

Yoga Asana (poses), **Pranayama** (breath), and **Meditation** take each class into the ever-deepening mystery of the present moment. All levels are welcome. Classes are designed to meet each student where they are, challenge their edges, inspire creativity and align a little deeper in Love

Yoga Nidra invites complete relaxation while remaining awake and aware on deep levels. It is dessert, sweet release, and a healing savasana for taught nerves, overwork, and emotional stress.

Belede, the ancient art of belly dance, arises as we listen to our inner music. Our movements become alchemy. Students are encouraged and inspired to embody their own unique dance.

Now offering two Classes:

The **Initiation**, beginning the journey, a portal for women new to Belede.

The **Sacred Vessel**, for dancers who have experienced the Initiation and are called to deepen the dance.

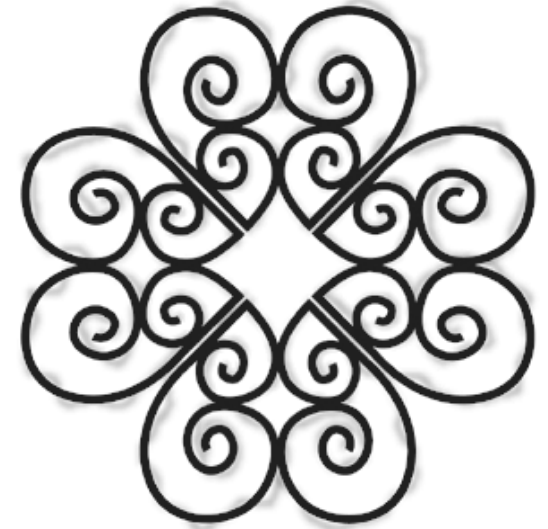
Kirtan Chanting an ancient participatory music experience, calls upon sacred energies to quiet the mind, remove obstacles and bring us back to the center of our being. No experience required, just sing with your whole heart.

To support your evolution into wholeness. Private sessions are available; please call the studio to arrange your appointment.

301-663-0373

Center of the Four Winds Studio
125 S Carroll St
at Baker's Row,
Suite 225
Frederick, MD 21701

Center of the Four Winds Studio



125 S Carroll St
at Baker's Row
Suite 225
Frederick, MD 21701
301-663-0373

www.CenterOfTheFourWindsStudio.com

Winter 2010

Monday

Yoga - asana

12:00 – 1:00pm

Jan 4 – Feb 8

Feb 22 – Mar 29

No Class – Feb 15, Apr 5

Yoga - asana

6:30 – 8:00pm

Jan 4 – Feb 8

Feb 22 – Mar 29

No Class – Feb 15, Apr 5

Meditation

prior to the Monday Classes

11:15 – 11:45am

5:45– 6:15 pm

*All are welcome to a sitting
practice of silence.*

Tuesday

Meditation - Couer Stillness

*The Alchemy of movement,
pranayama & stillness rooted in
Patanjali's sutras & Cranial
Sacral/Polarity Yoga Principles*

12:00 – 1:00pm

Feb 9 – Mar 30

Wednesday

Beléde – Tantra Dance

The Initiation

A Portal ~ All are Welcome

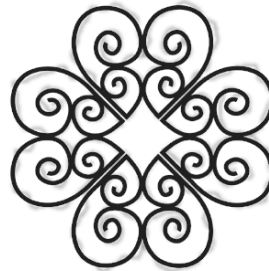
7:00 – 8:30pm

Jan 6 – Feb 10

The Sacred Vessel

7:00 – 8:30pm

Feb 24 – Mar 24



Thursday

Yoga - asana

10:00 – 11:30am

Jan 7 – Feb 11

Feb 25 – Mar 25

No Class – Feb 18, Apr 1

*Yoga Nidra - Tantra
Meditation/Relaxation*

6:30 – 7:30pm

Jan 21, Feb 18, Mar 18

Saturday

**Traditional Free Class*

Yoga - asana

9:00am

James & Rose

No Class – Jan 2, Feb 20, Apr 3

Sunday

Kirtan & Drumming

7:00 – 8:30pm

Feb 21, Mar 14

All classes are offered as Seva

*The practice of Seva is Selfless
Service – Love in Action.
Students are invited to make a
donation \$ as well as a heartfelt
commitment to give service in the
world*

Om Namah Shivaya

Rose

Special Event – Kirtan with Durga Das & Mira – Friday Jan 15th – 7:30pm doors open at 7:00pm – Suggested \$20