

# welcome

Birchwood Center houses two beautiful, fully equipped yoga studios and quiet sanctuary for healing massage; a safe and nurturing environment for self-discovery and transformation through Yoga and Massage Therapy. Committed to promoting regular yoga practice as a tool for conscious, healthful living, Birchwood Center yoga teachers are chosen for their unique approach and their ability to inspire students at all levels of experience.

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.  
be moved.*



85 SOUTH BROADWAY, NYACK, NY • 845.358.6409  
[www.birchwoodcenter.com](http://www.birchwoodcenter.com)

# move. be moved.

## Yoga Offerings at Birchwood

Hatha Yoga at  
Beginner, Intermediate  
and Advanced Levels  
(I, II, & III)

Moving Mantras

Yoga Flow

Gentle Yoga

Vinyasa Yoga

Iyengar Style

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

Prenatal Yoga

Restorative Yoga

Senior Yoga

Yoga for Kids

*In addition, the center offers Kirtan (chanting) and  
meditation classes, teacher training, private and semi-private  
sessions, and periodic special events.*



## Massage Therapy at Birchwood

*Experience the Wonder of Touch with  
massage therapy at the Birchwood Center.  
We offer these healing, healthful  
massage modalities:*

Deep Tissue Massage

Swedish Massage

Reflexology

Sports Massage

Pregnancy Massage

Medical Massage

Hot Stone Massage

*All massage modalities can be  
combined with aromatherapy.*

*Gift certificates are available.*

*Visit [www.birchwoodcenter.com](http://www.birchwoodcenter.com)  
for more information.*

## yoga

### 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

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

## massage therapy

### Fee Schedule

30 Minute Massage: \$50

60 Minute Massage: \$85

90 Minute Massage: \$125

Hot Stone Massage 60 Minutes: \$125

90 Minutes: \$155

Treat yourself to aromatherapy,  
add \$5 to massage price.

To schedule an appointment,  
call (845) 358-6409

or visit [www.birchwoodcenter.com](http://www.birchwoodcenter.com).

## ABOUT BETSY AND CHARLENE, CO-DIRECTORS OF BIRCHWOOD CENTER

BETSY CEVA's experience as a professional dancer, choreographer, and dance instructor since 1970 has helped shape her yoga teaching style. In 1984, while living and dancing in San Francisco, she met her Guru, Shri Brahmananda Sarasvati and began a study of mantra, meditation and yoga philosophy. Through his influence she created the concept of Moving Mantras using movement, breath, repetition, and intention to explore the essential question, "Who am I?" In 1991 Betsy began an extensive study of hatha yoga which advanced the development of her unique style of yoga. Betsy has taught hatha yoga, meditation and mantra chanting to all levels for 12 years. Her specialties include, Yoga for Kids, Gentle Yoga, and Hatha Yoga for beginning through advanced level students. Betsy directs the Birchwood Center teacher training.

CHARLENE BRADIN has been a New York State Licensed Massage Therapist since 1992, and is director of The Wonder of Touch Massage Therapy at Birchwood Center. Charlene received her training in Swedish massage, medical massage, anatomy, physiology, pathology and Shiatsu at the Swedish Institute in New York City. In addition, she continued her education receiving certifications in Reflexology, Cranial Sacral Therapy, and other massage modalities. As a massage therapist she draws from an extensive repertoire of massage techniques, knowledge of yoga, and a strong belief in the healing power of touch to address each client's body structure and special needs. A Certified Yoga Instructor, Charlene 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.