



THE YOGA STUDIO  
IN NEWARK

# THE AWARENESS CENTER

280 E MAIN ST. · SUITE 109 · MARKET EAST PLAZA · NEWARK, DE 19711

## FREE PUBLIC CLASSES Mon. Jan. 4 – Sat. Jan. 9, 2010

Try something new for the New Year!! (See schedule for class times).

**New date & time: Restorative Yoga with Robert Gadon is moving to the 2nd Saturday of the month – Jan. 9, Feb. 13 & Mar. 13, 1:00 - 2:30 pm (\$15/student)**

**Yoga for Neck & Shoulders with Robert Gadon,  
Friday Jan. 15, 6:00 - 7:30 pm (\$15/student)**

## WINTER SESSION JAN 11 - MAR 20, 2010

TIME	MON	TUES	WED	THURS	FRI	SAT
8:30-10:00 AM			8:15-9:45 YOGA I/II ROBERT		8:15-9:45 GENTLE YOGA LESLIE*	IYENGAR YOGA 1 MICHAEL
10:00-11:30 AM			YOGA FOR SENIORS ROBERT	MEDITATIVE YOGA 1 NEIL	YOGA I/II NEIL	10:15-11:45 YOGA 1 AMALA
4:00-5:30						
5:30-7:00 PM	VINYASA YOGA I/II MICHAEL	YOGA I/II NEIL	YOGA 1 NEIL	YOGA I/II BOB		
7:00-8:30 PM	IYENGAR YOGA 1 MICHAEL		7:15-8:45 CHI GUNG MAX			

\*Gentle Yoga Class will not meet on Friday, March 5 due to Leslie's travel.

Visit [www.awarenesscenterde.com](http://www.awarenesscenterde.com) for Newark & Wilmington class schedules and info.

FREE MEDITATION with Neil & Friends — Wed. 4:30-5:25 p.m. & Sun. 8:00-9:30 a.m.

EMAIL US: [AWARENESSCENTERDE@COMCAST.NET](mailto:AWARENESSCENTERDE@COMCAST.NET)

**1st SESSION: \$12.50 per class**

10 weekly classes @ \$125.00

(Leslie's session only: 9 classes @ \$112.50)

**A 2nd SESSION: \$10 per class**

(10 classes @ \$100; Leslie only: 9 classes @ \$90.)

**Also available Flex Wraparounds:**

4 classes \$50 ~ 6 classes \$75

**Drop-Ins Welcome!**

Drop-Ins/Single Classes: \$15 each

**Questions? See other side or call  
The Awareness Center: 302-738-7006.**  
(Leave a message so we can call back!)

### NEW Class Registration Procedure

To register: On the "memo" line of your check or money order, write the INSTRUCTOR NAME(S). If more than one instructor, also write the NUMBER OF CLASSES with EACH INSTRUCTOR. We need this to ensure your payment is credited properly!

Make check or money order payable to:  
Awareness Center

### THE AWARENESS CENTER · STUDENT INFORMATION FORM (PLEASE PRINT CLEARLY).

We ask each student to provide contact information so we may reach you in the event of schedule changes, and so we may email announcements of new classes and special workshops/events. Please fill out the form below or go to: [www.awarenesscenterde.com](http://www.awarenesscenterde.com) --- Link to "Join Our Mailing List" and follow the instructions.

**NEW STUDENTS:** Please provide info online or complete the form below and mail with your payment, prior to your first class.

We do not send confirmation of registration. Just show up for class!

**RETURNING STUDENTS:** Do NOT fill out this form unless your contact information has changed. (See "NEW Class Registration Procedure" above.)

Name \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

(Please list preferred phone # above.)

Mail to: AWARENESS CENTER • 280 East Main Street, Suite 109 • Market East Plaza • Newark, DE 19711

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## CLASS DESCRIPTIONS

YOGA I introduces the fundamental principles of alignment and breathwork. Yoga basics are taught, emphasizing primary standing poses and stretching/strengthening legs, back & shoulders.

YOGA I/II explores standing, seated, twisting, balancing and backward extending postures. See [www.awarenesscenterde.com](http://www.awarenesscenterde.com) for more info.

YOGA FOR SENIORS adapts the yoga postures for older adults, and helps increase mobility, flexibility and strength in legs, hips, trunk and arms. Upright balancing poses are introduced. See [www.awarenesscenterde.com](http://www.awarenesscenterde.com).

MEDITATIVE YOGA offers a Yoga I level of activity, with added emphasis on enhancing your moment-by-moment awareness. Classes will explore using specific meditation techniques during and between the postures.

GENTLE YOGA is a relaxing experience – see [www.awarenesscenterde.com](http://www.awarenesscenterde.com) for more info.

