

Nancy Ruby's
YOGAMOTION
WELLNESS CENTER
Moving Life towards Balance
JANUARY 2012

All classes run independently. See fees, descriptions & details on back page.

YOGA MOTION®

9:00 - 10:15 am	Tu - Th	Jan. 10 - Feb. 2	Nancy Ruby
9:00 - 10:15 am	M-W-F	Jan. 16 - Feb. 3	Kerrie Foote

YOGA FOR WELLNESS

4:30 - 5:30 pm	Mondays	Jan. 2 - 30	Nancy Ruby
4:30 - 5:30 pm	Thursdays	Jan. 5 - Feb. 2	Susan Tate

YOGA FOR WOMEN

5:45 - 7:00 pm	Mondays	Jan. 9 <i>on-going</i>	Helen Porter
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RELAX & RENEW

5:45 - 6:45 pm	Tuesdays	Jan. 10 - Feb.7	Susan Tate
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iREST® YOGA NIDRA

6:00 - 7:00 pm	Thursdays	Jan. 5 - 26	Susan Tate
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HOLY YOGA

12:00 - 1:00 am	Tuesday	Starts Jan. 24	Lisa Souba
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INTRODUCTION TO MEDITATION

7:00 - 8:00 pm	Wednesdays	Jan. 11 - Feb. 15	Angela Patnode
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CONTINUING MEDITATION

7:00 - 8:00 pm	Tuesdays	Jan. 10 -31	Angela Patnode
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QI GONG FOR HEALTH

11:30 - 12:30 pm	Thursdays	Jan. 5 - Feb. 2	Ron Davis
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VIPASSANA MEDITATION

6:30 - 8:00 pm	Sundays	<i>On-going</i>	Floyd Fantelli
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5-DAY YOGA IMMERSION with Nancy Ruby

MONDAY - FRIDAY • 9:00 - 11:00 am

Feb. 6 - 19 • Mar. 12 - 16 • April 16 - 20

The Quest for Good Health,
 High Quality Living & Prevention of Dis-ease
 requires daily and seasonal routines for purification and rejuvenation.

IMMERSE YOURSELF in a week of
MOVEMENT & WELLNESS EDUCATION

with the intention of integrating Healthy Habits into your daily life.

Fee: \$95 for 5-day series • \$20 drop in as room allows. All levels welcome.

See Website for More details and Registration

*Inspired
 Thoughts..*

“Let’s quit thinking
 about abundance. Stop
 asking for abundance.
 Instead, focus on healing,
 focus on gratitude,
 focus on forgiving ;
 these things lead us into
 the state of pure love.
 Practice and live this way
 and true abundance will
 come, and we will love
 ourselves and others
 more deeply and joyfully.”

- Max Strom



NAMASTÉ

The Light in me
 recognizes and honors
 the Light within you.

111 S. GRAND AVE. #285
 THE EMERSON WEST WING
 BOZEMAN, MONTANA
 406.585.9600
 YOGAMOTION.COM

CLASS DESCRIPTIONS

YOGAMOTION

NANCY 585-9600/KERRIE 539-2193

with NANCY \$40/4 class series \$80/8 classes in 4 week series \$15 drop in with KERRIE \$72/9 class series in \$10 drop in

This is an active guided practice with individual modifications to support a variety of abilities in a safe and friendly environment. Focus on FORM supports functional alignment. Focus on FLOW integrates connecting movement of the body with the breath for power and grace.

YOGA for WOMEN

HELEN 586-3420

\$40 / 4 classes • \$15 drop in

Join women of every shape, vintage and level of yoga experience to move shakti energy throughout the body and spirit. Together we use the breath to move the feminine body in a safe and supported vinyasa flow. This class promises to lively up your true goddess self.

