



Free Introductory Classes

December 19– January 5

See back cover or www.unitywoods.com

Inside

John's Workshop Schedule .....2
Special Events.....4-5
Class Schedule .....6-7
Teacher Information.....8-9
Studio News.....9
Course Descriptions .....10
Boutique Information.....10
Registration Form.....11
Fees and Policies .....11
Free Introductory Classes ..... Back Cover

©2012 Unity Woods Yoga Center, LLC. 4853 Cordell Ave, PH9 Bethesda, MD 20814 Phone: (301) 656-8992 Fax: (301) 656-7792 www.unitywoods.com

Namaste

In October I was invited by Dr. Deborah Norris and the Mindfulness Center to give a speech at Suburban Hospital as part of the Mind-Body Week DC program. Since many of the events and programs revolved around the theme of healing and therapeutics, I decided to speak on "The Subjective Nature of Yoga Therapeutics". This newsletter addresses some of the things I said in that speech.

As you all know, yoga has become immensely popular in recent years. This has happened for a number of reasons, one of which is recognition by the medical community of the powerful therapeutic properties of yoga. As a result, at Unity Woods we are seeing more and more students referred to yoga class and/or private yoga sessions by their physicians.

I think these referrals are coming to us in part because of Unity Woods' reputation for having highly experienced teachers that teach yoga safely and effectively; in part because we teach Iyengar Yoga, which is known for precision, alignment, and being intentionally therapeutic; and in part because yoga is generally perceived inside and outside the medical community as an effective tool for helping folks with a vast range of symptoms and conditions.

I'm not sure, however, how, amongst physicians, this perception of yoga as a viable remedy has come about. Although anecdotally yoga has been known to help with back pain, insomnia, anxiety, and a host of other maladies, doctors are generally more swayed by clinical evidence than patients'

See Namaste, page 2



Unity Woods Yoga Center

...is one of the largest and most highly respected yoga centers in the country. We offer classes for students of all levels in posture (asana) and breathing (pranayama), special workshops with some of the world's finest teachers, and programs covering various aspects of the science and art of yoga.

Yoga can provide each of us with improved health, serenity, and expanded awareness. At Unity Woods, our purpose is to offer uncompromising, quality yoga instruction to as extensive an audience as possible. Our teaching staff is the area's most experienced, comprised of highly trained, certified instructors.

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

**January 5–6**

**Yoga Rosa  
Hallandale, FL**

[www.yogarosa.com](http://www.yogarosa.com)

**January 6–8**

**Yoga Institute of Miami**

(305) 670-0558

[www.yogamiami.org](http://www.yogamiami.org)

**February 5–19**

**29th Annual Yoga Vacation in  
Jamaica**

Tropical splendor, great yoga with John and Barbara Benagh

(617) 566-1489

[www.yogastudio.org](http://www.yogastudio.org)

**March 10–11**

**Advanced Asana & Pranayama  
Unity Woods, DC/MD**

(301) 656-8992

[www.unitywoods.com](http://www.unitywoods.com)

**March 24**

**Yoga & Meditation Day  
With Tara Brach**

**Unitarian Church, Rockville, MD**

(301) 656-8992

[www.unitywoods.com](http://www.unitywoods.com)

**April 20–22**

**Four Corners Yoga  
Durango, CO**

(970) 259-4794

[www.4cornersyoga.com](http://www.4cornersyoga.com)

**May 3–6**

**Maitri/Southeast**

**IYASE Regional Iyengar Yoga  
Conference**

**Washington, DC**

John will join other senior and local Iyengar Yoga teachers at the 3rd Iyengar Yoga Regional Conference

[www.iyengarconferencedc.com](http://www.iyengarconferencedc.com)

**June 22–24**

**A Workshop for Teachers and  
Serious Students**

**Serendipity**

**Berkeley Springs, WV**

(301) 656-8992

[www.unitywoods.com](http://www.unitywoods.com)

**More workshop information at  
[www.unitywoods.com](http://www.unitywoods.com)**

*Namaste (continued)*

stories. That has resulted in a rush to do more clinical trials to determine yoga's efficacy in dealing with everything from arthritis to obesity. Even so, there really aren't all that many studies available yet.

Furthermore, the studies that have been done, at least the ones I've seen are, to my mind, of limited value. That's because studies are by definition about quantifying, about measuring things, and when you get right down to it, there are some important things that make yoga therapeutic that really can't be measured all that well. That is one of the reasons why I say that yoga therapy is subjective. Although in many ways it is a science—much about it CAN be predicted, repeated, and measured—yoga therapy is truly more an art.

This, of course, can also be said of medicine. Richard Selzer's beautiful book, *Mortal Lessons: Notes on the Art of Surgery*, provides keen insight into the inherently artistic nature of the practice of medicine. Indeed, anytime one person is working with another for the purpose of healing and care giving, artistry is involved. The therapeutic process is inherently subjective and intimate.

