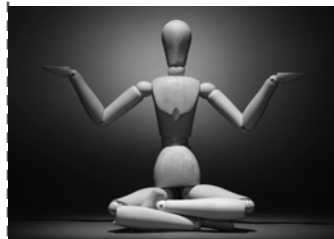


# SUMMER 2008 YOGA & PILATES PROGRAM REGISTRATION



# SUMMER 2008 YOGA & PILATES PROGRAM

I would like to register for:

Day	Course	Instructor	Time	Cost
<input type="checkbox"/> M	Vinyasa Yoga Session 1: 5/19-6/30	Jeffrey	5:30 - 6:45 pm	\$30.00
<input type="checkbox"/> M	Vinyasa Yoga Session 2: 7/07-8/11	Jeffrey	5:30 - 6:45 pm	\$30.00
<input type="checkbox"/> W	Pilates Session 1: 5/21-7/2	Colleen	6:00 - 7:15 pm	\$30.00
<input type="checkbox"/> W	Pilates Session 2: 7/09-8/13	Colleen	6:00 - 7:15 pm	\$30.00

TOTAL \$

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

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

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

Have you taken a  YES  NO class with us before?

### Method of Payment

- Cash
- Check, payable to Columbia University\*

**Bring your registration & payment to:**  
Center for Student Wellness, Bard Hall 107, 50 Haven Ave.

*If no one is available to assist you, place your registration form and payment in the Center's drop 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**

**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

**Jeffrey Duval** is a Sonic Yoga Graduate, has an MFA in Dance from NYU's Tisch School for the Arts, and dances with Tiffany Mills Company, a modern dance company based in New York. Some interesting facts about Jeffrey: Jeffrey was born in Fargo, North Dakota (yeee-aaahh, fur shur!). Jeffrey's mom got her yoga certification at age 67, and Jeffrey's cat Eowyn is a true yogini, starting each day with Eka Urdhva Hastasana.

**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.



# Yoga & Pilates Program

## Summer 2008 Class Dates

### Session 1

- Monday Yoga classes meet on:  
May 19  
June 2, 9, 16, 23, 30
- Wednesday Pilates classes meet on:  
May 21, 28  
June 11, 18, 25  
July 2

### Session 2

- Monday Yoga classes meet on:  
July 7, 14, 21, 28  
August 4, 11
- Wednesday Pilates classes meet on:  
July 9, 16, 23, 30  
August 6, 13

*All classes meet in the  
Bard Hall Basement  
(50 Haven Avenue)*

## Class Ticket Policy

A book of 6 tickets is issued upon class registration. It is the participant's responsibility to provide the instructor with one ticket at the start of every class.

Yoga class participation will not be permitted without a valid ticket.

The Center for Student Wellness is unable to issue refunds or replacements in the event that tickets are lost, unused or stolen.

Please direct all questions to [studentwellness@columbia.edu](mailto:studentwellness@columbia.edu) or 212-304-5560

## CENTER FOR STUDENT WELLNESS Yoga & Pilates Program Summer 2008



[studentwellness@columbia.edu](mailto:studentwellness@columbia.edu)  
212-304-5560  
Suite 107, Bard Hall, 50 Haven Avenue