

welcome

The Birchwood Center offers a full schedule of classes, held seven days a week, in two immaculate, sunlit studios with views of the Hudson River.

The center offers private and semi-private sessions and individually designed programs, as well as workshops from visiting instructors, for anyone wishing to advance their Yoga practice or focus on a particular issue.

Everyone is welcome,
drop in any time.



namaste

Betsy Ceva & Charlene Bradin

*regular yoga practice
and massage offer
benefits for conscious,
healthful living*

-
- Alleviates stress
-
- Eliminates toxins
-
- Relieves anxiety
-
- Increases muscle tone and flexibility
-
- Develops strength and concentration
-
- Strengthens the immune system
-
- Energizes the lymph and nervous systems
-
- Creates a greater sense of well being
-
- Normalizes body weight
-
- Promotes peace of mind
-
- Balances emotions
-
- Improves posture
-
- Cultivates awareness
-



BIRCHWOOD CENTER
yoga & massage

move.



*yoga
offerings*

85 SOUTH BROADWAY, NYACK, NY • 845.358.6409
www.birchwoodcenter.com

overview of yoga offerings

Hatha Yoga

Hatha Yoga focuses on breathing, asanas and the union of consciousness, mind, senses and body and is offered at Levels I, II, and III.

Moving Mantras

Moving Mantras is flowing style of yoga developed by Betsy Ceva focusing on breath, repetition, and intention to explore the essential question "Who Am I?" through the body.

Yoga Flow

Yoga Flow is accompanied with music — often live — and celebrates the beauty of yoga practice. In this class each pose flows into the next and the next and the next.

Gentle Yoga

Gentle Yoga is an individualized opportunity to gently explore and tune into the body with a meditative frame of mind while increasing flexibility, strength, and well-being.

Vinyasa Yoga

Vinyasa Yoga is a flowing, invigorating style of Yoga working with the breath to integrate body, mind and spirit into an energetic whole.

Iyengar Style

Iyengar Yoga emphasizes alignment of the body and coordinated breathing. This is an immersion style that focuses on a detailed experience of the asanas.

Restorative Yoga

Restorative Yoga is based on a Yin style of yoga that uses deep stretching of the connective tissue to deepen your practice, relax your body and still your mind. You will sleep better and move easier after this class.

Birchwood also offers many adaptive classes to meet client's particular needs:

Early Morning Yoga

Prenatal Yoga

Senior Yoga

Special Events

Birchwood Center offers an ever-expanding variety of transformative, multi-focus classes, including workshops in Prana Yoga, Kripalu Danckinetics, meditation, chanting, yoga hikes, and more. Please check our website for updates: www.birchwoodcenter.com

Yoga for Kids ages 7-16

Yoga practice helps increase self-esteem, concentration, physical mobility, emotional equilibrium and creates an overall sense of well being. Kids learn postures, breathing techniques, meditation and relaxation techniques in a fun, age-appropriate setting.

Birchwood Center Yoga Teacher Training

Birchwood Center's Yoga Teacher Training is an intense nine-month program for aspiring teachers and those who wish to deepen their experience of Yoga. Graduating students who successfully meet all the requirements will receive a 200 or 500 hour certification.

Teacher training instructors:

Betsy Ceva *asana technique, chanting, meditation, theory & methodology, Yoga philosophy*

Charlene Bradin *anatomy of the chakras, asana technique, the business of Yoga*

Liz Schulman *asana technique, theory & methodology, Yoga philosophy, anatomy of the chakras,*

Gina Martin *anatomy & physiology*

Ananda Ashram Teachers *chanting, meditation, Yoga philosophy*

Birchwood Center instructors are committed to teaching in a non-competitive atmosphere, with an emphasis on self-exploration and the transformative power of movement.

ABOUT BETSY & CHARLENE, CO-DIRECTORS OF BIRCHWOOD

BETSY CEVA's experience as a professional dancer, choreographer, and dance instructor since 1970 has helped shape her yoga teaching style. Over the years, Betsy has studied with Gurus in the areas of Hatha Yoga, mantra, meditation and yoga philosophy. Her specialties include Yoga for Kids, Gentle Yoga, and Hatha Yoga for beginning through advanced level students.

A Certified Yoga Instructor, CHARLENE BRADIN has studied Yoga with Jeffery Midgow, Paula Heitzner, Betsy Ceva and others. She has taught Hatha Yoga to beginners and advanced beginners at Birchwood Center since 1998.

offerings

Tuition

Single Class \$18

Ten Class Card (expiration 12 weeks): \$160

Four Week Unlimited: \$140

Eight Week Unlimited: \$250

Twelve Week Unlimited: \$350

One Year Unlimited: \$1300

Seniors 62 & over, Kids 18 & under:

Single Class: \$14

Ten Class Card (expiration 12 weeks): \$130

Four Week Unlimited: \$120

Students with a Valid College ID:

Single Class: \$16

Ten Class Card (expiration 12 weeks): \$150

Levels

All classes are Hatha Yoga style unless otherwise specified.

Level I: Beginners

Level I/II: Mixed/Beginners Welcome

Level II: Strong Beginners/Intermediate

Level III: Intermediate/Advanced

Visit our web site for a schedule of classes:
www.birchwoodcenter.com or call us for more
information (845) 358-6409



Please visit our store, **Birchwood Yoga Essentials**, for a variety of yoga accessories including yoga props, clothing, books, CDs, videos and more.

Gift certificates are available.