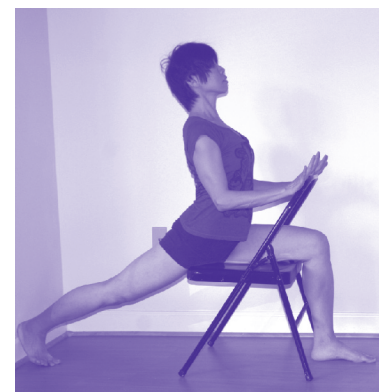
August 21: Twisting and Stretching with a Chair

August 28: Backbending with a Chair

September 4: Rope Wall Basics

September 11: Rope Wall for Strength and Inversions

Prerequisite: Compl of Level II. \$76/course



and Special Events

No refunds or credits/credits/changes from 14 days prior.

Arlington Workshop

Wednesday, August 13 • 5:45–7:15pm
Level III Asana Drop-In Class

With Lori L. Ritland

Previous Iyengar training, strong in *Sirsasana*, *Sarvangasana*, *Halasana*, and able to push up into *Urdhva Dhanurasana* with confidence.

Prerequisite: See above. \$22/class

Arlington Short Courses

Wednesdays, July 9–30 • 5:30–6:30pm
Foundations for Strong Inversions

With Juliana Fair

In this continuation of the spring Inversions course, we will expand on ways to build a strong foundation for inversions. You do not need to have attended in spring to enroll for summer.

Prerequisite: Previous Iyengar training. \$68/course

Tuesdays, July 8–22 • 5:45–7:00pm
Hip Openers

With Lori L. Ritland

Does running, walking, standing or sitting, make your hips sore or tight? This short course will work on hips, including groins, lower back and legs to create opening and flexibility.

Prerequisite: Level I and up. \$57/course

Tuesdays, July 29–Aug 19 • 5:45–7:00pm
Strengthening Your Back

With Carol Cavanaugh

Improve back health by working on a series of poses to strengthen the upper, middle and lower back.

Prerequisite: Level I and up. \$76/course

Tuesdays, Aug 26–Sept 9 • 5:45–7:00pm
Shoulders: Mixing Strength and Flexibility

With Carol Cavanaugh

Shoulder flexibility is key to practicing many yoga poses, yet unstable shoulders cause problems. We'll learn to strengthen and stabilize the shoulder girdle in addition to opening this area.

Prerequisite: Level I and up. \$57/course

Guest Workshop



Monday–Tuesday, September 15–16
Dean Lerner

Certified Advanced Iyengar instructor Dean Lerner is co-director of the Center for Well-being in Lemont, Pennsylvania and teaches workshops across the United States. He is a longtime student of B.K.S. Iyengar and served a four-year term as president of the Iyengar National Association of the United States. Dean is a gifted teacher well rooted both in technique and philosophical application. An avid practitioner, he has traveled to India many times to study with the Iyengars. Dean teaches in a clear and concise manner combining humor with a comfortable and relaxed style.

Mon. 6:00–8:00pm \$50

Tues. 10:00am–1:00pm \$75

Tues. 6:00–8:00pm \$50

All classes held in Bethesda

No Prerequisite: Open to all.

Community Classes

Mixed levels. Bring a Friend!

In Bethesda

Every Friday, 6:00–7:00pm

June 6	Maggie
June 13	Linda SG
June 20	Suzanne
June 27	Linda McR
July 4	NO CLASS
July 11	Maggie
July 18	Linda SG
July 25	Rocky
August 1	Suzanne
August 8	Mary
August 15	Maggie
August 22	Doerthe
August 29	Doerthe
September 5	Linda McR
September 12	Rocky

\$8 drop-in fee, cash only

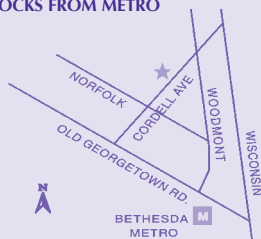


UNITY WOODS LOCATIONS

Bethesda

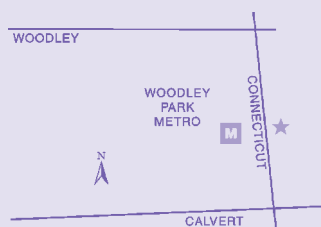
4853 Cordell Avenue
Suite PH7, 16th Floor