What makes yoga different from many other healing modalities, though, is that for it to be truly appropriate and effective, the "therapist" must first and foremost have experienced the art and science of yoga for herself. The surgeon doesn't have to have undergone surgery to be a surgeon. Even the Rolfer doesn't Rolf himself: he is Rolfed and practices Roling others, but that isn't the same.

What that means is that people who don't practice yoga have no business attempting to do yoga therapy. Upon what are they basing their therapeutic approach? Taking workshops?

A while back we received a flyer in the mail about a workshop titled "Therapeutic Yoga: Bridging Ancient Practices with Traditional Therapy Techniques". In the workshop, the participants were told that they would learn how to perform basic yoga breathing, poses and sequences and therapeutic variations for specific disorders/diseases/disabilities such as: autism/PDD, epilepsy, cerebral palsy, muscular dystrophy, multiple sclerosis, Parkinson's, Down's syndrome, HIV/AIDS, cancer, post-op, and back

injuries. They would also learn a number of other skills. The seminar began at 8:00am and concluded at 3:30pm with a one-hour break for lunch. So....the participants were going to learn all that in 6 ½ hours!!!!!!

You students of yoga have an idea of how much in the way of even yoga posture and breathing you can learn in 6 ½ hours, let alone all the rest. So tell me, if you had cancer, would you want to receive yoga therapy from the person who has completed that workshop?

Suppose you're not a regular yoga practitioner. Could you maybe learn yoga therapeutic techniques by reading yoga studies in professional journals?

I am a member of the International Association of Yoga Therapists. They publish the *International Journal of Yoga Therapy*, an excellent compilation of yoga clinical studies and trials as well as writings by leading yoga therapists from a variety of traditions.

For example, they recently published an abstract designed to examine whether Yoga classes can relieve arthritis symptoms in older adults. The teacher, Elizabeth de G.R. Hansen, PhD stated that, "Although I had planned to offer uniform classes...there was too much variability among the students for a 'template' approach to be viable. Reality led me to focus on preserving the overall class structure....and then responding to the students in front of me. The lesson plans served as guides, but the actual selection and modifications of the poses depended on the students' needs, challenges, and interest."

The problem with studies and clinical trials is that even if they become much more exacting in their attempt to control variables such as what style of yoga is being employed, what poses are used and how they are done, what sequence is followed, how long the poses are held, what breathing techniques are incorporated, and so on, it is still the essentially unquantifiable experience and skill of the teacher/therapist that is the crucial element in the therapeutic process.

How does the yoga therapist learn these yoga skills? Not in a one-day or one-week or even one-month workshop. And not by reading journals and studies, which are usually vague at best in describing the protocol being used.

*Namaste (continued)*

The way the yoga therapist learns these subtle techniques is through intense, sustained, systematic practice. And that is, presumably, how the author of the study knew how to modify the arthritis program to suit the needs of the students she was working with.

Studies and journals and workshops are not useless. They can be very valuable. I read articles and books and magazines and journals like the *International Journal of Yoga Therapy*. I both give and take workshops and classes on the therapeutic applications of yoga. I read up on physical conditions, pathologies, and various palliative and curative standards of care. But I do these to augment the foundation of knowledge and experience I've already gained from prolonged, intense, consistent daily practice. It is the sensitivity and knowledge acquired in that practice that guide me in teaching and in working therapeutically with students/patients/clients.

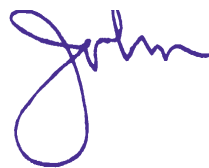
And that is one part of what I mean by the subjective nature of yoga therapeutics. The importance of the teacher's own perception and sensitivity acquired through the rigors of his own practice is the single most important factor in yoga therapy.

The second aspect of subjectivity in the application of yoga therapeutics is the individual nature of each patient/client/student. Of course, this is an inherent part of therapy in any modality. Each patient presents her condition in her own unique way and must be dealt with based on that unique presentation. On one level, the yoga therapist isn't primarily a therapist at all. Rather she is a yoga teacher who must, as any

good teacher does, take into account the characteristics, capabilities, and limitations of the student in front of her so as to be able to modify the teaching. All students present pathologies of different degrees so the teacher is, by the very nature of the process, always a therapist. Just as the doctor prescribes medicines or procedures or life style changes to direct the patient toward health and well-being, so does the yoga teacher/therapist practice and teach postures, breathing practices, life style changes, and meditations to integrate body, breath, heart, mind, and spirit in such a way as to bring well-being and freedom for himself and for those with whom he comes into contact.

With any therapeutic interaction it is the combination of the therapist's knowledge of his tools and his ability to see and understand the person with whom he is interacting that will determine the outcome of the therapy.

So I say, let's do all the studies we can and let's be as objective, precise, thorough, and exacting as we can. And for those who wish to employ yoga for the purpose of remedying and healing, read the literature from as many viewpoints as possible. But please understand that if one intends to use yoga as a vehicle for therapy, only through her personal subjective practice and the knowledge and skill that comes from that practice can she be of real service to those who come to her for help.



