

Blue Ridge Yoga

Fall 2008 Schedule of Classes

Monday September 22—Sunday December 21 (12 weeks—\$180)

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Level II-III (Shaaron) 5:30-7pm	Level I-II (Mary) 9-10:30am	Level II-III (Sandra) 9:30-11am	Level I-II (Tricia) 9-10:30am	Level II (Mary) 9-10:30am	Level I-II (Nazli) 10-11:30am
	Gentle yoga* (Mary) 10:45am-12:15pm	Level II-III (Joe) 5:45-7:15pm		Level I (Mary) 10:45am-12:15pm	Gentle*-Level I (Nazli) 12noon-1:30pm
	Level I-II (Tricia) 5:30-7pm	Level I-II (Joe) 7:30-9pm			

*Gentle Yoga is a more gentle class that moves at a slower pace.

Please note that no classes will meet Mon-Sun Nov 24-30 in observance of Thanksgiving.

Classes at Blue Ridge Yoga are an invigorating practice of asanas (postures), emphasizing strength, flexibility, awareness, and deep relaxation with appropriate adjustments for all levels of fitness and experience. Classes are taught in the tradition of B.K.S. Iyengar, world-renowned hatha yoga teacher and author of several books including the classic text Light on Yoga.

The Instructors

Joe Adlesic is the founder (1989) and director of Blue Ridge Yoga and has been to India several times to study at the Iyengar Yoga Institute. He has studied with John Schumacher and other senior Iyengar teachers from the U.S. and abroad since 1982. He is a member of the Unity Woods Yoga Center teaching staff in Washington, D.C. Joe has a B.A. in psychology and has done graduate training in health education.

Mary Bridle, R.Y.T., has studied Iyengar yoga with Betsy Downing, Sandra Pleasants, and Joe Adlesic since 1984 and attends workshops with senior Iyengar teachers on an ongoing basis. She is an occupational therapist with experience in both chronic diseases and acute injury. She is particularly interested in the therapeutic aspects of yoga.

Tricia Emlet has studied Iyengar yoga since 1980. She has studied locally with Sandra Pleasants and Joe Adlesic and attended numerous workshops with senior Iyengar teachers from around the country.

Shaaron Honeycutt, R.Y.T., is a certified Iyengar yoga instructor and has been to India to study at the Iyengar Yoga Institute. She is currently apprenticing with senior Iyengar teacher John Schumacher in Bethesda, MD, and has attended numerous workshops with senior Iyengar teachers from across the country and abroad. Shaaron began her study of Iyengar yoga with Sandra Pleasants in 1998. She teaches weekend classes at the Wintergreen Resort and a Parkinson's class at the Senior Center.

Sandra Pleasants, E.R.Y.T.-500, is a certified Jr. Int. Iyengar yoga teacher and has studied at the Iyengar Yoga Institute in India. She has taught yoga in Nelson County since 1985. Her primary teachers are Gabriella Giubilaro and Patricia Walden. She is a past treasurer and past president of the Southeast Iyengar Yoga Association.

Nazli Weiss, R.Y.T., who originally hails from India, has a Masters degree in English literature and trained as a classical Indian dancer. For the last thirteen years, she has studied Iyengar yoga and attended workshops with many senior Iyengar teachers. She continues to study regularly with John Schumacher, Anne Wuchiatt, and Joe Adlesic at Unity Woods Yoga Center. In her teaching Nazli emphasizes the centering, balancing, and healing aspects of Iyengar yoga.

(R.Y.T.—Registered Yoga Teacher—Yoga Alliance certification of completion of at least 200 hours of yoga teacher training.)