

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.

*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.

New Offering – **Trance Dance** for Men

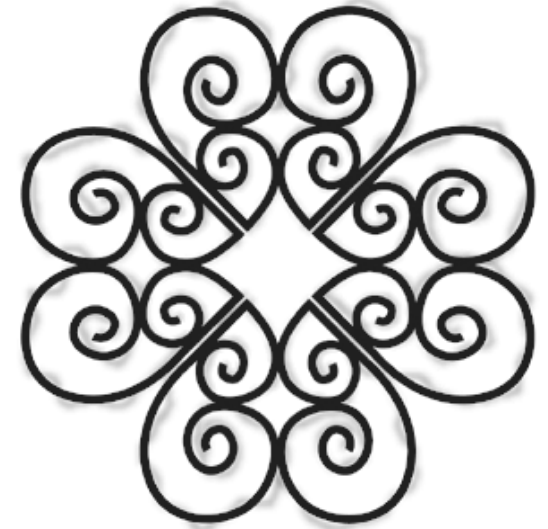
Kirtan Chanting an ancient participatory music experience, calls upon sacred energies to quiet the mind, remove obstacles and bring us back to the center of our being. No experience required, just sing with your whole heart.

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

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Summer 2010

Monday

Yoga - asana

12:00 – 1:00pm

July 5 – August 30

No Class – July 12, September 6

Yoga - asana

6:30 – 8:00pm

July 5 – August 30

No Class – July 12, September 6

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

July 6 – August 31

No Class – July 13, Aug 17

Wednesday

Beléde – Tantra Dance

Open Class for Women

All are Welcome

7:00 – 8:30pm

July 21 & August 18

**The Initiation Portal*

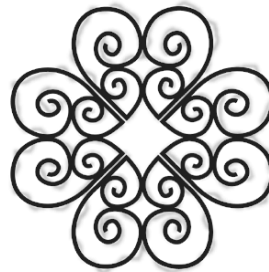
& the Sacred Vessel will resume in September

New Offering – Trance Dance

For Men

7:00 – 8:30pm

July 28, August 4, 11



Thursday

Yoga - asana

10:00 – 11:30am

July 1 – September 2

No Class – July 29, August 19

*Yoga Nidra - Tantra
Meditation/Relaxation*

6:30 – 7:30pm

July 22, August 12, September 16

Saturday

**Traditional Free Class*

Yoga - asana

9:00am

James & Rose

No Class – July 3, August 7, September 4

Sunday

Kirtan & Drumming

7:00 – 8:30pm

July 18

August 15

September 12

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