"One's own practice and the interpenetration in one's practice develop sensitivity in the practitioner. This subjective experience guides and leads one to deal with the treatment."

B.K.S. Iyengar, *Ashtadala Yogamala* Vol. 3

**John Schumacher** is the founder and director of Unity Woods. He has practiced yoga for 40 years and has taught in the Wash-



ington area since 1973. John continues to study in India with B.K.S. Iyengar, the world's foremost Yoga teacher, and is a certified senior 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. 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.

John has taught thousands of students and trained hundreds of teachers over the years. 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](http://www.unitywoods.com/tag/letter)

And look for digital downloads of John's audio CDs, classes and discussions at [www.ihanuman.com](http://www.ihanuman.com).

## Between-Session Drop-In Classes

### In Bethesda

with Mary Pappas-Sandonas

Monday, Dec. 19, 6:15–7:45pm  
Level II and up

### In Ballston

with Joe Adlesic

Wednesday, Jan. 4, 6:00–7:30pm  
Thursday, Jan. 5, 6:00–7:30pm  
Level I/II and up

\$20 Drop-In fee/class

## Four Week Introductory Series

### In Ballston

with Steve Mitchell

Tuesdays, 8:00–9:00pm  
Feb. 21, Feb. 28, Mar. 6, Mar. 13

An introduction to the fundamentals of the Iyengar Method.

Four-Week Course: \$60

## Mini-Sessions

### In Bethesda

Level I/II

Thursdays, 4:30–5:45pm  
with Susan Mann

March 8, 15, 22 & 29

All Levels

Fridays, 9:45–11:00am  
with Alyson Ross

Series 1: January 6, 13, 20, 27  
Series 2: March 2, 9, 16, 23

Four-Week Course: \$76

details at  
[www.unitywoods.com](http://www.unitywoods.com)

# Special Events

Details and registration at [www.unitywoods.com](http://www.unitywoods.com). • No refunds/credits/changes from 14 days prior. Contact [uwyc@unitywoods.com](mailto:uwyc@unitywoods.com) or (301) 656-8992.

December 31 • Saturday

## Receiving the Dark: Restorative Poses and Breath Work to Welcome the New Year

With Rocky Delaplaine

In this workshop we follow the prompting of winter to slow down in preparation for the new year. Proceeds go to the Center for Constitutional Rights.

**Prerequisite:** Completion of Level I.

10:00am–12:00pm \$30 Bethesda

Checks only, to Center for Constitutional Rights.

January 2 • Monday

## Dog Pose, Standing Poses and Sun Salutes

With Rocky Delaplaine

Ate too much over the holidays? Get your motor running in class. Benefit for Hope Springs Institute.

**Prerequisite:** Open to all.

10:00–11:30am \$30 Bethesda

Checks only, to Hope Springs Institute.

January 5 • Thursday

## Plant Your Roots for a Strong New Year

With Doerthe Braun

Mobility needs stability. We will focus on a strong foundation to let each pose grow and blossom.

**Prerequisite:** Level I/II and up.

10:30am–12:00pm \$25 Bethesda

January 15 • Sunday

## Yoga and the Energy Field

With Jill Cahn

Use *asana* to bring the force of *prana* to light and have this natural flowing force support the body fully.

**Prerequisite:** Completion of Gentle or Level I.

3:00–5:00pm \$35 Bethesda

February 4 • Saturday

## Merging Yoga and Meditation

With Carol Cavanaugh

Carol synthesizes yoga and meditation, two limbs of a single tree. Learn techniques to still an overactive mind. Class includes practice of both yoga and meditation.

**Prerequisite:** Level I/II and up.

3:00–5:00pm \$30 Bethesda

February 5 • Sunday

## Overcoming Fear of Full Arm Balance

With Rocky Delaplaine

Challenges kicking up into Full-Arm Balance? We'll explore the "fear complex," and see the world from the vantage of an upside down tree.

**Prerequisite:** Level I/II up, working on the pose.

3:00–5:30pm \$50 Bethesda

March 1–29 • Thursdays

## Short Course for Women

With Suzanne Y. Sigüenza

Reap the benefits of taking your spine through its full range of motion with standing poses, inversions, backbends, forward bends, and twists.

**Prerequisite:** Women only, Level I/II and up.

10:45–11:45am \$85/course Bethesda

March 3–24 • Saturdays

## Introduction to Pranayama Short Course

With Lori L. Ritland

Learn about breath awareness, steadiness of body and mind, and the Iyengar approach to pranayama.

**Prerequisite:** Completion of one year of asana.

12:30–1:30pm \$68/course Ballston

March 6–27 • Tuesdays

## Super Sunrise Yoga Short Course

With Suzanne Y. Sigüenza

Beat the traffic and get your body off to a strong start. Open chest and hips, strengthen arms and abs, and enjoy a final relaxation before heading to work!

