

Yoga in a Christian Environment
at
St. Jerome Catholic Church

Tuesday Evenings
September 12 – October 31, 2017
Mother Teresa Center
5:45pm – 7:15pm

What is Christ-Centered 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.

Christ-centered yoga takes the best elements of a gentle and restorative form of Hatha yoga, and joins them with a focus on faith 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 in a non-judgmental environment.

Class Information:

The 8-week series will be held on Tuesday evenings from 5:45-7:15pm beginning September 12 and concluding October 31, 2017. Classes are open to all denominations and to both men and women. All participants must be 18 years or older and graduated high school in order to comply with Ethics and Entegrity standards. The cost is \$80.00 for the eight-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 and fill out paperwork. 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.stjeromewaco.org>

Class Description:

Gentle/Beginner Class: 5:45 – 7:15pm class This class is for anyone who is new to yoga or who has experience in yoga, or is looking for a more gentle and restorative approach to their yoga practice. We will emphasize alignment, breathing, and inward focus as we move between the floor/sitting and standing poses. Though very gentle in approach, this class will leave you feeling refreshed with an overall greater sense of well-being. Options will be given in each posture for those with greater experience in yoga as well as for those with less exposure to yoga.

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/elastic waist pants

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. 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.

~Please refrain from snacks or chewing gum in class.

~Phone policy:

Remember to *turn off* cell phones/pagers before entering the room. Checking your phone during class disturbs the class as well as undermines the integrity of the peacefulness we try to attain during our session. We want to create a prayerful space of healing, quiet, and relaxation as well as one of friendship.

Registration forms, instructor information, and scholarship applications are available online at [http: www.stjeromewaco.org](http://www.stjeromewaco.org)

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

**Yoga in a Christian Environment
St. Jerome Catholic Church
Registration Form
Tuesdays, September 12-October 31, 2017
5:45pm-7:15pm**

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.

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

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

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.

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

Signature: _____ Date: _____

\$80.00 *Tuition must be enclosed with this form.* Make check payable to St. Jerome Parish.
NOTE: Please enclose check with registration forms and mail to Donna at the address below.

Due to room capacity, registration may be limited so early registration is recommended. Last minute registration at class time will not be honored without contacting Donna in advance. Full 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.

Questions? Email Donna: amazinggraceyoga@aol.com

Mail form and payment to:

**Donna Kocian
PO Box 9114
Waco, Texas 76714**

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

Yoga at St. Jerome
Your Instructor
Donna Kocian, OFS, RYT

Donna Kocian is certified as a 200-hour Registered Yoga Teacher, who is registered with Yoga Alliance and has been teaching yoga since 2007. 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, Doug Keller, Bo Forbes, Judith Lassiter, Claire Diab, Ray Long and many others. She began practicing yoga in 2001 in Austin.

A life long Catholic who attended parochial school through 6th 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. Donna is a Secular Franciscan.

Donna began a Christ-centered yoga ministry at St. Francis of Assisi Catholic Church in Triangle, Virginia in June, 2007 and led the ministry for eight years. That ministry continues today as one of the longest running and most successful Christ-centered yoga ministries in the country. Donna has taught Advent Yoga fundraisers, and has contributed to the community with various other yoga fundraisers and cancer support organizations. Donna enjoys teaching at retreats and offers private instruction. She is certified in adult and child CPR, and in AED use.

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 doors of faith, healing, compassion, and health in others, as others have done for her.

With prayerful thanks, Donna honors her teachers, Claire Diab and Liz Belile, her husband, family, parish staff, and close friends who have unconditionally nurtured and supported her faith and practice of yoga. Donna is eternally grateful to Fr. Charles Miller, OFM for opening the door to yoga at St. Francis of Assisi, for his support of the program, and for his guidance as a teacher of the Catholic faith. As well, she is grateful to the Franciscan Friars and her Franciscan secular community.

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

St. Jerome Parish 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% scholarship payment of \$40.00

_____ 75% scholarship payment of \$20.00

_____ 100% full scholarship

Signature: _____ Date: _____

Please mail application to Donna Kocian, PO Box 9114, Waco, Texas 76714.

Questions? Email Donna: amazinggraceyoga@aol.com