



THE YOGA STUDIO
IN NEWARK

THE AWARENESS CENTER

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

New: Tuesday Morning Yoga with Amala Fahey (Starts 6/16/09)

New: Mixed-Level Yoga I/II with Robert Gadon (Thurs 5:45-7:15pm)

**Taoist Longevity Breathing Workshops with Max Quarto
June 16 & 23, 7:00-9:30 p.m.**

Coming this Fall: Restorative Yoga with Robert Gadon

SUMMER SESSION JUNE 1 - AUG 1, 2009

TIME	MON	TUES	WED	THURS	FRI	SAT
8:30-10:00 AM		9:00-10:30 YOGA 1 AMALA	8:15-9:45 IYENGAR YOGA 2 ROBERT		8:15-9:45 SVAROOPA LESLIE	IYENGAR YOGA 1 MICHAEL
10:00-11:30 AM			IYENGAR YOGA 1 ROBERT	MEDITATIVE YOGA 1 NEIL	YOGA 2 NEIL	YOGA 1 AMALA
4:00-5:30						
5:30-7:00 PM	VINYASA YOGA 2 MICHAEL	YOGA 2 NEIL	YOGA 1 NEIL	5:45-7:15 YOGA I/II ROBERT		
7:00-8:30 PM	IYENGAR YOGA 1 MICHAEL		7:15-8:45 CHI GUNG MAX			

We will be CLOSED on Saturday July 4.

Visit 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

1st SESSION: \$12.50 per class
9 weekly classes @ \$112.50
(8 Saturdays @ \$100 – closed July 4)

A 2nd SESSION: \$10 per class
(9 classes \$90 ~ 8 classes \$80)

Also available Flex Wraparounds:
4 classes \$50 ~ 6 classes \$75

Drop-Ins Welcome!

Drop-Ins/Single Classes: \$15 each

To Register

Complete & mail Registration Form
with check or money order payable to:
AWARENESS CENTER.

Sorry, no credit cards or phone registrations.

**Questions? See other side or
call Michael Fahey or Neil Meisel
at 302-738-7006.**

THE AWARENESS CENTER · YOGA SESSION REGISTRATION FORM · (PLEASE PRINT CLEARLY).

Name _____

Phone (H) _____

Address _____

Phone (W) _____

City _____ State _____ Zip _____

Email _____

SESSION NAME

DAY

TIME

COST

\$ _____ (1st SESSION)

\$ _____ (2nd SESSION)

TOTAL

\$ _____

Please enclose payment in full and mail to: AWARENESS CENTER • 280 East Main Street, Suite 109 • Market East Plaza • Newark, DE 19711
We do not send confirmation of registration. Just show up for class!

CLASS DESCRIPTIONS

YOGA 1 is for beginning and continuing students. It introduces the fundamental principles of alignment and breathwork. Primary poses and yoga basics are taught, emphasizing the standing poses, and stretching/strengthening legs, back and shoulders.

YOGA 2 is for continuing students or those with sufficient prior experience. It focuses on refining the standing poses and introduces the revolved standing poses. Preparations for backbends, forward bends and inversions will be introduced.

MEDITATIVE YOGA is for beginning and continuing students. It 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.

NEIL MEISEL began studying yoga in 1976 and teaching in 1981, after six months in teacher training at the Iyengar Institute of San Francisco. He has attended workshops in a variety of yogic traditions, and is studying at the Willow Street Yoga Center in Washington D.C., to become a certified Anusara Yoga teacher. Since 1988, Neil has attended Vipassana Meditation retreats, and studied with Shinzen Young. On the Board of Mid-Atlantic Vipassana Network (MAVN) Neil is a certified Rolfer and a co-founder and co-director of the AWARENESS CENTER.

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!

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

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 began practicing Iyengar yoga in Washington, D.C. in 1997, and teaching in 2004. His teaching is thoughtful, precise, challenging and fun. He attends the Iyengar Yoga teacher training program at Studio Yoga in Madison, NJ, directed by Theresa Rowland. More about Robert and his teaching schedule outside The Awareness Center can be found at 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 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.
