

Stillpoint Yoga with Janet Crump



Janet Crump is a Certified Professional Level Kripalu Yoga Teacher and Registered with the Yoga Alliance at the 500-hour level.

Stillpoint Yoga is offering an 8-week Early Spring Session March 1 – April 20.

At **Stillpoint Yoga** you'll discover the basics for a solid yoga practice, including insight into the body/mind/spirit relationship and breathing techniques for relaxation. In a safe, supportive environment, you'll learn how to listen to your body's needs and respect its limitations through gentle stretching, proper alignment in the yoga postures, and a sequence of poses to practice at home.

Why practice yoga?



For your body — stretches and tones muscles, releases chronic tension, improves circulation, energizes and refreshes.

For your mind — calms restless thoughts, cultivates concentration, supports mental clarity and confidence, and promotes self-awareness.

For your spirit — connects to your Self, encourages self-acceptance, honors inner wisdom, and invites deep stillness.

Small Classes in a tranquil setting in Cascade at 6766 Turnberry Drive SE.

Fees

Early Spring Session - 8 weeks \$88

- There is a discount of \$10 for 2 classes per week.
- Missed classes may be made up **during the same session.**
- **Space is limited so early registration is advised.**
- Private instruction is available by appointment.
- Gift certificates are available.
- Drop-ins are welcome during the first 2 weeks of the session. Call ahead to reserve space. Fee \$12.
- **Call 616-682-8324 for more information.**
- **To register, please return the attached form with your check.**

Monday	Tuesday	Wednesday	Thursday
		Gentle 12 to 1 The Yoga Studio*	Level I 10:30 – 11:45 AM Stillpoint Yoga
Hatha Yoga 6:00 – 7:15 PM Forest Hills*	Level II 5:45 – 7:00 PM Stillpoint Yoga	Level II 5:45 – 7:00 PM Stillpoint Yoga	Level I 5:30 – 6:45 PM Stillpoint Yoga
	Meditation & Yoga Nidra 7:15 – 8:15 PM Stillpoint Yoga	Level I 7:15 - 8:30 PM Stillpoint Yoga	Beginning 7:00 - 8:15 PM Stillpoint Yoga

*Schedule and costs differ; register directly with Forest Hills Community Schools or The Yoga Studio.

To Register for Stillpoint Yoga classes:

Please return this form with your check **payable to Janet Crump** at 6766 Turnberry Drive SE, Grand Rapids, MI 49546.

Name _____

Address _____

City _____ Zip _____

Phone _____ E-Mail _____

Class Day & Time – First Choice _____

Class Day & Time – Second Choice _____

(Please make a second choice.)

Stillpoint Yoga
6766 Turnberry Drive SE
Grand Rapids, MI 49546
616-682-8324
www.stillpoint-yoga.com
RETURN SERVICE REQUESTED



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US POSTAGE
PAID
GRAND RAPIDS, MI
PERMIT #517

Early Spring Classes start March 1.

Description of Classes:

Beginning

Provides basic instruction in yoga postures with attention to alignment. Introduction to breathing techniques and yoga philosophy.

Level I

Continuing development of yoga postures including longer holding. Moving into Stage 2 Kripalu yoga.

Level II

For more experienced practitioners. Additional challenging postures, longer holding, strengthening.

Gentle Yoga

A class for people recovering from injuries or surgery, those with arthritis or fibromyalgia, and students with muscle or joint pain or inflexibility.

Janet Crump began practicing yoga in 1990, took extensive Yoga Teacher Training at Kripalu Center for Yoga and Health in Massachusetts, the largest yoga center in the country, and began teaching in 1998. After an additional 7 years of advanced yoga teacher training, Janet was granted a Professional Level Yoga Teacher certification and became registered at the 500-hour level with the Yoga Alliance, an organization that sets national standards for yoga teachers. Janet's classes create a safe, meditative atmosphere while emphasizing awareness and compassion. She encourages her students to increase flexibility and strength as they move into more challenging yoga postures.

Directions to Stillpoint Yoga: Take Cascade Road to Laraway Lake Road. Take Laraway Road to the Tammarron sign on the left. Turn left onto Tammarron. Turn right on Birkdale. Turn left on Hillsboro. Turn right on Gleneagles. Turn left on Turnberry. **Stillpoint Yoga** is at 6766 Turnberry (number on mailbox) on the right.

Spiritual Book Discussion Group will meet Sunday , Mar. 12 – 3 to 5 PM.