



# YOGA

## SCHOOL OF THERAPEUTICS

JAN 2012

National Yoga Alliance Registered Teaching School

Approved by the Kansas Board of Regents

## Why Choose the Yoga School?

**Welcome.** It's fascinating to us a number of our students remain with us after 10 years or more. Why?

**Our yoga works!** Our staff members are certified with a cumulative total of hours exceeding 30,000 CEU's!

1. The director achieved 100 hours of certified training since March, 2011, adding on to her 14,000.
2. **Half** of our certified staff is trained by the famous **Judith Hansen Lasater**, the master of restorative yoga, personally supervised by Judith in Relax & Renew professionalism. There is no "knock off" of the true depth of our restorative teaching.
3. Yoga as Therapy world-wide has reached new heights to customize yoga to the needs of you who gather. We know how to help you with the concerns many share in joints, sacrum, back, pelvis, feet/hands, neck/shoulders, including therapies for spinal health, scoliosis, etc.
4. Our "visiting faculty" teach us **each year. Aadil, Judith, Doug, Donna, and others are world-famous in their knowledge, many books published & impeccable reputation.**
5. Established in 1984, is a **Yoga Alliance Teacher Training School** and **Approved by the State of Kansas**, meeting their high codes of standards and curriculum approval.
6. Our reputable teacher's training program has certified 100's of teachers in our **five-state area!**
7. We avoid cookie-cutter sequencing. Enjoy our style and depth of knowledge in yoga.

**Welcome.....from all of us here. Thank you.**

## CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Level 1</b> 10:00a-11:30a Dennis Jones <b>NEW!</b>	<b>Restorative/ Level 1</b> 9:30a-11:00a Nicole Clay	<b>Morning Yoga Mixed Level</b> 6:30a-7:30a Theresa Goodman	<b>Restorative/ Therapeutic</b> 9:30a-11:00a Suzette Scholtes	<b>Morning Yoga Mixed Level</b> 6:30a-7:30a Theresa Goodman	<b>Gentle/ Restorative</b> 9:30a-11:00a Nicole Clay	<b>Level 1</b> 9:00a-10:15a Farrah Jensen	
<b>Mixed Level</b> 4:00p-5:30p Kim Lacy	<b>Level 1 (Mixed)</b> 11:30p-1:00p Lienha Carleton	<b>Level 1/ Restorative</b> 9:30a-11:00a Sharon Freidman	<b>Level 1</b> 11:30a-1:00p Jill Ousley	<b>Level 1</b> 9:30a-11:00a Kim Lacy	<b>Level 1 (Mixed)</b> 11:30a-1:00p <b>Weight Loss Class</b> Suzette Scholtes	<b>Restorative/ Therapeutic</b> 10:30a-12:00p Theresa Goodman	
<div style="border: 2px solid red; padding: 5px;"> <p><b>"Yoga purifies the body to purify the mind and emotions. It establishes New order healing at the cellular level."</b></p> </div>	<b>Special Focus</b> Parkinson's, Fibromyalgia, Arthritis, Cancer, Auto-Immune Challenges 3:45p-5:10p Suzette Scholtes	<b>Restorative/ Therapeutic</b> 1:00p-2:30p Suzette Scholtes	<b>Easy Level 1/ Restorative</b> 5:30p-6:50p Suzette Scholtes	<b>Special Focus</b> Parkinson's, Fibromyalgia, Arthritis, Cancer, Auto-Immune Challenges 11:30a-1:00p Victoria Newman, RN			
	<b>Level 1 to 2 Weight Loss Class</b> 5:30p-6:45p Suzette Scholtes	<b>Gentle Level I</b> 5:30p-6:45p Suzette/Theresa	<b>Restorative/ Gentle</b> 7:00p-8:30p Nancy McMillan	<b>Level 1</b> 5:30p-6:50p <b>Weight Loss Class</b> Suzette Scholtes			
	<b>Restorative/ Therapeutic</b> 7:00p-8:15p Farrah Jensen Sudha Govidan	<b>Level 1</b> 7:00p-8:20p Suzette Scholtes		<b>Gentle Yoga</b> 7:00p-8:20p Nancy McMillan			



**NEW! Weight Loss Program 2012: Begin Sat.**  
**Full Clinic Jan. 7, 10:30 am to 1 pm**  
 32 classes of yoga/2x week  
 Plus Counseling. Only \$299  
 (valued at \$600.) RESERVE!

