



Hart Yoga News December 21, 2009

Note from the Director

Dear Friends,

It's hard for me to believe that we are in the final days of the first decade of the new millennium! It hardly seems like ten years since I found myself in Times Square at 12:15 a.m., marveling at the fact that the world didn't end with the arrival of the year 2000. Needless to say, I hadn't expected any kind of cataclysmic Y2K event; I was more concerned that there would be random rowdiness and vandalism with so many people crammed into the streets of Manhattan. But everything went smoothly, and people were generally well-behaved and polite during all the excitement.

And now, ten years later, here I am in Western Massachusetts, writing to you. I feel so grateful to be here and to be offering such a wide variety of classes – yoga, fitness, Pilates, Zumba and dance – in such a beautiful environment. And I want to extend my sincere wishes for a joy-filled holiday season and a year of prosperity, health and happiness.

If you have any last-minute gift needs, consider purchasing gift certificates for Hart Yoga. You can purchase them online at http://www.hartyoga.com/html/studio_faqs.html#Gift. Choose from single- or multi-class certificates or monthly membership certificates – Standard \$40 Memberships or Unlimited Class Memberships. It's simple, fast, and secure. And best of all you can make your purchase with PayPal. Of course, you can always contact me directly to make your purchase in person.

In this issue of Hart Yoga News:

- **Christmas and New Year's Schedule** of classes.
- **Congratulations to Jody Fontaine on the birth of her granddaughter!**
- **Celebrate New Year's Day with Restorative Yoga!** Our first Restorative class of 2010 will be on Friday, January 1.
- **New Saturday Morning Yoga Class** starts on Saturday, 1/9/10.
- **Zumba®** Special extended through January 31!
- **Exploring the Inner Landscape** – our monthly **FREE** yoga and kirtan session – on Sunday, January 31, 2010.
- **Health Insurance Reimbursements** – Hart Yoga can provide you with receipts if your health insurance company offers a reimbursement!

- View the [Current Schedule](#) of classes and events.

Please visit www.hartyoga.com for the most up-to-date information, news and class schedule. I look forward to seeing you at the studio and hearing from you via email, phone or in person. As always, if you have any questions, suggestions or other comments, please feel free to contact me at your convenience.

Namaste,

Lindel Hart

Director

Hart Yoga

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Christmas and New Year's Schedule

The following classes will **NOT** meet during the Christmas and New Year's holiday period:

Thursday, December 24, 2009:

Gentle Yoga (Lindel) 11:00 AM.

Intermediate Yoga (level 2) (Lindel) 6:00 PM

Friday, December 25, 2009:

Morning Yoga (Lindel) 8:30 AM.

Forty-Plus and Fit (Jody) 10:30 AM

Sunday, December 27, 2009:

Zumba® (Mary) 9:00 AM.

Thursday, December 31, 2009:

Intermediate Yoga (level 2) (Lindel) 6:00 PM

Friday, January 1, 2010:

Morning Yoga (Lindel) 8:30 AM.

Forty-Plus and Fit (Jody) 10:30 AM

Sunday, January 3, 2010:

Zumba® (Mary) 9:00 AM.

See the full schedule for the next two weeks at the end of the newsletter.

Congratulations to Jody Fontaine

...on the birth of her first grandchild, Addison Audet! Addison is the daughter of Jody's daughter, Megan Fontaine, and Stefan Audet. She was born on December 8 at 3:54 pm, weighed 7 lbs. 14 oz. at birth and measured 22 inches in length. Addison is a gorgeous little girl, and I will include a photo of her in the next newsletter. Of course, you can always ask Jody to show you pictures when you see her! Addison, her parents and grandparents are all doing well! Congrats, Jody!

Celebrate New Year's Day with Restorative Yoga!

Restorative Yoga with Lindel Hart

Friday, January 1, 2010 – New Year's Day

6:00 – 7:30 PM

Round out your celebration of the arrival of 2010 with a Restorative Yoga class.

Restorative Yoga provides deep relaxation and an opportunity to reconnect your mind, body and spirit in 90 minutes of the most relaxing, gentle, supported poses yoga has to offer. The entire class is spent on the floor, supported on bolsters, blankets and blocks. And because you'll spend up to 15 minutes in a pose, you have the opportunity to really settle in and feel the deep restorative properties of this form of yoga. The studio is a quiet and peaceful sanctuary, allowing you to release tension, relax body and mind, and journey inward. No prior yoga experience required.

Admission: \$14 drop-in or \$6 with the Standard Monthly membership. This class is also included in the Unlimited Monthly membership, as well.

Restorative Yoga expands to twice a month!

Restorative Yoga with Lindel Hart

Friday, January 1, 2010 – New Year's Day

and

Friday, January 15, 2010

6:00 – 7:30 PM

Due to the expressed need for Restorative Yoga, I am expanding this class to twice a month. Restorative Yoga will now be held on the first and third Fridays of the month, from 6:00 – 7:30 PM

New Saturday Morning Yoga Class starts 1/9/10***The Yoga Experience***

Saturdays, beginning January 9, 2010
9:00 – 10:30 AM

Be in the moment. Participate fully. Open to possibility. The Yoga Experience gives you the opportunity to do just that. Saturdays now will offer you different styles of yoga, different types of classes, different teachers. It's a yoga smorgasbord designed to appeal to your sense of adventure. Come to class and be surprised by what life (and Hart Yoga) can show you. You might find yourself moving in unexpected ways...to unusual music...with new people. When you don't have expectations, it's easier to be open to whatever comes your way. Just do it!