5 BLOCKS FROM METRO



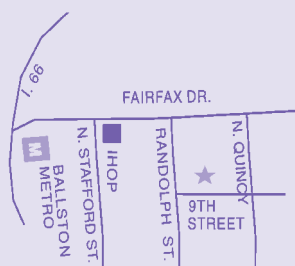
Woodley Park

2639 Connecticut Avenue
Suite C-102



Arlington

4001 North 9th Street
Suite 105



Class Schedule

Bethesda, MD

4853 Cordell Ave, Penthouse 7

Mondays

10:00–11:30AM	Level II/III	Jill
10:15–11:45AM	Level I/II	Suzanne
12:00–1:30PM	Level II	Anne
12:15–1:15PM	Level I	Suzanne
5:45–7:15PM	Level I/II	Anne
6:00–7:30PM	Level II/III	Doerthe
7:30–9:00PM	Level II	Anne
7:45–9:15PM	Level I	Mary

Tuesdays

10:00–11:30AM	Level I	Jill
10:15–11:45AM	Level II	Rocky
4:15–5:45PM	Level I/II	Rocky
5:00–6:30PM	Level II	John
6:00–7:30PM	Level II	Linda SG
6:45–8:45PM	Level III ⁵	John

Wednesdays

8:50–9:50AM	Pranayama II	Anne
10:00–11:30AM	Level I/II	Jill
10:15–11:45AM	Level II/III ³	Anne
12:00–1:30PM	Gentle	Suzanne
12:15–1:30PM	Level I/II	Anne
6:00–7:30PM	Level I	John
6:30–8:00PM	Level II	Linda McR
7:45–9:15PM	Level I/II	John

Prerequisites:

- ¹ completion of one year of asana
- ² completion of Level II once
- ³ completion of Level II twice
- ⁴ 5 minute freestanding Sirsasana
- ⁵ 10 minute freestanding Sirsasana
- ⁶ Level I/II and up

Thursdays

7:00–8:30AM	Mixed Levels ⁶	Suzanne
9:00–10:15AM	Seniors	Suzanne
9:00–10:15AM	Level I	Doerthe
10:30AM–12:00PM	Level II	Doerthe
5:45–6:45PM	Pranayama IV	John
7:00–9:00PM	Level II/III ⁴	John

Fridays

6:00–7:00PM	Community Class	Faculty
(weekly through Sept 12; no class July 4)		

Saturdays

7:30–9:00AM	Level II	Steve
8:15–9:15AM	Intro Series	Anne
(In 7–28; Jul 19–Aug 9; Aug 16–Sep 13 [no class 8/30])		
9:15–10:45AM	Level II/III	Steve
9:30–11:00AM	Level II	Linda SG
11:00AM–12:30PM	Level I/II	Steve

Sundays

8:00–9:15AM	Level I/II	Steve
9:00–10:30AM	Level II/III ³	Anne
9:30–11:00AM	Level II	Steve
10:45AM–12:15PM	Level II	Anne
11:15AM–12:30PM	Level I	Steve
12:30–1:30PM	Path of Breath	Anne

(Intro to Breath Work: June 1–22)

Class Schedule

Woodley Park, DC

2639 Connecticut Ave, NW, C102

Mondays

10:00–11:30AM	Level II/III	Steve
4:30–6:00PM	Level I/II	Steve
6:15–7:45PM	Level II	John*
8:00–9:30PM	Level III	John*

Tuesdays

9:45–11:15AM	Gentle	Steve
6:15–7:45PM	Level I/II	Steve

Wednesdays

6:30–7:45PM	Level I/II	Giulia
8:00–9:30PM	Level II	Giulia

Thursdays

4:45–6:15PM	Restoratives	Winnie
(short course: August 21–September 11)		
6:45–8:15PM	Chair & Ropes	Winnie
(short course: August 21–September 11)		

Fridays

No Classes scheduled.

