



## MOEBIUSYOGA@The Prana Studio Winter 2012

With Alicia Rossman, Susan Gaudette, Janis Sheldon  
Kathryn MearsLimric, Leslie Webb, Emily Kinniburgh  
Suzanne MacDonald, Chris Hallowell

Phone 603-868-6753 [www.MOEBIUSYOGA.com](http://www.MOEBIUSYOGA.com)

Day	Time	Location	Start of New Course
Tuesday morning	8 <sup>00</sup> - 9 <sup>30</sup> AM	Mixed level with Alicia Rossman	Jan 10
Tuesday evening	5 <sup>15</sup> - 6 <sup>45</sup> PM	Mixed level with Susan Gaudette	Jan 10
Tuesday evening	7 <sup>10</sup> - 8 <sup>40</sup> PM	'Yoga to manage your mood' with Susan Gaudette	Jan 10
Wednesday morning	9 <sup>00</sup> -10 <sup>30</sup> AM	Gentle healthy spine yoga with Janis Sheldon	Jan 11
Wednesday evening	5 <sup>15</sup> - 6 <sup>45</sup> PM	Mixed level with Kathryn Mears Limric	Jan 11
Thursday morning	9 <sup>00</sup> -10 <sup>30</sup> AM	Mixed level with Leslie Webb	Jan 12
Thursday evening	5 <sup>15</sup> - 6 <sup>45</sup> PM	Mixed level with Emily Kinniburgh	Jan 12
Friday morning	8 <sup>00</sup> - 9 <sup>30</sup> AM	Mixed level with Suzanne MacDonald	Jan 13
Friday morning	10 <sup>00</sup> -11 <sup>30</sup> AM	Gentle Joint-freeing Somatic-based Yoga-class with Chris Hallowell	Jan 13

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. You learn to • move in vinyasas • breathe into Yoga postures with heightened awareness • come into deep relaxation • sit focused in meditation

The **Teachers of The Prana Studio** are all graduates of Hannelore's Integrative Yoga Teacher and/or Yoga Therapist Training and longtime practitioners of MoebiusYoga. You can read their bios on the website: [www.moebiusyoga.com](http://www.moebiusyoga.com)

**Hannelore Moebius** is on a one-year sabbatical, studying at the Ayurvedic Institute in Albuquerque.

**Advanced registration** is required. You are welcome to join any time during the term, if space is available. Session runs January 10 - March 2. Regular 8-week class: \$96; Joint-freeing Somatic-based Yoga \$120; Single Somatic Yoga \$20; Single regular class: \$15; 10% Discount for Wildcat Fitness Members with membership-card.

**The Prana Studio is provider for HARVARD PILGRIM, CIGNA & NH-HEALTH TRUST reimbursement**

**Payments through Pay Pal.** Or send Check to **The Prana Studio, PO Box: 111, Durham, NH 03824**