

## **St. Francis of Assisi** **Christ Centered Yoga**

**Tuesdays**  
**January 24, 2012 – April 10, 2012**  
**St. Catherine Room**

**1:00pm – 2:30pm**  
**and**  
**5:30pm – 7:00pm**  
**and**  
**7:15pm – 8:45pm**

### **What is Christian Yoga?**

The word *yoga* means *union* or *bringing together* of the physical, spiritual, mental and emotional aspects of our lives. Through a series of physical movements and conscious breathing, we are led to increased flexibility and strength, while decreasing stress. With regular practice, yoga also improves the function of the respiratory, circulatory, digestive, and hormonal systems, quiets the mind, and improves concentration.

Christian yoga takes the best elements of a gentle and restorative form of Hatha yoga, and joins them with a Christ-centered focus and community. We use prayer, scripture, and music to support our Catholic faith during our practice, creating a sacred space of community, spirituality, and health.

### **Class Information:**

The twelve - week series will be held Tuesday afternoons from 1:00pm – 2:30pm, as well as on Tuesday evenings from 5:30pm – 7:00pm and 7:15pm – 8:45pm, beginning January 24, 2012 and concluding April 10, 2012. Due to room capacity, *class size will be limited to the first 18 participants who register per class time*, and are open to both men and women; minimum age of 15 years old. The cost is \$132.00 for the 12-week series. A \$15.00 per class “drop-in” rate is available for those who are unable to attend the entire series; please allow enough time before class to process payment. A small number of special needs scholarships are available and will be handled with the strictest of confidence. Please contact Donna Kocian (see below.) Applications for special needs scholarships are available on the church website <http://www.stfrancis.org>

### **Class Description:**

Beginner Basics/Building each week on the previous week. This series is for anyone who is new to yoga, or is looking for a more restorative approach to their yoga practice. We will emphasize alignment, breathing, and inward focus. Though very gentle in approach, this class will leave you feeling refreshed with an overall greater sense of well-being. We will begin the series with basic postures and build on those postures through the course of the series. For those who are new to yoga, options will be given during each posture.

### **What to Bring:**

- A yoga mat to practice on
- One bath/beach towel + one hand towel (or eye pillow) for relaxation

- Water bottle
- Wear comfortable clothing such as a tee shirt and shorts

### **Creating a Sacred Space for Our Practice**

Please arrive ten minutes early, enter the classroom, and rest quietly on your mat until class begins. Keeping conversations to a minimum when you arrive and leave is respectful to fellow students as they prepare for/enjoy the results of class. Remember to *turn off* cell phones/pagers before entering the room. We want to create a space of healing, quiet, and relaxation as well as one of friendship. With respect for your class members and for the integrity of the class, please be prompt. Refrain from wearing perfumes or fragrances, as some people are allergic to strong odors. Yoga is best practiced 1-3 hours after eating. Due to the nature of our movements, you will be very uncomfortable if you eat anything other than a light snack within 1-2 hours of class.

Instructor information, scholarship application, and registration forms are available online at [http: www.stfrncis.org](http://www.stfrncis.org)

If you would like more information, or have questions, please call Donna Kocian at 703-395-3271, [amazinggraceyoga@aol.com](mailto:amazinggraceyoga@aol.com)

**St. Francis of Assisi  
Christ Centered Yoga  
Registration Form**

**Instructor: Donna Kocian**

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

Address: \_\_\_\_\_ City + Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Emergency Contact:**

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Have you taken a yoga class before? \_\_\_\_\_

What are your expectations of this class? \_\_\_\_\_

In class, I strive to keep you as safe as possible. As in any situation, unforeseen health issues may arise. In the unlikely event that we need to call for medical help and you are unable to communicate, the medical personnel will need medical and medication information. Please be assured that this information is held in the strictest of confidence. As well, informing me of any surgeries and temporary or permanent disabilities will help me to keep you safe and healthy during our time together. *If you are currently under the care of a physician, please consult with her/him before enrolling in this class.*

Are you currently under the care of a physician? If yes, please describe.

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Do you have any physical conditions, surgeries, sprains, or chronic conditions that might affect your ability to participate in class? If so, please describe.

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Please list any medications you are currently taking that medical personnel would need to know about in case of medical emergency. (Optional)

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This is a class of movement and breath. Please move within your comfort zone and reduce the effort if you have any pain or discomfort. I am available to assist you during class, so please do not hesitate to ask. At times, I might respond by gently touching your body to guide you on how to improve your movement. This touch is instructional in nature, and not manipulative or medical. If you prefer not to have individual guidance, please indicate below.