Saturdays

9:00–10:30AM	Level II/III ²	Joe
10:45AM–12:15PM	Level II	Joe
12:30–1:45PM	Level I	Joe

Sundays

9:00–10:30AM	Level II	Lori
10:45AM–12:15PM	Level I	Lori

*Special opportunity this summer for Woodley Park students:

John will teach the Monday night classes for the first six weeks of the summer session. (Winnie will take over for the the final four.) Here's a chance for Woodley Park students to study with Unity Woods' renowned director without having to travel to Bethesda!

Arlington, VA

4001 N 9th St, Suite 105

Mondays

5:45–7:15PM	Level II	Lori
7:30–9:00PM	Level I	Lori

Tuesdays

12:15–1:15PM	Level I	Carol
5:45–7:00PM	Hip Openers	Lori
(short course: July 8–22)		
5:45–7:00PM	Back Strength	Carol
(short course: July 29–August 19)		
5:45–7:00PM	Shoulders	Carol
(short course: August 26–September 9)		

Wednesdays

5:30–6:30PM	Inversions	Juliana
(short course: July 9–30)		
5:30–6:30PM	Intro Series	Juliana
(June 4–25; Aug 20–Sept 10)		

Thursdays

6:00–7:30PM	Level I/II	Joe
7:45–9:15PM	Level II/III	Joe

Fridays *

12:00–1:15PM	Level I/II	Lori
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Saturdays *

9:00–10:30AM	Level II/III ³	Lori
10:45AM–12:15PM	Level II	Lori

Sundays *

9:00–10:30AM	Level II	Maggie
10:45AM–12:15PM	Level I	Maggie

*Please Note:

In Arlington only: Friday, Saturday and Sunday classes will meet for nine weeks instead of ten. NO CLASSES September 12, 13, 14.

IMPORTANT DATES

Registration is now open:
www.unitywoods.com

Summer Session:

Monday, July 7–Sunday, Sept 14

Note: Classes WILL Meet

Monday, September 1 (Labor Day)

Fall Session Begins:

September 18

Fall registration opens August 18

THINGS TO KNOW ABOUT TAKING CLASS

Attire

There are changing rooms at each studio. Wear clothing you can move in (no baggy clothes—they obscure alignment). Bare feet are essential. No perfume, please.

Props

are provided, but you are encouraged to bring your own mat.

Food

Come with an empty stomach.

Special Physical Needs

Let your teacher know about any injuries, physical problems or medical conditions.

Please be on time

Teachers begin each class with preparatory practices. You may be turned away if you arrive after the start of class.

Do not come to class

if you have any contagious condition. You share the floor, props, and air with many other students!

Children

Minimum age for class participation is 16 (except for Teen Yoga). Unity Woods cannot provide childcare for younger children.

Class Cancellations

for weather or other emergencies are posted on our website and our voicemail: www.unitywoods.com or 301-656-8992.

STAFF

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ext. 300

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Financial Administrator
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Annick Milde
Registrar
ext. 105

Steve Mitchell
Woodley Park/Arlington
Coordinator
ext. 201

Lori L. Ritland
Special Projects
ext. 500

Tracy Koretsky
Cathleen Scott
Receptionists
ext. 500

The Teachers at Unity Woods



Joe Adlesic, Certified Intermediate Junior I Iyengar Yoga Teacher, mentored by John Schumacher since 1982, has taught at Unity Woods since 1990. Joe studied in India with the Iyengars several times and has trained extensively with Senior Iyengar teachers, particularly Patricia Walden.



Winnie Au, Certified Iyengar Yoga Teacher, first traveled to Pune in 2003 and continues to study regularly with the Iyengars, with John Schumacher (her first teacher) and with Manouso Manos. Winnie is committed to serving students by teaching the Iyengar method.



Doerthe Braun, Certified Intermediate Junior I Iyengar Yoga Teacher, began practicing in 1999, apprenticed with John Schumacher and has studied with the Iyengars in India. With a degree in acting and movement, she enjoys sharing yoga's gifts with all ages, inspired by her own four children.