**Prerequisite:** Open to all.

6:30–7:30am \$68/course Bethesda

March 10 • Saturday

## Advanced Asana: Frontbends, Hips and Twists

With John Schumacher

For dedicated practitioners who can lie flat on their legs in *Paschimottasana*, do full *Padmasana*, ten minute free-standing *Sirsasana* and *Sarvangasana* and have no knee problems. No therapeutics, please.

3:30–6:00pm \$50 Woodley Park

# Special Events

**March 11 • Sunday**  
**Advanced Pranayama**  
 With John Schumacher

Level V: completion of Level IV or extensive training in the Iyengar approach to pranayama.  
 Level VI: two years digital pranayama practice.

Level V	2:30–4:00pm	\$30
Level VI	4:15–5:45pm	\$30

Held in Bethesda

**March 11 • Sunday**  
**Discussion Group:**  
**How Our Attitudes Toward Others**  
**Affect our Clarity of Mind**  
 With John Schumacher

Many think of yoga as a solitary journey. Yet our interactions with others greatly affect our quality of awareness. We'll examine practices on and off the mat that help us attain a clearer and more serene state of mind. All are welcome.

6:45–8:30pm Free Bethesda

**March 18 • Sunday**  
**Yoga for Rounded Backs**  
 With Carol Cavanaugh

For those who find it difficult to “stand up straight”. Practice stretching and strengthening to find more space and freedom. Yoga teachers who work with such students are also welcome!

**Prerequisite:** Completion of Level I.

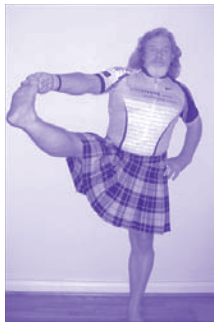
3:00–5:30pm \$40 Bethesda

**March 24 • Saturday**  
**Pathways to Sacred Presence:**  
**Yoga and Meditation Day**  
 with John Schumacher and Tara Brach

John and Tara, renowned teachers of Iyengar Yoga and Vipassana Meditation respectively, combine the resources of these profound spiritual traditions for their popular biannual day of reflection, pose, and repose.

**Prerequisite:** Open to all; no experience necessary.

9:00am–5:00pm \$75  
 Held at Unitarian Universalist Church of Rockville



**March 30–April 1 •**  
**Friday–Sunday**  
**George Purvis**  
**Workshop**

It's been quite a few years since George has visited Unity Woods to share his unique brand of Iyengar Yoga. Will the years have tamed the Texas Tornado

or is his inner fire still cooking? Since George's classes are always popular, you'll want to sign up early to find the answer to these questions and, better yet, to get a taste of why for so many years folks have been saying “Nobody doesn't like George.”

**Prerequisite:** Experienced Level II and above.

Friday	6:00–8:00pm	\$50
Saturday	10:00am–1:00pm	\$75
Saturday	4:00–6:00pm	\$50
Sunday	10:00am–1:00pm	\$75

All classes held in Bethesda

**May 3–6 • Thursday–Sunday**  
**Maitri:**  
**Southeast IYASE Regional Iyengar**  
**Yoga Conference**

John will join other senior and local Iyengar Yoga teachers at the 3rd Iyengar Yoga Regional Conference, hosted by the Iyengar Yoga Association: Southeast. These gatherings are held to give students an opportunity to be introduced to and to study with the more experienced Iyengar Yoga teachers in their community as well as nationally known Senior Iyengar teachers. The theme of this conference is *maitri*, the Sanskrit word for friendliness. It was chosen in part to emphasize that another purpose for these conferences is to invite, in the spirit of *maitri*/friendliness, practitioners from other non-Iyengar yoga communities to take Iyengar Yoga classes with experienced Iyengar teachers and thus see for themselves, in the most direct and effective way possible, what Iyengar Yoga has to offer.

Held in Washington DC

For details see [www.iyengarconferencedc.com](http://www.iyengarconferencedc.com)

December 18—Sunday

## Holiday Party

**Our Social Event of the Year!**

No asanas, real clothes! We provide food, drinks and decorations. The dessert table is open for contributions. Family and friends welcome.

**6:30–9:00pm Bethesda**

## Community Classes

Mixed levels. Bring a Friend!

### In Bethesda

**Every Friday, 6:00–7:00pm**

**TAUGHT BY**

January 6	Doerthe
January 13	Jill
January 20	Suzanne
January 27	Rocky
February 3	Doerthe
February 10	Maggie
February 17	Suzanne
February 24	Carolyn
March 2	Maggie
March 9	Rocky
March 16	Mary
March 23	Suzanne

### In Woodley Park

**Last Friday each month, 6:00–7:00pm**

**TAUGHT BY**

January 27	Suzanne
February 24	Suzanne
March 30	Suzanne

**\$5 drop-in fee, cash only**

details at

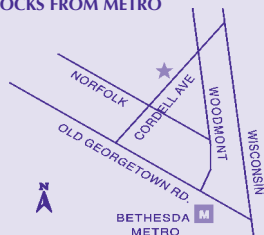
[www.unitywoods.com](http://www.unitywoods.com)

