



Awaken Wellness, LLC  
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### Spring Yoga Session 2009

Happy Spring! Hope that this finds you all doing well and getting ready for the more active season of Spring.

Fridays Spring Yoga Session will run from April 10<sup>th</sup> ~ June 26<sup>th</sup> 9:30am-11:00am. This class will be a 12 week series. Cost is \$10 a class if you sign up for the whole session making it \$120. Please make checks out to me Jennifer Stuke or bring cash. Drop ins are welcomed at the price of \$15.

Last session we worked through the courses in B.K.S. Iyanger's book: Yoga: The Path to Holistic Health, using props to assist us in learning more about proper alignment of the yoga poses. We used lots of props and slowing things down but the experience was challenging and eye opening. All students had the courage to end the session with inversions. Way to go, what an achievement!

This Spring we will continue our practice by focusing on different parts of the body for each weeks class. We will combine sun salutations with props and continue to learn about the precision an alignment of each pose.





## Workshops

### Restorative Yoga for Fertility Sunday, April 19<sup>th</sup>, 2-4, in Silver Spring Fee \$55. Early registration \$45 by April 12. A minimum of 6 participants is required.

Creating a daily ritual, routine, or practice of relaxation will improve your overall well-being and health. Yoga is a great practice to incorporate because it guides the body back to its natural state of health.

This workshop will give you an opportunity to experience the deep relaxation effects of restorative yoga. Learning these specific yoga postures for relaxation will open the pathways to vitality.

You will leave this workshop:

Knowing how you can set yourself up at home to continue a daily practice of relaxation

With a support system of other women who are encountering the same struggles

A deeper connection to your body

Come and join me in this two hour class of pampering and ultimate relaxation geared towards enhancing your fertility. No yoga experience is necessary.

To register and for more information call 301-754-3730 or visit [www.blueheronwellness.com](http://www.blueheronwellness.com)



### Bliss Yoga

Barbara will be offering her Bliss (restorative yoga) workshop. Please check her website for dates and times. [www.forwardflowingconsultancy.com](http://www.forwardflowingconsultancy.com)

Come and get Blissed Out!

Below is a listed of Barbara's regularly scheduled classes. Classes can be made up from the schedule below:

Barbara's schedule

Mondays 5:45 – 7:15 pm

Wednesdays 6:30 – 8:00 pm

Thursdays 9:00 – 10:30 am

Saturdays 8:30 – 10:00 am

Looking forward to seeing you in class!

Namaste,

Jen

(General Information and Direction Below)

Praise and blame, gain and loss, pleasure and sorrow, come and go like the wind. To be happy, rests like a great tree in the midst of them all. -Anonymous

## *House requests –*

- ♥ Please leave your shoes by the front door.
- ♥ Bring purses or other valuables downstairs to the yoga space.
- ♥ Please do not let the cat outside. Mestophiles loves company!
- ♥ Parking – Please do use the driveway! We have room for lots of cars and it will reduce parking in the cul-de-sac. The neighbors are very supportive and I want to keep everyone in a good place.
- ♥ Cell Phones – As ever, please mute/vibrate or turn them off. If you have special circumstance and need support during any particular class, let me know and we'll make arrangements.
- ♥ Contact – For the time being I'll send emails should anything come up – schedule changes around the holidays, etc. My website is new and I may be able to post any last minute cancellations or changes due to weather there. Check emails first. Please complete a release/contact information form when you first join us for a class.
- ♥ Arrivals – You are welcome to arrive up to 30 minutes ahead of schedule. In mild weather, folks often enjoy sitting by the fountain in front – great calming place – or on the deck out back. Otherwise, you'll see a sign on the front door welcoming you into the yoga space in the basement. Make yourself at home there, settling in, chilling out. Once here, you'll get the layout and will hopefully enjoy the space as much as others have in the past.
- ♥ Class Size – We have no idea how many folks will elect to join in these classes. Our yoga space will accommodate up to twelve folks with perhaps a bit of snugness! This should be just fine. For now, the only class that requires a reservation is for Bliss Yoga.

## Directions

Forward Flowing Consultancy (Barbara Allen's Address)  
8325 Fall Chill Court  
Ellicott City, MD 21043

Directions – The address is below – we are close to the Long Gate Shopping Center – Rt. 29 and Rt. 103.

Through Historic Ellicott City, turn onto Old Columbia Pike heading towards Long Gate Shopping Center.

Prior to the high power lines, turn left onto Brittany

Take the second left onto Autumn Rust passing two storm water management ponds

Turn right onto Fall Chill Court – we're at the top of the cul-de-sac at about 11 o'clock.

From Route 29, exit onto Route 100 taking the first exit onto Long Gate Parkway turning right onto Rt. 103

Turn left onto Stonecrest – first light.

Turn left onto Brittany – at the high power lines

Turn right onto Kings Heights – second right

At the bottom of an incline, turn left onto Fall Chill Court.

Go to the top of the cul-de-sac at about 11 o'clock.

From Barbara: This is our home, not just a house. As such we enjoy having people here. We have intentionally created a welcoming space – so come to a place of peace, respect and laughter and let's do some yoga! ☺

Need help? Have questions?

Please feel free to call me 443-562-1820; my cell phone is handy no matter where I go.