Jill Pollet Cahn, Certified Iyengar Yoga Teacher, has studied at Unity Woods since 1980 and taught since 1987. Jill has a B.S. from U.C. Berkeley and an M.A. in Special Education. She teaches special workshops on Yoga and the Energy Field.



Carol Cavanaugh has taught Iyengar yoga since 1977. She made five trips to study with B.K.S. and Geeta Iyengar between 1980 and 1995. She directed the Iyengar Yoga Institute of San Francisco from 1977–1988. She has practiced vipassana meditation since 1999.



Rocky Delaplaine is interested in exploring how the practices of asana and pranayama promote peace, foster creativity, and cultivate reverence for the natural world. She is a certified Iyengar teacher, author and mom. She's taught at Unity Woods since 1991 and is on the yoga faculty of the Casey Health Institute. www.rockydelaplaine.com.



Juliana Fair, Senior Intermediate I Certified Iyengar Teacher, began her yoga journey in 1974 in her native Australia, and has taught the Iyengar style since 1981. She travels to Pune to study with the Iyengar family bi-annually. Juliana's teaching is straightforward and humorous, encouraging students to understand and work with their own bodies.



Esther Geiger has studied at Unity Woods since 1980 and been our administrator since 1988. She has worked as a dancer, teacher, playground designer and audio describer. She is a CMA (Certified Laban Movement Analyst).



Laurel Goeke has practiced yoga for 18 years, and has been teaching for ten. She currently apprentices with John Schumacher. She loves teaching teens, offering a great tool to maintain the body and mind through the myriad challenges they face.



Giulia Mainieri began studying yoga with BKS Iyengar directly. She has studied with senior Iyengar teacher Kofi Busia for over 30 years and completed his teacher training program. She is an experienced teacher who finds each class different and fun.



Linda McReynolds began studying at Unity Woods in 2003, teaching in 2008 and apprenticing with John Schumacher in 2010. Linda believes that a dedicated yoga practice provides energy and equipoise to enjoy a full life with family, friends and work.



Steve Mitchell, a Certified Iyengar Yoga Teacher, has been with Unity Woods for over 20 years, and has studied with many senior teachers. He has maintained a devoted, steady Yoga practice for 23 years, teaching since 1995.



Mary Pappas-Sandonas, B.S. Psychology/Neurobiology, M.S. Exercise Physiology, Certified Intermediate Junior I Iyengar Teacher and Mom, applies her joyfully intuitive, compassionately precise teaching to help students explore living authentically and consistently from the true nature of the heart.



Maggie Rhoades, a certified Yoga teacher, has studied with the Iyengars, and has taught classes for cardiac and cancer patients in area hospitals. She is a certified Pilates instructor and has developed yoga and Pilates DVD's.



Lori L. Ritland, Certified Intermediate Junior I Iyengar Yoga Teacher, has studied with John Schumacher since 1998 and with the Iyengars in the U.S and twice in India. She dedicates her teaching of asana and pranayama to those seeking greater balance in their busy lives.



Alyson Ross, PhD, RN, Certified Iyengar Yoga Teacher, has taught since 1996. Research Fellow at the NIH Clinical Center and Director of Clinical Research at the Casey Health Institute, she conducts research and publishes extensively on the health benefits of yoga.



Linda San Gabriel has practiced yoga since 1989 and taught since 1996. She apprenticed with John Schumacher, studied with the Iyengars in India and continues to travel to study with Iyengar teachers around the world. Linda holds an M.Ed. in Applied Linguistics.



Suzanne Y. Sigüenza offers the practice of yoga as a steady foundation to develop compassion, benevolence, awareness, and the fortitude to "run with perseverance the race set out before us" (Heb. 12:1). She is an artist.



Amy Van Mui started teaching in 2000 and passed her Iyengar Yoga Assessment at the Intro I level. Her classes focus on functional movement and proper biomechanics, infused with energy and compassion to cultivate a vibrant sense of well-being.