## FEES AND REGISTRATION

### 90-Minute Class Fees:

Drop-in Fee for 1 class	\$17.00
8 class pass - expires in 90 days	\$120.00
12 class pass - expires in 90 days	\$170.00
32 class pass - expires in 120 days	\$320.00
One-Month Unlimited	\$130.00
Six-Month Unlimited	\$750.00
One-Year Unlimited	\$1250.00

**Unlimited On Sale Now Only \$1100**

Unlimited packages exclude workshops.  
Classes unused after the expiration date are forfeited.  
Join any class at anytime. Classes are ongoing.

## POLICIES AND GENERAL INFORMATION

**Fashion:** Wear comfortable clothing. We have changing areas and all the equipment you need.

**Food:** Do not eat heavily before a class.

**Refunds:** No refunds of classes or workshops.

**Weather:** We announce cancellations on the voicemail system. Call 913-492-9594 for updates.

**Pregnancy:** Pregnant women take Gentle, Restorative or Level 1.

**Props & Equipment:** All props are provided at the school.

## CLASS DESCRIPTIONS

**Level 1** for new and continuing students. Focus on standing postures to bring elasticity to joints and muscles; builds stamina and stability, introduces forward bends and shoulder balance.

**Level 1/ Restorative** combines gentle stretching poses that release tension and stress, coupled with poses that strengthen the skeletal-muscular system to enhance overall health.

**Gentle Level 1** offers a soft approach to yoga, quieting the mind with pranayama and meditation, opening the body with a slow paced practice; to build body awareness, strength, alignment and stability.

**Level 1-2** ideal for students with some experience and healthy new students. Introduces arm balance, abdominal/lumbar poses; challenges of backbends, inversions and other poses.

**Level 2** for experienced students. Explore the depth of poses.

**Special Focus** for students challenged with health issues such as noted on the class schedule.

**Restorative/Therapeutic** to relax and de-stress. Aids chronic pain, therapeutic for people recovering from illness or life transitions. Focus on modalities that soften, strengthen and stabilize challenges in our bodies.

**Mixed Level** serves both practiced & new students.

**Teachers Training Program** (see website or email [Suzette@Everestkc.net](mailto:Suzette@Everestkc.net)) Programs are ongoing.

## YOGA STUDIO FACULTY



### Lienha Carleton, CYT 500

Lienha's passion for yoga began as a teenager in her native Vietnam, where mother was a professor at the Medical University of Ho Chi Minh City. It was there that Lienha saw a demonstration by a yogi that started her path toward yoga. Lienha brings to the classroom a fresh approach to yoga, with sensitivity and a warm rapport with her students. She holds a Bachelor's degree in Economics/Foreign Trade Relations from the Foreign Trade University, Vietnam.



### Nicole Clay, CYT 200

Nicole Clay is a skilled, certified massage therapist who helps many of the school's visitors. Her studies in yoga and knowledge of physiology and therapy, make her an exceptional teacher of yoga. She shares her talent by observing and guiding. Her students find her class a wonderful experience and often come back for time on her therapy table as well. She has gained well over 10,000 study hours in massage and yoga ... exceptional for anyone. She teaches from a bottom-less heart!



### Sharon Friedman, C.M.T, CYT 200, Relax & Renew Certified

Sharon fell in love with yoga over year ago. While certifying in Massage Therapy. She found that Yoga and Massage had many common elements. She loves to teach her clients about how the breathe and the body work together. A bodyworker since her graduation from MTTI in 2001, she has attended many workshops with Doug Keller, John Schumacher, Aadil Palkhivala, Judith Lasater and Elise Miller.



### Theresa Goodman, CYT, RYT 500

Theresa says yoga has helped her family and she stay even more healthy and happy in every way. She is a skilled herbalist, nutrition specialist and a daily meditator as well. She has studied with Paula Self, Doug Keller, Aadil Palkhivala and others. She Says her personal yoga practice for her is an art form in which she strives for perfection for the physical and spiritual benefits.



