



**Most Yoga Classes** are open to everyone on a drop-in basis and are suitable for all ages, body types, and levels of fitness. **Class fees range from \$9 to \$18 per class, depending upon the teacher; check with your instructor.** Individual practice space is available daily from 7am to 9pm with a membership (see membership page for details). As a member, you have a key to the Center and can practice during the designated times, except during classes. Please call Mary Unmuth at 238-1433 to sign up, obtain a key and pay your membership fee. **Hatha Yoga** includes physical postures (asanas) that develop strength, suppleness, endurance; rhythmic control of the breath (pranayama); and meditation. It promotes physical and emotional health, and can relieve pain and stress.

**High Energy Yoga (HEY)** is a style of Hatha Yoga influenced by BKS Iyengar yoga and refers to the relationship between movement, alignment, energy flow and balance. HEY's emphasis on alignment of bones, muscles and the neuromuscular system and inner dynamic actions within the asana is the essence of transformation and change in the body, mind, and spirit.

## Class Schedule Winter 2006 <http://www.moundstreetyoga.com>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			10:00 – 11:15 <i>Penny</i> Gentle Yoga		10:00 – 11:30 <i>Steve</i> General Yoga, all levels	
12:00 – 1:30 <i>Nicky</i> Level	12:00 – 1:15 <i>Tim</i> Level 1	12:00 – 1:30 <i>Nicky</i> Level 1	12:00 – 1:30 <i>Nicky</i> Level 1	12:00 – 1:30 <i>Nicky</i> Level 1		
					1:00 – 3:00 <i>Penny</i> Deep Peace Relaxation <b>Begins Jan 20</b>	4:00 – 5:30 <i>Nicky</i> Level 1
5:30 – 7:00 <i>Nicky</i> Level 1	5:30 – 7:00 <i>Michele</i> High Energy Yoga: Transformational Work	5:30 – 7:00 <i>Tim</i> Level 1 Beg. Welcome	5:30 – 7:15 <i>Mike Slater</i> Advanced High Energy Yoga	5:30 – 7:00 <i>Nicky</i> Level 1		
	7:15 – 8:30 <i>Steve</i> General Yoga		7:15 – 8:30 <i>Mark</i> Beginning High Energy Yoga			

### Mound Street Yoga Teachers

<b>Tim Bailey, 845-3428, <a href="mailto:twbailey@charter.net">twbailey@charter.net</a>.</b> Continuing teacher; energetic & fun; 14 years of yoga practice.	<b>Nicky Plaut, 233-8406.</b> Twenty-five years' experience in strength & flexibility instruction; Kripalu yoga & bodywork certified.	<b>Steve Young, 244-5039, <a href="mailto:scyoung@madison.k12.wi.us">scyoung@madison.k12.wi.us</a>.</b> Has practiced yoga for over 20 years. His practice and teaching are grounded in the quest for "enlightenment through alignment."
<b>Penny Ballantyne, 833-5821, <a href="mailto:fballant@facstaff.wisc.edu">fballant@facstaff.wisc.edu</a>.</b> Is a Kripalu certified yoga teacher who has been teaching in Madison since 2001. She has been practicing yoga since 1995 and continues to be a dedicated student of Nicky Plaut	<b>Mike Slater, <a href="mailto:mslater@promega.com">mslater@promega.com</a>.</b> Is a certified High Energy Yoga teacher & has been teaching since 1996. Spent twelve years studying with Roger Eischens.	
<b>Mark Maciolek, 608-556-3726, <a href="mailto:zen@uwalumni.com">zen@uwalumni.com</a>.</b> Is a certified High Energy Yoga teacher and has been teaching since 2001. Starting in 1999, Mark studied with High Energy Yoga founder Roger Eischens. Mark's class is accessible to people of all different abilities.	<b>Michele (Micki) Wensman, 259-9632, <a href="mailto:mwensman@tds.net">mwensman@tds.net</a>.</b> Practiced and studied High Energy Yoga from 1999-2004 with the late Roger Eischens. Michele is also a licensed physical therapist.	

## Class Descriptions

<b>General Yoga:</b> Basic instruction in asanas (yoga postures). Focus on standing and seated poses, simple twists and introduction to shoulder stand and sitting meditation using breath awareness throughout.	<b>Gentle Yoga:</b> Based on Hatha yoga postures, Penny's class is a gentle, meditative approach to practice, designed to support and strengthen the physical body as well as cultivate deep connection to self. The class will consist of a series of asanas that stretch, strengthen and relax the body and the mind. This class is open to beginners as well as to experienced yogis.	<b>High Energy Yoga Advanced:</b> Is firmly based in the Iyengar tradition. High Energy Yoga helps students learn to sense its profound effects on the energy flow of the body, to practice yoga in accordance with their own constitutional type, and to balance their bodies and their energy flow.	<b>High Energy Yoga Beginning:</b> High Energy Yoga is firmly based in the Iyengar tradition, with alignment and integrity of the poses at its core. Beginning High Energy Yoga helps students build self-awareness, to understand and practice yoga in accordance with their own constitutional type, and to balance their bodies and their energy flow. Students learn the Beginning High Energy Yoga sequence and how to work in pairs and small groups. No experience or flexibility necessary.	<b>High Energy Yoga: Transformational Work:</b> This class focuses on integrity of movement, alignment, and proper action within the poses. Transformational work is performed which involves working with a partner and immediate sensory feedback to create isolated actions which stimulate core strength, and energetic balance within the body.	<b>Level 1:</b> Introduction and refinement of basic poses and techniques. Open to those new to yoga.
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<b>Deep Peace Relaxation Workshop: a Supported Shavasana Practice:</b> These workshops will be an opportunity for participants to learn a deep relaxation technique called Yoga Nidra. Sometimes called 'yogic sleep,' Yoga Nidra is not sleep at all but rather a state of dynamic awareness, which is deeply peaceful and relaxing. The mind is focused inward away from physical experience. Participants will learn several comfortable supine postures using props and supports allowing the body to completely relax in a safe and comfortable position. Through the use of imagery, music and poetry the conscious mind remains aware and focused, while the body rests. This often leads to a deep sense of stillness in which creativity, intuition and peace can arise.					
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**Mound Street Yoga Center**  
**1342 Mound Street**  
**Madison, WI 53715**

<http://www.moundstreetyoga.com>