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NEIL MEISEL began studying yoga in 1976. After six months' teacher training at the Iyengar Institute of San Francisco, he began teaching in 1981. He has attended workshops in a variety of yogic traditions, and became a certified teacher in the tradition of Anusara Yoga after training at Willow Street Yoga in Washington D.C.. Since 1988, Neil has attended Vipassana Meditation retreats. His primary meditation teacher has been Shinzen Young. Neil is an Advanced Certified Rolfer and a co-founder/co-director of the AWARENESS CENTER. His classes emphasize meditation during the postures as well as alignment and relaxation.

MICHAEL FAHEY, a co-founder/co-director of the AWARENESS CENTER, is in his thirtieth year as a Yoga practitioner, and since the mid-1970's has taught yoga in the Wilmington and Newark areas. Locally, he has studied with Bob Davis and Kathleen Wright, and since 1994, Michael has been in the teacher training program of Joan White, one of the country's senior-level certified Iyengar instructors, based in Philadelphia. Michael's classes emphasize the essentials of Iyengar yoga -- focused attention on breathing and precise postural alignment -- in a supportive and fun atmosphere. As Michael says, "A yoga practice should be joyful!"

## THE AWARENESS CENTER: YOGA, ROLFING® & MORE!

The AWARENESS CENTER, founded by Michael Fahey and Neil Meisel, is located behind and to the left of the Newark Natural Foods Store (the Co-op), in THE MARKET EAST SHOPPING PLAZA, where Main St. intersects Tyre Ave. in Newark.

We offer a completely equipped Yoga studio, with classes for all levels, and space for Neil's Rolfing® practice, Meditation Classes, and more. Please join us!

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## ABOUT OUR CLASSES

### Please don't...

- eat heavy meals within 2 hours of class.
- wear perfume in class....many people are allergic!

### Please do...

- turn off cell phones/pagers before class begins
- be on time, as a sign of your growing maturity
- wear shorts, tights or leggings to show leg alignment.)
- leave shoes in our entranceway...you will be barefoot in class.
- place valuables in our secure room, accessible only from the yoga studio.
- tell your teacher before class if you have any injuries/physical problems.
- alert your teacher if any pain occurs during class.

**Class cancellations** will be announced on our voice mail at least 2 hours beforehand. Cancelled classes will be rescheduled or refunded.

**Missed classes** can be made up during the current session – not carried over. Please inform instructor of your make-up status.

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AMALA FAHEY began studying yoga in 1973, with Bob Davis. While in California, she studied at the Institute for Yoga Teacher Education (IYTE), and studied Vinyasa with Richard Miller. In Maui, she studied Vipassana Meditation with Joseph Goldstein, and Ashtanga with David Williams. After her return to Delaware, Amala taught Hatha Yoga in Newark, and at the Wilmington and Brandywine Country Clubs. She continues to study with Joan White. Through her experience with diverse styles of yoga, Amala has developed a deep appreciation of the mind/body connection. Her teaching emphasizes the smooth flow from one posture to another.

MAXIMILIAN QUARTO began studying martial arts at age 14 and has been studying chi gung and meditation for over ten years. A long-time student of Susan Rabinowitz of the Taoist Arts Center in NYC, Max is currently in an instructor training program in Bagua Zhang with Frank Allen of the Wu Tang Physical Culture Association. Max continues to study and train, attending regular workshops and retreats throughout the year. His teaching style emphasizes detailed relaxed instruction with a focus on the health and meditation aspects of chi gung.

ROBERT GADON is a graduate of the Studio Yoga Iyengar Yoga teacher training program in Madison, NJ, directed by Theresa Rowland. His teaching is thoughtful, precise, challenging and fun. A complete listing of Robert's teaching schedule and group classes in Newark, DE, Wilmington, DE and Elkton, MD can be found at [www.lifeisastretch.com](http://www.lifeisastretch.com).

BOB DAVIS has taught yoga in the Newark area since 1972. He has studied with various teachers and practiced insight meditation for more than 20 years. His classes emphasize synchronizing body movements with deep rhythmic breathing, for a more meditative approach to hatha yoga. A member of the Mid-Atlantic Vipassana Network and the Philadelphia Meditation Center, Bob co-authored *You Can Achieve Peace of Mind*, a practical guide to inner peace.

LESLIE BECKETT has practiced yoga for more than 25 years. She has taught Svaroopas since 2004, and was registered with Yoga Alliance at the 500-hour training level in 2006. She also holds certifications in Kripalu YogaDance, Embodiment Yoga therapy and other therapeutic modalities. Students consistently find her classes effective and relaxing.

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