SPRING 2015 YOGA & PILATES PROGRAM

Who

Classes are open to CUMC students and, space permitting, CUMC employees.

They are taught by:

**Colleen Durham (CD)**
Certified in “Classic” & “Im=X” Pilates; 25 years professional dance experience

**Mardi “Vidya” Sykes (VS)**
Dynamic Vinyasa; merges traditional Sanskrit, love of world & modern music

**Coulissed Bialic-Murphy (CB)**
Hatha/Vinyasa style yoga; emphasis on breath-initiated movement

**Michael LaFemina (ML)**
Hatha yoga + breathing exercises & meditation; currently studying acupuncture

What

**Yoga (Y)**

Hit the mat for a Vinyasa session designed to increase your flexibility and strengthen your body and mind. Expect a fun but challenging series of flow moves, arm and leg balances, an intro to inversions, and plenty of time to hit reset. Everyone is welcome, regardless of level.

**Yoga + Meditation (Y+M)**

Hatha Yoga builds strength, flexibility, and inner peace through a relaxing, yet challenging class - great for students looking to stay healthy, active, and calm through a busy semester. Each class will conclude with 5 minutes of formal breathing exercises & meditation. No experience necessary, just an open mind.

**Pilates (P)**

Get to your core with one of our IM=X (Integrated Movement Xercise) style Pilates classes. Sessions combine the muscle toning and lengthening aspects of traditional Pilates with strength and cardio training to increase flexibility, endurance, and muscle strength. From fitness newbies to gym rats, there are benefits for all. Never done Pilates? No big deal. Join us for your first time!

Workshop (W)

Interactive yoga workshops offered on select Sundays throughout the program. Deconstruct specific poses, focus on daily practices for healthy, conscious living, have your questions answered and deepen your understanding of yoga. Use one ticket to attend each workshop.

**Workshop 1: Sun Salutations & Vinyasa Alignment**

**Workshop 2: Balance & Fly: Standing Arm & Balance Practice**

**Workshop 3: Inversions Immersion**

**Workshop 4: Breathing & Meditation: Stress Less**

Ticket Information

There are four different levels of ticket packages available for purchase. You must register for the specific package that you are looking to buy.

- **Unlimited Pass** $200.00 ($2.13/ticket) [purchase here]
- **14 Ticket Package** $100.00 ($7.14/ticket) [purchase here]
- **10 Ticket Package** $80.00 ($8.00/ticket) [purchase here]
- **1 Individual Ticket** $10.00 ($10.00/ticket) [purchase here]

**Ticket Package Pick-up**

Tickets can be picked up during the following times:
- Tuesday, 1/20 – Friday, 1/23 | 3pm – 6pm | Center for Student Wellness
- Monday, 1/26 – Friday, 1/30 | 15 mins prior to class | Class Location

Unlimited pass participants will receive a sticker to put on the back of their CUMC ID.

Tickets and stickers must be picked up prior to attending your first class. Please email us [here](mailto:studentwellness@columbia.edu) if you have any issues with ticket pick-up.
**Sign Up**

**Register**
Pay online with credit card per the links on the previous page.
*If payment online is a problem, please contact us [here.](#)

**Complete Waiver**
All participants must sign a waiver before attending class. Complete waiver online [here.](#)

**Attend**
There are 15 weeks of classes and 6 classes each week plus 1 Sunday workshop each month. The last week of classes will be free and open to all students.

**Program Calendar**

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**Where**
Classes are held in:
RL Riverview Lounge (4th FL Hammer Science Center)
BB Bard Basement

**FAQ**

**Can I share tickets with friends?**
Yes, as long as your friends are CUMC/Columbia students! Sharing is caring. Please make sure all sharers have signed a waiver.

**What if I finish my book of tickets but want more?**
You can purchase 1 ticket via the online registration, check the buy/sell list or purchase in person (please email us for more info).

**Do I need a mat?**
Yes, please bring your own mat. We have a few on hand in CSW so if you forget yours, please you can stop in and borrow one!

**Which classes can I go to?**
Any! As long as you have a ticket or sticker, all of them are open.

**Can I get a refund?**
Once classes begin, no refunds will be issued. CSW is unable to issue refunds or replacements for lost, unused or stolen tickets.