

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**, Journey of Heart, a portal to the mystery in each moment through the alchemy of dance.

Trance Dance & Drum for Men for Men
To awaken to the elemental qualities of the Sacred Masculine

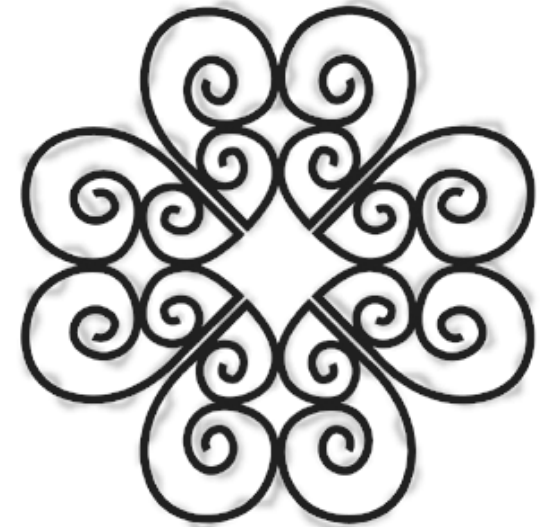
Kirtan Chanting an ancient participatory music experience, calls upon sacred energies to quiet the mind, remove obstacles and bring us back to the center of our being. No experience required, just sing with your whole heart.

To support your evolution into wholeness:
Private sessions are available; please email
Rose Ma to arrange your appointment.

pacemrosa@aol.com

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

Autumn 2011

Monday

Yoga - asana
12:00 – 1:00pm

October 3 – December 19

No Class – October 24, December 26

Yoga - asana
6:30 – 8:00pm

October 3 – December 19

No Class – October 24, December 26

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

The Practice of Moving into Stillness
12:00 – 1:00pm

October 4 – December 20

No Class – October 25, December 27

Wednesday

Beléde – Tantra Dance
Journey of Heart

The Initiation Portal

7:00 – 8:30pm

October 5, 12, 19

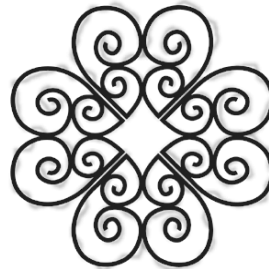
November 2, 9, 16

December 7, 14, 21

No Class – October 26, November 23, 30
December 28

Trance Dance & Drum for Men

October 26, November 23



Thursday

Yoga - asana
10:00 – 11:30am
October 6 – December 22

No Class – November 24, December 29

Yoga Nidra

6:30 – 7:30pm
October 13, November 3-canceled
, December 8

Saturday

**Traditional Free Class*

Yoga - asana
9:00am

James & Rose

No Class – October 29, November 25,
December 24, 31

Sunday

Kirtan & Drumming

7:00 – 8:30pm

September 25

October 16

November 13-canceled

December 11

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 Ma