## UNITY WOODS LOCATIONS

### Bethesda

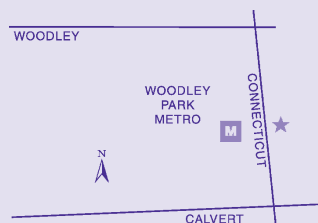
4853 Cordell Avenue  
Suite PH7, 16th Floor

5 BLOCKS FROM METRO



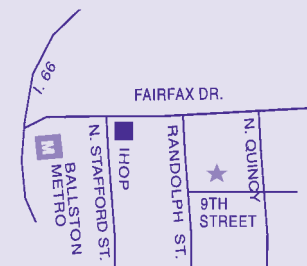
### Woodley Park

2639 Connecticut Avenue  
Suite C-102



### Ballston

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
12:15–1:45PM	Level I	Suzanne
5:45–7:15PM	Level I/II	Anne
6:15–7:45PM	Level II/III	Mary
7:30–9:00PM	Level II	Anne
8:00–9:30PM	Level I	Mary

### Tuesdays

6:30–7:30AM	Sunrise Yoga	Suzanne	(March 6–27; see page 4)
10:00–11:30AM	Level I	Jill	
10:15–11:45AM	Level II	Linda	
4:15–5:30PM	Level I/II	Rocky	
5:00–6:30PM	Level II	John	
5:45–7:15PM	Level II	Linda	
6:45–8:45PM	Level III <sup>5</sup>	John	
7:30–9:00PM	Level I/II	Rocky	

### Wednesdays

8:50–9:50AM	Pranayama IV	Anne
10:00–11:30AM	Level I/II	Jill
10:15–11:45AM	Level II/III <sup>3</sup>	Anne
12:00–1:30PM	Gentle I	Jill
12:15–1:30PM	Level I/II	Anne
4:15–5:45PM	Yoga & Meditation <sup>6</sup>	Carol
5:00–6:15PM	Back Care	Rocky
6:00–7:30PM	Level I	John
6:30–8:00PM	Level II/III <sup>3</sup>	Mary
7:45–9:15PM	Level II	John
8:15–9:45PM	Level II	Mary

### Prerequisites:

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

### Thursdays

7:00–8:30AM	Mixed Levels <sup>6</sup>	Suzanne	
9:00–10:15AM	Seniors	Suzanne	
9:00–10:15AM	Level I	Doerthe	
10:30AM–12:00PM	Level II	Doerthe	
10:45–11:45AM	Women's Class <sup>6</sup>	Suzanne	(March 1–29; see page 4)
12:15–1:30PM	Level I/II	Susan	
4:30–5:30PM	Teen Yoga	Doerthe	
4:30–5:45PM	I/II Mini-Session	Susan	(March 8–29; see page 4)
5:45–6:45PM	Pranayama II	John	
6:00–7:30PM	Gentle I	Maggie	
7:00–9:00PM	Level II/III <sup>4</sup>	John	

### Fridays

9:45–11:00AM	All Level Mini-Sess	Alyson	(January 6–27 and March 2–23; see page 4)
10:00–11:30AM	Level II	Rocky	
6:00–7:00PM	Community Class	Faculty	(weekly through March 23; see page 5)

### Saturdays

7:30–8:45AM	Level I/II	Steve
9:00–10:30AM	Level II/III <sup>3</sup>	Liz
9:15–10:45AM	Level II	Linda
10:45AM–12:15PM	Level II	Liz
11:00AM–12:30PM	Level II/III	Linda
12:30–2:00PM	Level I/II	Liz

### Sundays

8:00–9:15AM	Level I/II	Steve
9:00–10:30AM	Level II/III <sup>3</sup>	Anne
9:30–11:00AM	Level II	Steve
10:45AM–12:15PM	Level II	Anne
11:15AM–12:30PM	Level I	Steve
12:30–2:00PM	Level I/II	Anne
12:45–2:00PM	Gentle II	Steve

# 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	Liz
8:00–9:30PM	Level III	Liz

### Tuesdays

9:45–11:15AM	Gentle I	Rocky
12:00–1:30PM	Level I/II	Anara
6:15–7:45PM	Level II	Anne
8:00–9:15PM	Level I/II	Anne

### Wednesdays

10:00AM–12:00PM	Level III	Carolyn
6:30–7:45PM	Level I	Giulia
8:00–9:30PM	Level II	Giulia

### Thursdays

10:00–11:30AM	Level II	Carolyn
4:30–6:00PM	Gentle I	Carol
6:15–7:45PM	Level II	Carol

### Fridays

6:00–7:00PM	Community Class	Faculty (monthly: Jan 27, Feb 24, Mar 30; see page 5)
-------------	-----------------	--

### Saturdays

9:00–10:30AM	Level II/III <sup>2</sup>	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