### Farrah D. Jensen, CYT 200

Farrah's sparkling personality makes her a popular and cherished yoga teacher. Soon completing her certification, she fell in love with yoga some years ago and committed to life-long practice and learning. She works with her students to create this synergy in body and mind and heart so her students leave class happy and fulfilled. Her presentation of restorative and therapeutic yoga heals anxiety, tension, stress and lowers your blood pressure.



### Dennis Jones, CYT 200

Dennis brings to the classroom a quiet strength and gentleness for a tall man of six feet five inches. His injuries in football led him to yoga. A native from Northeast Kansas City Missouri, Dennis attended the University of Missouri where he obtained degrees in Psychology and Biology... a perfect discipline for yoga! He has been in the surgical field for 10 years. Dennis has practiced almost daily since 2003." Dennis traveled to Ashtwar and New Deli India in 2009 to study in advanced training.



### Kim Lacy CYT, RYT 500

Kim Lacy is a certified Iyengar yoga instructor and dedicated yoga practitioner. After graduating from the Iyengar Yoga Institute of San Francisco in 1989, she moved to Washington to study with Aadil Palkhivala and has taught for years at his school, The Yoga Centers. She teaches now in Lawrence as well as at the Yoga School and helps with her 1000's of CEU's educate our teacher's in training.



### Nancy McMillan, CYT, RYT 500, Relax & Renew Certified

Discovering yoga in the early 90's, Nancy is aware of the powerful effect yoga provided for her life. She believes no matter one's age or physical limitations, a focused practice can be life changing. A commitment to life-long learning motivates Nancy in her own study and has attended every workshop for 10 years. She helps students experience a deep awareness of their body which enables change and growth through their practice. She is grateful for inspirational teachers who give so much of themselves as she continues her own journey.



### Victoria Ann Newman, BSN, RN

Victoria holds a gift of a yoga teacher who brings to her students the benefits of many teachers-in-one. Victoria has been an RN at hospitals and clinics in Missouri and Kansas, and has worked in the mental health field and as an EMT. Certified, she continues studies with her goal to help merge Western with Eastern philosophy. Victoria's students find her a gentle and gifted instructor as she lifts their confidence in her presence. Her long-term history in wellness creates a bonus for anyone who studies with her.



### Jill Ousley

Studying yoga for more than 26 years, Jill has refined her practice to an art. As a teacher, her goal is for each student to experience their body's full potential with yoga's many benefits. With her strong foundation in yoga, Jill offers the balance of knowledge and the joy of creativity in her teaching.



### Suzette Scholtes, CYT, E-RYT 500, Certified Relax & Renew

Teaching yoga since 1984, Suzette founded The Yoga Studio in 1994. She is Director of Teacher's Training. Her studies continue this day in advanced trainings. Suzette says that an effective teacher helps students empower themselves. Her community service resulted in both awards and press. Her audio was published by New Leaf, Atlanta. She was awarded for her non-fiction work by Writer's Digest Magazine. She was hired by KU Medical Center to lead a study on yoga's effects on Parkinson's disease where she relied upon her 12,000 hours of training to create new yoga therapeutics. She leads yoga workshops and conferences in many others cities as well.

## **Meditation for a Happy, Successful, Healthy New Year!**

Sun., Jan 1, 2012 12:30 – 2 pm (90 Min.) \$20 donation

With Suzette Scholtes



**Yoga for Weight Control, Health & Longevity 2012 Clinic with Suzette**  
**JANUARY 7, 2011 10:30 – 1 pm– Beginners and Experienced All Welcome!**  
**Weekly Weight Loss Yoga Classes Monday, Thursday & Fridays start Jan. 2!**

1. To receive the tools known to create confidence to succeed in your health goals.
2. To propel you toward physical/mental/emotional growth and well-being.
3. To teach yoga postures known to maintain health and weight.
4. To learn from about food choices that empower you. To have fun while creating health



### **Wellness Workshop with Meditation, Reiki, & Energy Healing**

**Sat., Feb. 4, 12:30 to 3:30 pm with Suzette**

“Rei” means universal, unlimited, or boundless, and refers to the spiritual dimension and soul. “Ki” means the vital life force energy that flows through all that is alive. These Japanese letters represent the concept of “life energy.” Reiki energy is whole, non-dualistic, safely used any time or place, especially for healing.