Zumba® Special Continues!***Zumba® with Mary Lovett***

Sundays, 9:00 – 10:00 AM
Tuesdays, 6:00 – 7:00 PM

The Zumba® special has been extended through January 31: \$10 per class, or \$6 with your Hart Yoga membership.

Join the cardio party you've been hearing about!

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that targets major muscle groups like abs, quads, hamstrings, and glutes to tone and sculpt your body while burning fat! Best of all, it's FUN!

Ditch the workout and join the party!

Instructor Mary Lovett is a certified Zumba® and Zumba Gold® instructor, as well as a personal trainer. Her personal story of triumph over decades of battling obesity is a true inspiration!

Exploring the Inner Landscape***Exploring the Inner Landscape through Yoga, Chanting and Meditation:
An Afternoon of Contemplative Practice***

with Lindel Hart, Rick Roberts and friends

Sunday, January 31, 2010 at Green River Yoga in Greenfield
3:00 – 6:00 PM
FREE!

Join Lindel Hart and Rick Roberts for an afternoon of physical, spiritual and mental rejuvenation as we enter into the stillness that promotes self exploration through yoga postures, chanting and meditation. Come together in community

with others for this mindful retreat from an overactive world to reconnect with your natural state of balance, harmony and peace.

The afternoon will include an asana practice guided by Lindel Hart and chanting with Rick Roberts and friends, as well as time for silent meditation together. There will be no specific instruction for meditation; we'll simply sit quietly together.

No vocal/musical, yoga or meditation experience is necessary. All are welcome, regardless of the type of yoga, meditation or spiritual practice you may have. Come for all or part of the afternoon!

Please note that January's session is being held at Green River Yoga, 158 Main Street, Greenfield (above the World Eye Bookshop).



Massachusetts Cultural Council

This is a FREE event exploring yoga practice, kirtan and meditation. However, donations are greatly appreciated. This program is supported in part by a grant from the Greenfield Local Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Health Insurance Reimbursements

Did you know that some health insurance companies will reimburse you for a certain portion of your annual fitness, health club or yoga class expenditures?

If your insurance plan offers this benefit, I am happy to provide you with a receipt for your membership dues or for classes you have taken at Hart Yoga. Some insurance companies have specific forms that must be submitted, and I am happy to help with those, as well. Please contact me to discuss this further.

Schedule – 12/21/09 to 1/3/10

MONDAY, 12/21/09

8:30 - 10:00 AM	Morning Yoga	Lindel
4:15 – 5:15 PM	Modern Dance Movement Workshop	Katie
6:00 - 7:30 PM	Fundamentals of Yoga	Lindel

TUESDAY, 12/22/09

9:30 - 10:15 AM	Pilates/Core and More!	Jody
6:00 - 7:00 PM	Zumba®	Mary

WEDNESDAY, 12/23/09

8:30 - 10:00 AM	Slow Flow Yoga	Lindel
10:30 - 11:30 AM	YogaFit	Lindel & Jody

THURSDAY, 12/24/09

9:30 - 10:30 AM	Pilates/Core and More!	Jody
11:00 AM - 12:00	Gentle Yoga	Lindel
6:00 - 7:30 PM	Intermediate Yoga (Level 2)	Lindel

FRIDAY, 12/25/09

8:30 - 10:00 AM	Morning Yoga	Lindel
10:30 - 11:30 AM	Forty-Plus and Fit	Jody

SATURDAY, 12/26/09**SUNDAY, 12/27/09**

9:00 - 10:00 AM	Zumba®	Mary
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MONDAY, 12/28/09

8:30 - 10:00 AM	Morning Yoga	Lindel
6:00 - 7:30 PM	Fundamentals of Yoga	Lindel

TUESDAY, 12/29/09

9:30 - 10:15 AM	Pilates/Core and More!	Jody
6:00 - 7:00 PM	Zumba®	Mary

WEDNESDAY, 12/30/09

8:30 - 10:00 AM	Slow Flow Yoga	Lindel
10:30 - 11:30 AM	YogaFit	Lindel & Jody

THURSDAY, 12/31/09

9:30 - 10:30 AM	Pilates/Core and More!	Jody
11:00 AM - 12:00	Gentle Yoga	Lindel
6:00 - 7:30 PM	Intermediate Yoga (Level 2)	Lindel

FRIDAY, 1/1/10

8:30 - 10:00 AM	Morning Yoga	Lindel
10:30 - 11:30 AM	Forty-Plus and Fit	Jody
6:00 - 7:30 PM	Restorative Yoga	Lindel

SATURDAY, 1/2/10

NEW!	9:00 - 10:30 AM	The Yoga Experience (Starts 1/9/10)	Various
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SUNDAY, 1/3/10

9:00 - 10:00 AM	Zumba® (No class 1/3/10)	(Resumes 1/10/10)	Mary
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Classes that have been crossed out will not meet on the selected dates.

For a printable version of this schedule, you may also visit
http://www.hartyoga.com/html/class_schedule.html.

If you do not wish to remain on the Hart Yoga mailing list, please reply to this message and simply ask to be removed.