## Ballston, 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
5:00–6:00PM	Level I	Steve
6:15–7:45PM	Level II/III	Steve
8:00–9:00PM	Introductory Series	Steve (February 21–March 13; see page 4)

### Wednesdays

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

### 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
6:00–7:30PM	Level I/II	Lori

### Saturdays

9:00–10:30AM	Level II/III <sup>3</sup>	Lori
10:45AM–12:15PM	Level II	Lori
12:30–1:30PM	Intro to Pranayama <sup>1</sup>	Lori (March 3–24; see page 4)

### Sundays

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

## IMPORTANT DATES

Registration is now open:  
[www.unitywoods.com](http://www.unitywoods.com)

### Winter Session:

Fri. January 6–Thurs. March 29

### Note: Classes WILL Meet

Mon. Jan. 16 (MLK Day) and  
Mon. Feb. 20 (Presidents' Day)

### Spring 2012 Session Begins:

April 12  
Spring registration will open  
March 20

## 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.

### 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.

### Be on time

Teachers begin each class with preparatory practices. It's unsafe (and disruptive) to come in late. 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.

## STAFF

**Unity Woods Office**  
(301) 656-8992  
uwyc@unitywoods.com

**John Schumacher**  
Founder/Director  
ext. 102

**Esther Geiger**  
Administrator  
ext. 101

**Suzanne Y. Sigüenza**  
Assistant Administrator/  
Website Manager  
ext. 300

**Peggy Sullivan**  
Financial Administrator  
ext. 104

**Annick Milde**  
Registrar  
ext. 105

**Sue Lyn Schramm**  
Marketing/Outreach  
Coordinator  
ext. 119

**Steve Mitchell**  
Woodley Park/Ballston  
Coordinator  
ext. 201

**Lori L. Ritland**  
Special Projects  
ext. 500

**Christian Kurtis**  
Work-Exchange Coordinator  
ext. 500

**Adria Gonzalez-Nieves**  
**Christian Kurtis**  
**Debra Monaco**  
**Barbara Schwartzbach**  
Receptionists  
ext. 500

# The Teachers at Unity Woods



**Joe Adlesic**, a certified Intermediate Junior I Iyengar Yoga teacher, began his studies with his mentor, John Schumacher, in 1982 and has taught at Unity Woods since 1990. He has been to India on several occasions to study with the Iyengar family. He has studied extensively with other Senior Iyengar Yoga teachers, particularly Patricia Walden.



**Rocky Delaplaine**, a certified Iyengar teacher, is interested in exploring how asana and pranayama promote peace, foster creativity, and cultivate reverence for the natural world. She brings yoga/kinesthetic learning to a variety of leadership training groups. She is also a poet, activist and mom.



**Carolyn Bluemle** is Iyengar certified and has studied in India with the Iyengars and in Italy with Dona Holleman. She has taught yoga since 1989, holds an M.A. in Philosophy from U.C. Berkeley and has a background in dance. She practices meditation in the tradition of Thich Nhat Hanh. See [www.cbyoga.com](http://www.cbyoga.com).



**Esther Geiger** began studying with John Schumacher in 1980 and became Unity Woods' administrator in 1988. She holds degrees in Early Childhood Development and Movement, and has worked as a dancer, teacher, playground designer and audio describer for dance. She is a CMA (Certified Laban Movement Analyst).



**Doerthe Braun**, a certified Iyengar teacher, began practicing in 1999 and apprenticed with John Schumacher. She holds a degree in acting and movement, and enjoys sharing yoga's gifts with children and adults, inspired by her own four children.



**Anara Lomme**, a certified Intermediate Junior II Iyengar yoga teacher, began her studies in Bangalore, India. On numerous occasions she has traveled back to India to study with the Iyengar family. Her primary teachers are John Schumacher and Patricia Walden.



**Jill Pollet Cahn**, a 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 developed and teaches workshops on Vital Alignment: Yoga and the Energy Field.



**Giulia Mainieri** has trained since 1971 with some of the world's finest yoga teachers, including BKS Iyengar. She was certified in 1986 by the first Iyengar certifying committee in the U.S. She is ever grateful to all the wonderful teachers and students she has been privileged to work with. A special thank you to John Schumacher.



**Carol Cavanaugh** has taught Iyengar yoga since 1977. She was one of the first certified Iyengar yoga teachers in the U.S., studying with the Iyengars five times in India. She directed the Iyengar Yoga Institute of San Francisco from 1977-1988. She has practiced vipassana meditation for the past ten years.



**Susan Mann** has been studying yoga since 1974 with John Schumacher as her primary teacher. She has traveled to India and studied with the Iyengars several times. In 1987, Susan began Yoga for Health, operating in Potomac, MD. She retired from a career at the Environmental Protection Agency in 1995 Susan holds a Masters degree in Urban Studies.



**Liz Marx** is a certified Iyengar Yoga teacher. She has traveled to India on several occasions to study with the Iyengars. Liz has been highly influenced by the teachings of John Schumacher and Barbara Benagh. She has studied at Unity Woods since 1981 and taught since 1984.