We gather to quiet our minds and ease our worries. We gather to allow the inner-healer to become radiant with love and confidence.

Suzette leads you through guided meditations and methods to reduce stress and improve creativity and problem-solving skills. \$70 in advance or \$85 at the door. Welcome!



### **The Art and Science of Safe Adjustments in Yoga**

**Sat., Jan. 21, 12:30– 3 pm**

**Adjustment Training for Yoga** is the missing element that allows you to be the teacher who knows how to support students effectively in their development without hurting them or touching them in an inappropriate way! Prepay \$65 or \$80 at the door

#### In this workshop you'll learn:

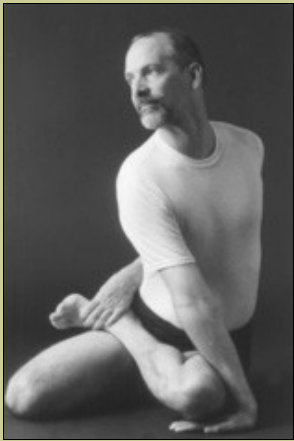
1. Language and terms of yoga needed for right and safe adjustments
2. Adjusting and Assisting safety and procedures.
3. Postural adjustments for standing, seated, reclining, forward, back bending, inverting and twisting postures
4. How to raise healthy boundaries as a teacher or student.
5. Protecting yourself from another's energy.



### **New for 2012! Yoga Nidra**

Yoga Nidra is Yogic Sleep with awareness, taught by talented specialist Sami Aaron. This is a guided meditation that explores the various sheaths of the body, breath, emotions, intellect, and intuition and opens a connection to your higher self. Yoga Nidra is practiced in a reclining position and induces full-body relaxation and a deep meditative state of consciousness. It is a nurturing practice for anyone suffering from chronic pain, illness, grief or stress. 12:30 to 1:45 pm \$20 Jan. 28; Feb/ 25, Mar 24, April 21.





## Gary Kraftsow: Optimal Health-Yoga Therapy

**March 29-31, 2012 (Thurs - Sat)**

We welcome this master teacher to his first visit to Kansas City! This will be an experiential workshop, with time for teachings, dialogue and deep practice. It is designed for an individual interested in exploring the depth of the Yogic tradition as a means to deepen their own self-understanding and achieve their potential. It is appropriate for both teachers and students.

- Understand the Yogic perspective on the nature of suffering as the basis for Yoga Therapy interventions with clients with chronic pain
- Explore the neurobiology and pharmacology of pain and its relationship to optimal life functioning

**Increase understanding of how to apply yoga methodology to address symptoms, stress, tension, emotions, anxiety, and depression associated with pain**

### Optimal Health: The Viniyoga™ Perspective

**Thursday, March 29, 6 - 8:30 pm** The insights of the Ancients from Vedic India have both deep and practical relevance for modern living. We explore specific Yogis teachings and practices that provide methods to help us achieve our highest potential. Gary will lead us through a step-by-step examination of what optimal health means for each of us. \$65

### Optimal Health: Structural Goals

**Friday, March 30, 10 am - 1 pm** Achieve structural goals including skeletal alignment, joint stability, muscular resilience, and functional neuromuscular movement patterns. Discussion includes which practices help us achieve these goals, and how these practices maybe adapted for each individual. \$85

### Optimal Health: Physiological

**Friday, March 30, 3 - 6 pm** Explore techniques designed to work with chronic physiological conditions due to the stress and strains of daily life, a less than perfect diet, exposure to toxicity in the environment, as well as hereditary tendencies. \$85

### Optimal Health: Psychological and Spiritual Goals

**Saturday, March 31, 8:30 - 10:30 am** Experience the methods to improve attention, focus, listening, and memory. Learn how to increase self-confidence, self-esteem, tolerance, compassion, and set "spiritual" goals including finding joy, finding purpose, and facing death. \$65

### Optimal Health: Integrated Practices

**Saturday, March 31, 11:30 am - 1:30 pm** Gary will discuss the art of creating an integrated practice adapted to an individual's unique needs and interests. Principles for different sequences respecting changing physical and/or mental conditions, different times of day, and different seasons will be investigated. \$65