

Announcements:

- **SAVE THE DATE!** *Weekend Yoga and Meditation Retreat June 1-3, 2012 at Angels' Rest Retreat Center in Leyden, MA. See attached flier with details.*
- There are sometimes drop-in opportunities in the Tuesday and Wednesday evening H'Om Yoga classes, 6:00 to 7:30, in West Medford. *Please write or call first to inquire about space availability.*

JANUARY 3 – MARCH 31

YOGA CLASSES at the
CONGREGATIONAL CHURCH OF WEST MEDFORD
400 High Street (Route 60) 02155

MONDAYS, 6:30 – 8:00 pm, Multi-level
\$135 for 9-class series; \$17/drop-in*
No classes 1/16, 2/20, 3/19

SATURDAYS, 8:45 – 10:15 am, Intermediate
\$165 for 11-class series; \$17/drop-in*
No class 1/28 and 3/17

SATURDAYS, 10:30 – 11:45 am, Beginner
\$145 for 11-class series; \$15/drop-in**
No class 1/28 and 3/17

*10-class card for 90-minute classes: \$165
**10-class card for 75-minute classes: \$145

H'OM YOGA CLASSES, West Medford
Class size is limited to six students. *Missed classes may be made up in any of Judy's Church classes listed above:*

TUESDAYS, 6:00 – 7:30 pm, Multi-level Yoga,
Series 1: 1/3 to 2/14 – 6 classes, \$150
No class 1/24
Series 2: 2/21 to 3/27 – 5 classes, \$125
No class 3/20

WEDNESDAYS, 6:00 – 7:30 pm, Multi-level Yoga
Series 1: 1/4 to 2/15 – 6 classes, \$150
No class 1/25
Series 2: 2/22 to 3/28 – 5 classes, \$125
No class 3/21

\$25/drop-in, space permitting – *please call or email prior to dropping in to inquire about openings.*

PRIVATE SESSIONS at H'Om Yoga
75-minute session: \$75 each, or \$200 for a series of 3 sessions taken within 3 months.

DEVELOPING A HOME PRACTICE
Judy will work with you in your home to develop simple sequences of postures based on individual needs, which can be easily incorporated into daily routines (at sink, computer, T.V., in bedroom, etc.)
75-minute visit for \$75; three visits for \$200

Registration: For all classes, workshops and retreats, please make and send check to:
Judy Scribner-Moore at
159 Jerome Street, Medford MA 02155

Policies: Space permitting, *new* students may join classes at any time on a drop-in basis or with term tuition prorated. Missed classes may be made up in any of Judy's Congregational Church classes during the same term. No refunds may be issued after the start of the term, and tuition may not be transferred to other students. Class cards may be used only by the purchaser.

OTHER CLASSES:

YOGA IN WELLESLEY
Tuesdays, 1/3 to 2/21 (with 2/28 as storm makeup, if needed), \$100 for 8-class series.
9:30 – 11:00 am Intermediate Level 2
11:15 am – 12:45 pm Intermediate Level 1
Please register with the Council (781-235-3961).

Medford Family Network: Turning Stress into Strength through STEP. February 1 – March 28.
Register in January with the MFN at 781-393-2106.

YOGA & MEDITATION RETREAT

in the foothills of the Berkshire Mountains

with Judy Scribner-Moore

FRIDAY, JUNE 1 THROUGH SUNDAY, JUNE 3, 2012

You are invited to enjoy a weekend Yoga and Meditation Retreat at Angels' Rest Retreat and Conference Center in Leyden, Massachusetts, about a two and a quarter-hour drive from the Boston area. Angels' Rest provides comfortable, shared accommodations (a limited number of private rooms may be reserved for a small, extra fee); three wholesome, vegetarian meals per day, made primarily from local, organic produce; use of a heated pool and two hot tubs; access to hiking trails through 21 peaceful and pristine acres of wood and meadow.

Judy will offer thrice daily yoga/meditation sessions, appropriate for all levels of experience, in the beautiful, sunny, cathedral-ceilinged Great Room, whose rear wall of windows looks out over the intersection of Massachusetts, New Hampshire and Vermont.

Retreat Schedule will be roughly as follows:

Friday -- arrival anytime after 3:00 p.m., dinner at 5:30 and gentle yoga/meditation at 7:30.

Saturday -- early morning meditation, breakfast, late morning yoga/meditation, free time, lunch, free time, late afternoon gentle yoga/meditation, dinner and free time

Sunday -- early morning meditation, breakfast, late morning yoga/meditation, free time, lunch, free time, departure by 4:00.

Thursday night B&B for early arrivals plus lunch snack is available for an additional \$59.

Judy Scribner-Moore has been practicing meditation since 1972, yoga since 1981, and teaching both since 1987. In addition to her training as a yoga teacher and ongoing personal practice, a degree in Human Development and experience as a visual artist, an athlete and a parent inform Judy's teaching and enable her to guide students with vivid imagery and clear instruction. She is skilled at adapting the classical yoga postures to meet individual needs and encourages students to practice with patience to reveal the yoga already present within.

Cost for the weekend is \$500. To guarantee your space, please mail a deposit of \$250 to *Judy Scribner-Moore, 159 Jerome Street, Medford MA 02155*. The balance is due by May 1. Full refunds, less a \$50 administration fee, will be issued up to April 1 and, thereafter, if registrant's space can be filled by another participant.

For more information, or to register:

www.yogawithjudyscribner.com

781-488-7664