Anne Wutchiett is a Certified Iyengar Yoga Teacher who has taught for over 25 years. She has studied in India with the Iyengars. Her teaching is precise, caring, and inspired, acknowledging the vitality, strength and harmony yoga brings.

STUDIO NEWS

Amy joyously announces the birth of her daughter Aerin Grace Siegel on April 18. We are delighted to welcome a new little yogini into the Unity Woods family!

John demonstrated yoga postures for Kim Weeks' monthly segment on local NBC's Channel 4 News Midday show with Barbara Harrison. The theme of the April 8 show was "Beat Those Winter Blues with Yoga!"

Rocky has completed all requirements and is now an Elise Browning Miller Yoga For Scoliosis Trainer. In addition, her poem "Sentenced" won first prize in the Bethesda Literary Festival Poetry contest. Read it at <http://thewriterscenter.blogspot.com/>

You can also listen to **Rocky's** recordings of three Sanskrit chants and read her article about them on the home page of our website: www.unitywoods.com.



Course Descriptions

Beyondananda Boutique Information

At our Bethesda studio, we offer a convenient source for supplies to enhance your yoga practice. We sell yoga DVDs, CDs, books and props, along with John's audio CDs, plus our unique Unity Woods and Dog Pose t-shirts, and beautiful batik clothing designs created exclusively for us.

Gift certificates are available for Beyondananda Boutique items or for classes. Call to inquire or e-mail uwyc@unitywoods.com.

Bethesda Boutique Hours

Mon–Thurs: 10:00am–9:00pm

Friday: 12:00–6:00pm

Sat–Sun: 10:00am–2:00pm

For Boutique information call us at (301) 656-8992 or visit www.unitywoods.com.

\$12 DROP-INS

For those enrolled for the full 10-week session:
extra classes for \$12 each
(except two-hour classes:
drop-ins \$15).

ASANA (POSTURE)

Gentle classes are for students who are less flexible, not so strong, have a particular limitation, or would prefer a more slowly paced, less rigorous class. May be joined at any time.

Level I classes introduce beginning students and students new to Unity Woods' approach to the fundamentals of posture and breath.

Level I/II classes are for students who have completed Level I and prefer a gradual transition to Level II. This level is also ideal for those with previous yoga experience who are new to Unity Woods.

Mixed Levels is for students in Level I/II and up. Modifications will be made according to Level and/or need.

Level II classes are for students who have completed the introductory (Level I) course. The basic poses are refined with an emphasis on all the standing poses. Inverted poses (headstand, plow and shoulderstand) are introduced.

Level II/III classes are for students firmly established in their practice and ready to move beyond the basics.

Level III classes are for students with previous Iyengar training who are strong in all the basic poses and can do headstand, shoulderstand and plow with confidence.

Advanced Asana classes are offered periodically and are limited to students who meet the listed prerequisites for each topic. (No Advanced Asana class during the summer session.)

SPECIAL CLASSES

Teen Yoga, for ages 11–17, helps students strengthen and stretch, gain self confidence and learn to relax deeply. Yoga training in adolescence builds a foundation for a stress free, happy, healthy life! (No class during summer. See page 4 for info on September 8 FREE class.)

Seniors' Yoga, a gently paced class designed specifically for seniors, approaches asanas in ways that enhance strength, suppleness and balance. May be joined at any time.

Back Care, for those with back injuries/conditions, focuses on strengthening weak muscles, stretching tight muscles and creating traction in the spine. We correct postural imbalances and use breath awareness to reduce stress and pain. Physician approval recommended. (Will not meet during summer session.)

Yoga and Meditation (Short Course) seamlessly combines two practices which enhance our capacity to appreciate life and weather its storms. Each class includes asana practice plus seated mindfulness practice. Level I/II and up. (Will not meet during summer session.)

PRANAYAMA (BREATHING)

Level I affords those interested in working with the breath an opportunity to move beyond the elementary levels incorporated into regular asana classes. Prerequisite: one year of study and practice of asana in the Iyengar method.

Level II, III and IV classes are for students who have completed the preceding levels.