YOGA for WELLNESS

NANCY/SUSAN 585-9600

\$50 / 5 week series • \$90/10 classes in 5 week series • \$12 Drop ins

Gentle movement and breathing techniques to release stress while opening joints, balancing muscles, releasing tension and calming the mind. Enjoy a slow, gentle flow of postures encouraging ease in the body and peace of mind.

iREST MEDITATION

SUSAN 581- 9056

\$40/4 week series • \$12 Drop in

A non dogmatic, guided meditation of self inquiry that helps you reconnect to your inner Peace that is always present. This simple, proven healing modality is based on a 4000 year old practice designed to provide deep, deep relaxation. (discounts for students, seniors & military)

REST & RELAX

SUSAN 581- 9056

\$50/5 week series • \$12 Drop in

Gentle movement followed by guided relaxation techniques to quiet the mind, release tension and find your way back to a feeling of peace within. (discounts for students, seniors & military)

HOLY YOGA

LISA 970-485-2140

\$32 montly pass • \$10 Drop in • \$5 Students

Holy Yoga is about facilitating communion with God. Classes begin by setting an intention with scripture and prayer. Students are then guided through a flowing practice while being mindful of alignment both inwardly and outwardly.

UPCOMING WORKSHOPS!

See our Website for Details...

WHEN	WHAT	WHO	WHERE
Jan.. 21	Occupational Yoga	Brian	YM Studio
Feb. 4 or Feb. 11*	One-day Chakra Retreat <i>with LIVE MUSIC throughout the day</i> <i>*Same workshop offered both dates.</i>	Nancy	YM Studio
Feb.14	A Valentine Evening <i>Double Yoga 5:30 - 6:45 pm</i> <i>Universal Love Meditation 7:00 - 8:15 pm</i>	Nancy & Angela	YM Studio
Feb. 25	Core Connections <i>Postural Assessment & Functional Alignment for Core Conditioning building Strength, Balance & Grace</i>	Nancy	U of Msla
Mar. 23-25	Women's Retreat <i>A weekend retreat for women of all ages who want to relax, rejuvenate and reconnect with their most authentic self. It's for women who are ready to live a fuller, wiser, more pleasurable life. This is a time to reflect and restore the balance of living a fulfilled life from the inside out.</i>	Nancy & Sara	

VIPASSANA MEDITATION

FLOYD 763-4077

By Donation

www.bozemaninsightcommunity.com

Vipassana Meditation is focused on awareness of the present moment. The instructions direct us to observe mind and body without judgment or commentary. It is a system of training (Bhavana) developed by the Buddha over 2500 years ago cultivating wisdom, concentration and ethics.

INTRO TO MEDITATION

ANGELA 522-3884

\$38 / 6 class series • \$8 drop in

This progressive class is designed to introduce meditation to all who are interested. Topics include sitting postures, the benefits of meditation, guided and walking meditation, and reflection. Participants express that they feel more calm, centered and peaceful following the class.

www.evolutionaryteachings.com

CONTINUING MEDITATION

ANGELA 522-3884

\$25 / 4 class series • \$8 drop in

"Aging with Joy" This 4 week class is relevant for anyone at any age, because we are all aging every moment of every day. There are many cultural beliefs around aging that create a negative outlook of this human process, resulting in perhaps a feeling of dread as we age. This doesn't have to be the case! We can change our beliefs, embrace the aging process and see it as an opportunity to grow, learn, practice, and enjoy our life increasingly as we get older.

www.evolutionaryteachings.com

QIGONG FOR HEALTH

RON 586-8190

\$50 / 5 week session

This is an excellent opportunity to join a midday practice of qigong and meditation with like-minded people. Take a break from stress, start the new year fresh, and enjoy the benefits of qigong. Suitable for beginning and advanced students. See www.thehealthmovement.com

JOIN NANCY RUBY'S YOGAMOTION LIFE ENRICHMENT COURSE

and/or

YOGA TEACHER TRAINING

YOGA ALLIANCE REGISTERED SCHOOL SINCE 2001

Dates for 2012...

Starts Sept 28 - 30 • Bozeman

Starts Oct. 5 - 7 • Location TBA

Program fills - Register early

LIFE ENRICHMENT COURSE

One weekend each month over 6 months
plus personal home practice support.

This course will support and enhance your health and well being through the art and science of yoga

YOGA TEACHER CERTIFICATION

One weekend each month over 9 months
plus 10 hours per Module - Home Study Course.
Registered with YOGA ALLIANCE since 2001,
this course satisfies the 200 hour Teacher Registry curriculum.

Schedule during each Module:

Fri. 5:00 - 9:00 pm

Sat. & Sun 8:30 - 12:30 & 2:00 - 6:00

Detailed Info Packet Available or see our website