**Steve Mitchell**, a certified Iyengar Yoga teacher, has studied with many senior teachers from the United States and Europe. John Schumacher is his primary instructor and the main influence in his practice and teaching. He has taught in the D.C. area for many years. The flower of yoga blossoms with practice.



**Mary Pappas-Sandonas**, B.S. Psychology/Neurobiology, M.S. Exercise Physiology, certified Intermediate Junior I Iyengar teacher, and mother, brings to her teaching a scientific understanding of the anatomy/neuropsychology of the practice, plus a touch of humor. She has created two Iyengar yoga DVDs. Patricia Walden and John Schumacher are her primary teachers.



**Maggie Rhoades**, a certified Yoga teacher, has studied with the Iyengars, apprenticed with John Schumacher, and trained with many senior teachers. She holds an M. A. in education, is a certified Pilates instructor, and has taught classes for cardiac and cancer patients in area hospitals. She has developed yoga and Pilates DVDs for beginners and beyond.



**Lori L. Ritland**, a certified Iyengar Yoga teacher, has studied with John Schumacher since 1998, with the Iyengars in India, and with senior Iyengar teachers. She holds a B.A. from U.C. Berkeley and an M.A. from the University of Texas at Austin. Lori is devoted to fostering the practice of asana and pranayama for those seeking greater balance in their busy lives.



**Alyson Ross** is a certified Iyengar Yoga teacher with an M.S. in Nursing. She began studying yoga in 1990 in Nashville with Jan Campbell and taught for eight years at Atlanta's Stillwater Yoga. Alyson is pursuing a Ph.D. in Nursing, with a dissertation focused on the health benefits of Iyengar yoga.



**Linda San Gabriel** began practicing yoga in 1989 and teaching in 1996. She apprenticed with John Schumacher and studied with the Iyengars in India and the U.S. She travels to study with Iyengar yoga teachers around the world several times each year. Linda holds an M.Ed. in Applied Linguistics.



**Suzanne Y. Sigüenza** has studied yoga since 1993, with John Schumacher since 1996, and has traveled to the Iyengar Institute several times. She offers yoga as a foundation for living compassionately and benevolently, and as a tool to develop the fortitude to "run with perseverance the road set out before us". She is an artist and a runner.



**Ann Thomas**, a certified Iyengar teacher, has studied in India with the Iyengars and apprenticed with John Schumacher. Within the sound framework of asana practice, Ann hopes to convey the healing potential of yoga, and an awareness of faith, love and devotion. She has an MA in Health Promotion & Education, a graduate certificate in theology, and is the mother of twins



**Anne Wutchiett** is a certified Iyengar yoga teacher who has studied in India with the Iyengars and taught for over 20 years. Her teaching is caring and inspired, acknowledging the vitality, strength, and harmony yoga brings. It is her desire to promote self-discovery while opening one's self to the deeper awareness ever-present within each pose.

## STUDIO NEWS

**Lori** is delighted to announce the birth of Eli Robert Ritland on Oct. 25. We are thrilled to welcome this new little yogi! Other teachers will teach Lori's classes until mid-January while she focuses on her family.

**John** was one of three guest speakers at the Mindbody Week event at Suburban Hospital on October 14. He spoke on "The Subjective Nature of Yoga Therapeutics".

**Alyson** has been invited to serve on the Editorial Board of the *Journal of Yoga and Physical Therapy*, an open-access peer-reviewed journal that publishes research and practice articles related to yoga and health.

**Rocky** has three poems published in *The Poetry Of Yoga Volume 1*. She taught Yoga From a Chair to patients at the Upper Cardozo Community Clinic. She will co-lead a yoga and knitting workshop in February and a movement and poetry workshop at Split this Rock Poetry Festival in March. See rockydelaplaine.com.

**Unity Woods** was recommended with a mention of "well-regarded yogi **John Schumacher**." in the *The Washington Post's* October 30 Sunday Style section. The article by Stephanie Merry, "Staying ahead of the holiday bulge" stated that, "While yoga has many physical benefits, classes also focus on maintaining a calm mind, which might come in handy when far-flung family members descend."

**Unity Woods Yoga Center** was listed first in the "Mind and Body" section of the September *Washingtonian Magazine's* "Best of Bethesda" column by Kate Nerenberg and Susan Baer, with the comment that "many insiders say it's the best studio in Bethesda."

# Course Descriptions

## Beyondananda Boutique Information

At our Bethesda studio, we offer students a convenient source for supplies to enhance their yoga practice. We sell yoga DVDs, CDs, books and props, along with John's audio CDs and our unique Unity Woods and Dog Pose t-shirts.

Gift certificates are available for Beyondananda Boutique items or for classes. Call to inquire or e-mail [uwyc@unitywoods.com](mailto:uwyc@unitywoods.com).

