



MOEBIUSYOGA - Winter 2010

For Health, Healing and Stress - Management
 Phone 603 868 6753
www.MOEBIUSYOGA.com

Day	Time	Location	Start of New Course
Tuesday morning	8 ⁰⁰ - 9 ³⁰ AM	The Prana Studio, mixed level	Jan 19
Tuesday morning	10 ⁰⁰ - 11 ³⁰ AM	The Prana Studio, A Somatic-based Yoga-class for back-care and your joints	Jan 19
Tuesday evening	5 ¹⁵ - 6 ⁴⁵ PM	The Prana Studio, mixed level	Jan 19
Tuesday evening	7 ¹⁰ - 8 ⁴⁰ PM	The Prana Studio, mixed level with 20 minutes of Meditation	Jan 19
Wednesday morning	9 ⁰⁰ - 10 ³⁰ AM	The Prana Studio, mixed level	Jan 20
Wednesday evening	5 ¹⁵ - 6 ⁴⁵ PM	The Prana Studio, mixed level	Jan 20
Wednesday evening	7 ¹⁰ - 8 ⁴⁰ PM	The Prana Studio, mixed level & 40 minutes of Yoga-Nidra Meditation/Relaxation	Jan 20
Thursday morning	9 ⁰⁰ - 10 ³⁰ AM	The Prana Studio, mixed level	Jan 21
Thursday evening	5 ³⁰ - 7 ⁰⁰ PM	The Prana Studio, with David and other Moebius-Yoga teachers	Jan 21
Friday morning	8 ⁰⁰ - 9 ³⁰ AM	The Prana Studio, mixed level	Jan 22
Friday Reiki Share	5 ⁰⁰ - 7 ⁰⁰ PM	The Prana Studio, Reiki Share (free)	Feb 26, April 9, May 14
Friday Reiki Share	5 ⁰⁰ - 9 ⁰⁰ PM	The Prana Studio, Reiki Meditation Circle and Open House Potluck Party	June 18
Friday Yoga Dance	5 ⁰⁰ - 6 ³⁰ PM	The Prana Studio, with Chris Hallowell	Feb 5, March 5, April 2, May 7, June 4
Saturday Workshop	9 ⁰⁰ - 5 ⁰⁰ PM	The Prana Studio, Reiki I - Training	Feb 13
Saturday Workshop	9 ⁰⁰ - 12 ³⁰ PM	The Prana Studio, A half day of Total Rest & Renewal	Jan 30, April 3
Saturday Workshop	9 ⁰⁰ - 5 ⁰⁰ PM	The Prana Studio, Reiki II - Training	April 24

With **MOEBIUSYOGA** we facilitate physical wellness, psychological balance, and spiritual awakening. We experience the integration of body, mind, and spirit with the teachings of traditional Yoga, Ayurveda, Integrative Yoga Therapy, and Buddhist meditation techniques.

Learn to • move in vinyasas • breathe into Yoga postures with heightened awareness • come into deep relaxation • focused in meditation

Hannelore Möbius, from Germany, is a graduate of the International Yoga College, the Master Program in Integrative Yoga Therapy, a Kripalu Yoga Teacher Mentor, Polarity Therapist, and Reiki Master-Teacher. A practitioner of Yoga & meditation for 30 years, she studied with Selvarajan Yesudian and Elizabeth Haich in Switzerland. A teacher-trainer in her own Studio, **The Prana Studio**, she shares her compassionate and meditative approach to Yoga in her classes and private sessions. **David Diller** and **other teachers** are graduates of The Prana Studio's Integrative Yoga Teacher Training and longtime practitioners of Moebius-Yoga. David is a licensed massage therapist, and Chris Hallowell is a graduate of Hannelore's Integrative Yoga Teacher Training and Kripalu's Yoga Dance Kinetics.

• **Advanced registration is required.** You are welcome to join any time during the term if space is available. Fees will be pro-rated. Classes, 8 weeks: \$96; Somatic-based Yoga \$120; Single class: \$15; Yoga Dance: \$12; Private sessions \$75/hour; Workshops: Half a day of Total Rest & Renewal \$ 38; Reiki I \$ 108; Reiki II \$216;

• **Hannelore is a provider for reimbursement by HARVARD PILGRIM, CIGNA Health Insurance, and NH HEALTH TRUST.**