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By signing here, I declare myself to be responsible for my own health and safety while participating in classes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\$132.00** Tuition must be enclosed with this form. Make check payable to Donna Kocian.

Classes are limited so early registration is recommended. Due to the growing popularity of the classes, registration must be made by mail before the first class date of January 24. Please call Donna if you have any concerns. Refunds will not be honored after the second week of class. If you sign up after the series begins, your fee will be adjusted to the number of classes left at the time of registration.

**Please check one:** \_\_\_\_\_ 1:00pm class

\_\_\_\_\_ 5:30pm class

\_\_\_\_\_ 7:15pm class

**Mail form and payment to:**

**Donna Kocian  
PO Box 7951  
Woodbridge, VA 22195**

Scholarship applications are available on the church website at [www.stfrncis.org](http://www.stfrncis.org) or call Donna at 703-395-3271.

Thank you for your interest in Yoga at St. Francis of Assisi! I look forward to seeing you in class!

# **St. Francis of Assisi Yoga**

## **Your Instructor**

Donna Kocian has been a member of St. Francis of Assisi Church since 2004, shortly after moving to Virginia from Austin, Texas.

Donna is certified as a 200-hour Registered Yoga Teacher, who is registered with Yoga Alliance. She is also certified in Radiant Child Yoga, Levels 1 and 2. Donna is honored to have studied with Fr. Tom Ryan, CSP and RYT, as well as Bo Forbes, PhD, Ray Long, MD, Doug Keller, and Judith Hanson Lasater, among others. She began practicing yoga in 2001.

A life long Catholic who attended parochial school through 6<sup>th</sup> grade, Donna is grateful to have learned meditation under the guidance of Fr. Justin Belitz, OFM in 1983. Learning meditative prayer was instrumental in strengthening her daily practice of prayer and deepens her practice of yoga.

As well as teaching yoga classes at St. Francis since June, 2007, Donna has taught Advent Yoga fundraisers for the Un-trim-A-Tree Project, as well as fundraisers for other charitable causes. In 2010, Donna offered a one-day yoga retreat for members of the parish. In the fall, she was asked to be one of the presenters of the church retreat by offering two yoga sessions. She has also taught chair yoga to the Senior Lunch Bunch. In January, 2012, Donna will begin an after-school yoga class for students of St. Francis school, grades 6-8. Donna has taught at private retreats and offers private instruction. She is certified in Red Cross adult and child CPR, and in AED use.

Among other honors, in a ceremony at the United Nations in 2004, Donna was awarded The President's Service Award, Silver Level, for her volunteer work with children in need throughout the world with Airline Ambassadors.

Donna's inspiration to become a yoga teacher came from a pivotal moment in an Anusara (heart centered) Yoga class led by Liz Belile, shortly after the sudden loss of one of her brothers. Through sharing what she has learned and continues to learn, she hopes to open paths of healing, compassion, and health in others, as others have done for her.

With prayerful thanks, Donna honors her teachers, Claire Diab and Liz Belile, and her husband, family, and close friends who have unconditionally nurtured and supported

her practice of yoga. Donna draws her inspiration from her students and dedicates her practice to the memory of her brother Ron.

**St. Francis Yoga**  
**Scholarship Application**

I wish to make our yoga series accessible to those who have a genuine interest in practicing yoga on a continuing basis and who are currently unable to pay the entire cost of the class. A limited number of scholarships will be available.

When considering your ability to pay, please reflect upon the concept of discretionary funds. If you have income to purchase a take-out coffee every day or attend a movie once a week, etc., then funds really are available for yoga classes. Ability to pay for yoga is then a question of priority, not of need. That being said, I also understand that for some of our parishioners every penny is already spent before the paycheck arrives. *If you are truly in need of assistance, please complete the application below and mail to me as soon as possible. **All information is completely confidential.***

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please answer the following questions:**

Why do you wish to take yoga?

\_\_\_\_\_

Why do you need financial support?

\_\_\_\_\_

\_\_\_\_\_

Please indicate which scholarship you are applying for:

\_\_\_\_\_ 50% tuition; series payment of \$66.00

\_\_\_\_\_ 75% tuition; series payment of \$ 33.00

\_\_\_\_\_ 100% full scholarship

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please mail application immediately to Donna Kocian, PO Box 7951, Woodbridge, VA 22195. (If you were awarded a scholarship for a previous session, a new application is necessary for this session. Thank you.)