



The Awareness Center

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

Join us for FREE CLASSES: Jan 2nd through Jan 7th !

NEW: Erin's Holiday Classes ~ Special Time, Special Dates, Special Discount!

All classes meet at 10 a.m ~ Holiday Discount Drop-In Rate @ \$12 per class

Tuesdays Dec 20 & Dec 27: Multilevel Yoga

Wednesdays Dec 21 & Dec 28: Senior Yoga

Thursdays Dec 22 & Dec 29: Meditative Yoga

WINTER SESSION JAN 9 - MAR 17, 2012

TIME	MON	TUES	WED	THURS	FRI	SAT
8:30-10:00 AM			9:15-10:45 YOGA I/II ERIN		8:15-9:45 GENTLE YOGA LESLIE	IYENGAR YOGA 1 MICHAEL
10:00-11:30 AM	10:00-11:30 SENIOR YOGA ERIN		11:00-12:30 SENIOR YOGA ERIN	MEDITATIVE YOGA 1 NEIL	YOGA I/II NEIL	10:15-11:45 YOGA 1 AMALA
5:30-7:00 PM	VINYASA YOGA I/II MICHAEL	YOGA I/II NEIL	YOGA 1 NEIL			
7:00-8:30 PM	IYENGAR YOGA 1 MICHAEL		7:15-8:45 CHI GUNG MAX			

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

**Questions? See www.awarenesscenterde.com
or leave a message at 302-738-7006 ~ we will call you back.**

EMAIL US: AWARENESSCENTERDE@COMCAST.NET

1st SESSION: \$15.00 per class
10 classes @ \$150.00

A 2nd SESSION: \$12.50 per class
10 classes @ \$125.00

Flex Wraparounds:
4 classes \$60 ~ 6 classes \$90

Drop-Ins/Single Classes:
\$18 each

To Register for Classes

On the "memo" line of your check or money order, write the INSTRUCTOR NAME. 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.
(Sorry, no credit cards or phone registrations.)

NOTE: we don't send confirmations of registration – just show up for class!

The Awareness Center • STUDENT INFORMATION Form (Please print clearly).

We ask each new 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.

NEW STUDENTS: Please complete the form below and mail with your payment, prior to your first class.

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

Or you may complete this form online before your first class. Go to www.awarenesscenterde.com, click "Join Our Mailing List" and follow the instructions.

RETURNING STUDENTS: use this form or the website only to notify us of any changes to your phone/email.

Name _____ Preferred Phone _____

email _____ Other Phone (optional) _____

THE AWARENESS CENTER:

YOGA, ROLFING® & MORE!

The AWARENESS CENTER, founded by Michael Fahey and Neil Meisel, offers a completely equipped Yoga studio, with classes for all levels and space for Neil's Rolfing® practice, Meditation Classes, and more. Please join us!

LOCATION

We are 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.

ABOUT OUR CLASSES

Please don't...

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

Please do...

- wear shorts/leggings to show your leg alignment.
- be on time, as a courtesy to others.
- turn off cell phones before class begins.
- 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 immediately if any pain occurs during class.

CLASS DESCRIPTIONS

...and much more information can be found at our site:

www.awarenesscenterde.com.

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, but not carried over to a different session. Please: INFORM INSTRUCTOR when you arrive for a make-up class.

ABOUT OUR AWARENESS CENTER INSTRUCTORS

NEIL MEISEL began studying yoga in 1976 and teaching in 1981, after six months' teacher training at the Iyengar Institute of San Francisco. He has attended workshops in a variety of yogic traditions, and became a certified teacher in the tradition of Anusara Yoga. Since 1988, Neil has attended Vipassana Meditation retreats. His primary meditation teacher has been Shinzen Young. Neil is 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, has been teaching yoga in the Wilmington and Newark areas since the mid-1970's. 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!"

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 emphasizes detailed relaxed instruction with a focus on the health and meditation aspects of chi gung.

LESLIE BECKETT has practiced yoga for more than 25 years. She has taught Svaroopaa 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.

ERIN SWEENEY, a fitness instructor since 1992, became a registered yoga teacher with the Yoga Alliance in January 2010. Previously she studied Hatha Yoga in the Princeton NJ area, and attended teacher training at the Yoga Institute of Miami. Her training is primarily Iyengar, but she also has experience with the Baron Baptiste Power Yoga and Anusara Yoga methods. She enjoys teaching all levels from beginners to advanced.
