

# Spring 2012 YOGA & PILATES PROGRAM



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## Classes Offered

Day	Course	Instructor	Time
M	Vinyasa Yoga	Jeffrey	6:00—7:15 pm
M	Pilates	Colleen	7:30—8:45 pm
T	Vinyasa Yoga	Jeffrey	7:00-8:15 pm
W	Pilates	Colleen	7:00-8:15 pm
TH	Vinyasa Yoga	Vidya	7:00-8:15pm
F	Vinyasa Yoga	Vidya	4:30-5:45 pm
Sun	Vinyasa Yoga	Yelimar	7:00-8:15 pm

Name: \_\_\_\_\_

CU Email: \_\_\_\_\_

School/Affiliation: \_\_\_\_\_

Have you taken a class with us before?  YES  NO

### Method of Payment (\$65.00)

- Cash
- Check, payable to Columbia University\*

### Register on-line by Credit Card

Register [online](#) or return this form to the Center for Student Wellness (Bard 107).

*If no one is available to assist you, place your registration form and payment in the Center's lock box. You will receive an email confirmation of your registration status within 48 hours.*

\* Returned Check Fee: \$40.00

## CLASS DESCRIPTIONS

**Vinyasa Yoga** This class welcomes all levels of students to come and explore the benefits of this age old practice and offers many modifications making it accessible to all. Increase your flexibility, strength, stamina and focus while learning to laugh at yourself and take some risks. Students can expect a challenging Vinyasa flow, arm and leg balances, an introduction to inversions and plenty of restorative mat time. You will leave this class feeling rejuvenated, refreshed and restored—ahhhh....

**Instructors: Jeffrey Duval, Vidya Sykes, and Yelimar Rodriguez**

**Pilates** classes offered at CUMC are designed to combine classical Pilates and principles of strength building exercise from the IM=X program. Students will find this approach effective as a method for strengthening and achieving toned results.

**Instructor: Colleen Durham**



## ABOUT OUR TEACHING FACULTY

**Jeffrey Duval** Jeffrey Duval's first glimpse of yoga sparked as a teenager while studying modern dance. It wasn't until he started teaching yoga that he developed a regular practice. In 2004 Jeffrey was certified to teach (200 hour RYT) through Sonic Yoga in NYC. Currently Jeffrey teaches at Sonic Yoga, Columbia University, and private clients. Jeffrey also has a BFA and MFA in dance, teaches dance classes and workshops, and dances professionally with Tiffany Mills Company in NYC. Jeffrey is currently embodying the flow while completing his 500 hour registered yoga teacher certification with Shiva Rea. Jeffrey teaches Vinyasa yoga, that is "prana-fueled, and magically delicious."

**Colleen Durham** has had a full career as a performer, director, choreographer and teacher. While dancing in a Broadway show she sustained a serious dance injury resulting in two knee surgeries. As part of the rehabilitation process Colleen first came to Pilates. Not only did the Pilates program get her back on her feet, she resumed a full dance career for the following 10 years. Colleen is certified in "Classic Pilates" and "Im=X Pilates" and after 25 years of professional dancing, has created a class that is fun, challenging, and accessible for all levels of students.

**Mardi "Vidya" Sykes** was charmed with yoga, after participating in her first yoga class. She spent the next few years examining many different approaches to the practice of yoga, studying with remarkable teachers around the country. Vidya teaches in the spirit of learning, inspiring an atmosphere of courageous curiosity with her students. She balances mindfulness with a playful disposition, encouraging her students to explore their own personal expressions of yoga through music, breath, creative movement, and meditation.

**Yelimar Rodriguez's** first yoga class was at a local gym in NJ. As a stressed out nine to fiver going to class was a breath of fresh air, one of the very few things that got her through the week. She undertook Sonic Yoga's Teacher Training in 2006, and continues to study Core Strength Vinyasa with founder Sadie Nardini. She currently teaches at various different studios in Midtown and the Upper West Side. Her classes are invigorating, challenging, and playful. They revolve around deep core integration, alignment, building strength/flexibility, and simple yet powerful balancing adventures.

## Spring 2012 Class Dates

### Monday classes meet on:

January 30  
February 6, 13, \*, 27  
March 5, 12, 19, 26  
April 2, 9, 16, 23,

### Tuesday classes meet on:

January 31  
February 7, 14, 21, 28  
March 6, 13, 20, 27  
April 3, 10, 17, 24

### Wednesday classes meet on:

February 1, 8, 15, 22, 29  
March 7, 14, 21, 28  
April 4, 11, 18, 25

### Thursday classes meet on:

February 2, 9, 16, 23  
March 1, 8, 15, 22, 29  
April 5, 12, 19, 26

### Friday classes meet on:

February 3, 10, 17, 24  
March 2, 9, 16, 23, 30  
April 6, 13, 20, 27

### Sunday classes meet on:

February 5, 12, 19, 26  
March 4, 11, 18, 25  
April 1, 8, 15, 22, 29

**\*Note, class is cancelled on Feb 20**

## Registration Information

Register [online](#) using MasterCard or Visa

Registration Begins: January 16

Classes Begin: Week of January 30

### Class Locations:

**Monday, Tuesday, Thursday - Riverview Lounge (4th Floor Hammer Science Center)**

**Wednesday, Friday, Sunday - Bard Basement**

## Program Information

- All fees must be paid in full in order to complete registration. Once registered, **you can attend any** of the Yoga or Pilates classes each week.
- There are 13 weeks of classes. Classes the week of April 23 will be free and open to all CUMC students. Tickets are sold in books of 12.
- Enrollment in the program is open to any Columbia University Medical Center student and, space permitting, CUMC employees.
- Class offerings are based on meeting a minimum enrollment requirement. Therefore, once classes begin, no refunds will be issued for any reason
- **Important!** All participants must sign a waiver before participating in any class. A waiver form will be emailed after registration.
- Register [online](#) or return this form to the Center for Student Wellness (Bard 107).

## Class Ticket Policy

- Each participant will be issued a book of 12 tickets. Please provide the instructor with one ticket at the start of every class. Class participation will not be permitted without a valid ticket.
- **Important: You can share tickets with friends** and you can buy additional tickets at any time (\$5 per ticket).
- The Center for Student Wellness is unable to issue refunds or replacements in the event that tickets are lost, **unused**, or stolen.

## CENTER FOR STUDENT WELLNESS Yoga & Pilates Program Spring 2012



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