### Bethesda Hours

Mon–Thurs: 10:00am–9:00pm  
Friday: 10:00am–7:00pm  
Sat–Sun: 10:00am–2:00pm

For Boutique information call us at (301) 656-8992 or visit [www.unitywoods.com](http://www.unitywoods.com).

## \$10 DROP-INS

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

### ASANA (POSTURE)

**Introductory Series** is a four-week course that introduces the fundamentals of yoga as taught at Unity Woods. Appropriate for those wanting to start classes mid-session, or interested in a brief introduction to our approach. (Not required as a prerequisite for Level I.)

**Gentle I** classes are for students who are stiff, weak, have a particular limitation, or would prefer a more slowly paced, less rigorous class. May be joined at any time.

**Gentle II** classes are for students with Iyengar experience who have physical limitations requiring special care, but who are capable of progressing beyond the beginner syllabus. No new beginners after the fourth week of the session.

**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.

**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 standing 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. See "Workshops and Special Events" on pp. 4–5 for this session's class.

### SPECIAL CLASSES

**Teen Yoga**, for ages 11–16, 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!

**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 recommendation encouraged.

**Yoga and Meditation** 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.

### 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](http://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 newsletter by e-mail

Please register me for the following Classes (*Do not use this form to register for Workshops*):

Location	Teacher	Level	Day	Time

Total \_\_\_\_\_

(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.
- No fax registrations.

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

WINTER SESSION DATES:  
 January 6–March 29  
 Twelve Week Session

Winter Enrollment  
 Tuition: \$228

Applies to most classes—  
 see exceptions at right

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

	TWELVE WEEK SESSION FEE	SINGLE CLASS DROP-IN FEE	
ASANA (POSTURE) CLASSES		If fully enrolled in another class	If not enrolled
1 1/4 – 1 3/4 HOUR CLASS	\$228	\$10	\$20
1 HOUR CLASS	\$204	\$10	\$18
2 HOUR CLASS	\$288	\$15	\$25
COMMUNITY CLASSES (Bethesda, weekly; Woodley Park, monthly: see page 5)	N/A	\$5	\$5
FOUR WEEK INTRODUCTORY SERIES (Ballston; October 18–November 8: see page 4)	\$60	N/A	\$18
PRANAYAMA (BREATHING) CLASSES	\$228	\$20	\$20

SENIOR DISCOUNT: 10% for age 65 and over, on full-session enrollments only (no discount on drop-ins, Intro Series or Short Courses).  
 STUDENT DISCOUNT: 10% with current student ID, on full-session enrollments only (no discount on drop-ins, Intro Series 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 are permitted, at the discretion of the instructor, if space is available.  
 REFUND POLICY: For full 12-week session classes: If we receive notice of your withdrawal by January 5 you will receive a full refund. If we receive notification between January 6 and January 26 we'll refund tuition minus the \$40 registration fee. No refunds after January 26. Refunds are issued by check and will be mailed on February 3.  
 INTRODUCTORY SERIES POLICIES: Students are encouraged to enroll for the series. No make-ups. No discounts. No refunds.  
 SHORT COURSE POLICIES: You may enroll for the series or drop in on single classes. No make-ups. No discounts. No refunds.  
 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](http://unitywoods.com).

ONLINE REGISTRATION • [www.unitywoods.com](http://www.unitywoods.com)

Return Service Requested

www.unitywoods.com  
(301) 656-8992  
Bethesda, MD 20814-3036  
4853 Cordell Avenue, Suite PH9



## Free Introductory Yoga Classes

### Bethesda

**Monday, December 19**

8:00–9:30PM  
Mary Pappas-Sandonas

**Thursday, December 22**

12:15–1:30PM  
Susan Mann

**Monday, January 2**

12:15–1:45PM  
Suzanne Y. Sigüenza

**Tuesday, January 3**

10:00–11:30AM  
Jill Pollet Cahn

**Tuesday, January 3**

7:30–9:00PM  
Rocky Delaplaine

**Wednesday, January 4**

12:15–1:30PM  
Anne Wutchiett

**Thursday, January 5**

**Seniors' Yoga**  
9:00–10:15AM  
Suzanne Y. Sigüenza

**Thursday, January 5**

9:00–10:15AM  
Doerthe Braun

**Thursday, January 5**

**Teen Yoga**  
4:30–5:30PM  
Doerthe Braun

**Thursday, January 5**

**Gentle Yoga**  
6:00–7:30PM  
Maggie Rhoades

### Woodley Park

**Wednesday, December 28**

6:30–7:45PM  
Giulia Mainieri

**Thursday, December 29**

**Gentle Yoga**  
4:30–6:00PM  
Carol Cavanaugh

**Tuesday, January 3**

12:00–1:30PM  
Anara Lomme

### Ballston

**Monday, January 2**

7:30–9:00PM  
Lori L. Ritland

**Wednesday, January 4**

7:45–9:00PM  
Joe Adlesic



Printed on recycled paper

PRSR STD  
U.S. Postage  
PAID  
Woodbridge VA  
Permit No. 150