Level V classes are strictly for students who have completed Level IV or have received extensive Iyengar training in pranayama elsewhere.

Level VI classes are for students who have extensive Iyengar training and have been practicing digital pranayama for two years or more.

Registration Form for Classes

Registration is open now. Register online at www.unitywoods.com.

Check box if this is new or corrected contact information.

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 HOME PHONE _____ WORK PHONE _____
 EMAIL _____ Check here to receive monthly e-bulletins!

Please register me for the following Classes:

Location	Teacher	Level	Day	Time

Total Class Fees _____

(check one if applicable) Minus 10% Senior or Student or Military Discount _____

Cash Check # _____ Amount Enclosed _____

VISA OR MASTERCARD ACCEPTED. CARD # _____ EXP. DATE _____ SECURITY CODE _____

BILLING ADDRESS IF DIFFERENT FROM ABOVE _____

FILL IN COMPLETE FORM. INCOMPLETE INFORMATION WILL DELAY REGISTRATION!

OFFICE USE ONLY

DATE RECEIVED _____

NOTES:

PLEASE NOTE:

- We do not confirm registrations. (We'll contact you only if the class you request is full.)
- Please see make-up and refund policies below.
- We cannot accept fax registrations.

Make checks payable to:
 Unity Woods Yoga Center, LLC
 4853 Cordell Avenue
 Suite PH9
 Bethesda, MD 20814-3036

SUMMER SESSION DATES:


July 7–September 14

Ten Week Session

Summer Enrollment
 Tuition: \$190

Applies to most classes—
 see exceptions at right

Price includes a \$40
 non-refundable, non-transferable
 registration fee per class.

	TEN WEEK SESSION FEE	SINGLE CLASS DROP-IN FEE 	
		If fully enrolled in another class	If not enrolled
ASANA (POSTURE) CLASSES			
1 1/4 – 1 3/4 HOUR CLASS	\$190	\$12	\$22
except ARLINGTON Fri-Sat-Sun classes (nine-week session, ends Sept 5-6-7)	\$171	\$12	\$22
1 HOUR CLASS	\$170	\$12	\$20
2 HOUR CLASS	\$240	\$15	\$25
COMMUNITY CLASSES (Bethesda only, weekly: see page 5)	N/A	\$8	\$8
SHORT COURSES (see pages 4-5)	prices vary	N/A	\$20-22
PRANAYAMA (BREATHING) CLASSES	\$190	\$20	\$20

SENIOR DISCOUNT: 10% for age 65 and over, on full-session enrollments only (no discount on drop-ins or Short Courses).

STUDENT DISCOUNT: 10% with current student ID, on full-session enrollments only (no discount on drop-ins or Short Courses).

MILITARY DISCOUNT: 10% for personnel/families with valid ID, on full-session enrollments only.

MAKE-UP POLICY: Make up missed classes any time during the current session, in a class of the same level or lower than your own.

DROP-IN POLICY: Drop-ins permitted any time during the session, at the discretion of the instructor.

REFUND POLICY: For full 10-week session classes: If we receive notice of your withdrawal by July 6 you will receive a full refund. If we receive notification between July 7 and July 27 we'll refund tuition minus the \$40 registration fee. No refunds after July 27.

SHORT COURSE POLICIES: Students are encouraged to enroll for the series, but drop-ins are accepted. No make-ups. No discounts. No refunds. Short Courses may not be used as make-ups for regular classes.

SCHOLARSHIPS/WORK EXCHANGE: We have a limited scholarship fund and an active work-exchange program. Please call for information.

CLASS CANCELLATIONS for weather or unusual circumstances are posted on the voice mail (301) 656-8992 and at unitywoods.com.

ONLINE REGISTRATION • www.unitywoods.com

Return Service Requested

www.unitywoods.com

(301) 656-8992

Bethesda, MD 20814-3036

4853 Cordell Avenue, Suite PH9



woods

unity

First Class Free for Newcomers to Unity Woods

New students may try a class for free anytime during the session.

Available to residents of DC, MD and VA.

(For weekly classes only; does not apply to Short Courses or Workshops.)



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