

From: Perez, Steven

Sent: 1/12/2015 10:47:05 PM

To: TTAB E Filing

CC:

Subject: U.S. TRADEMARK APPLICATION NO. 85459235 - CHOPRA MEDIA - 02491/ - Request for
Reconsideration Denied - Return to TTAB - Message 8 of 11

Attachment Information:

Count: 12

Files: x2b-4.jpg, x2b-5.jpg, x2b-6.jpg, x3-1.jpg, x3-2.jpg, x4a-1.jpg, x4a-2.jpg, x4b-1.jpg, x4b-2.jpg, x4b-3.jpg, x5-1.jpg, x5-2.jpg

financial support, please email classes@littlefloweryoga.com. Limited Space Available. Advanced Reservations are Required.

[CLICK HERE TO REGISTER](#)

GROUP CLASSES: PEEKSKILL NY (New Era Creative Space - 1016 Brown St, Peekskill NY)

New Era Creative Space (NECS) is a community-based organization with the mission of enriching children and adults through creative initiatives, including performing arts, visual art, music, sciences (STEM) and community building events. Register for Little Flower Yoga classes directly through NECS

Winter Class Series: January 13 - March 24 (10 classes)

3-5 years old Tuesdays 3:34-4:30
6-9 years old Tuesdays 4:45-5:30
9-12 years old Tuesdays 5:45-6:30
12+ Tuesdays 6:45-7:30

Tuition: \$150 for 10 week session

Limited Space Available. Advanced Reservations are Required

[CLICK HERE TO REGISTER](#)

GROUP CLASSES: PELHAM NY (Prasanthi Studio - 136 Fifth Avenue, Pelham NY)

Ave, Pelham NY)

Prasanthi Studio is a family wellness center that offers a wide variety of classes for children from birth through the teen years, and excellent classes for adults. Register for these programs directly through Prasanthi.

[CLICK HERE TO REGISTER](#)

Private Childrens' Class

A personal yoga journey for one or more students of any age, private classes can be designed to meet your child's needs, whether that means incorporating literacy skills into class, developing a greater ability to focus, or just having fun and relieving stress. Private classes are also available for children with special needs.

Private Family Class

Yoga is a great way for a family to bond, and is also a great equalizer. Your children will love helping you work on poses that come easily and naturally to them! Family classes include yoga poses that are accessible to students of all ages, and also emphasize group and partner poses.

Private Parent and Child Class

Work one on one with your child of any age (infants to teens) in a class designed to meet the needs of both parent and child, while strengthening the bond between them. These classes are deeply nurturing and relaxing for both participants, as well as being a lot of fun.

Private Pre and Post Natal Class

Yoga provides many benefits, both physical and emotional, during and after pregnancy. Little Flower Yoga offers private classes that are supportive and respectful of the changes that your body is going through.

Private Adult Classes

Guided by the belief that children cannot grow to their full potential unless the adults around them are healthy and calm, Little Flower Yoga offers private adult yoga sessions for all students, including absolute beginners. With personalized class design, your physical, mental, and emotional goals will all be addressed.

Newsletter

Please join our e-newsletter for tips and updates.

Recent Blog Post

Lianne Bassin - Kids Yoga, Music and the Arts

by Lianne Bassin
We are very happy to introduce and welcome one of our newest Little Flower Yoga writers.

[Read More](#)

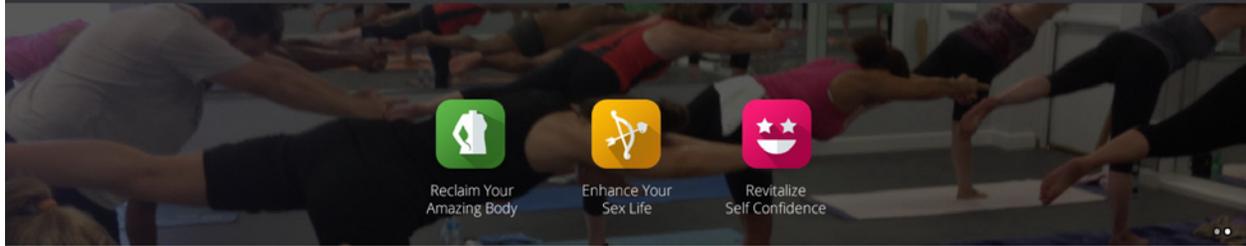
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Little Flower Yoga is based in New York and provides classes in all five boroughs of New York City and Westchester County.

Tel: (917) 385 2005
Email: info@littlefloweryoga.com



Reclaim Your
Amazing Body



Enhance Your
Sex Life



Revitalize
Self Confidence



Sign Me Up!

Are you ready to live healthier and enjoy the freedom of movement that Bikram Yoga can bring to your life?

You're only a few clicks away from taking the first step toward better health, new found energy and life.

Fill out the form below today!

Thanksgiving Class Schedule: Thanksgiving Day 7:30am & 9:30am classes Friday 11/28 7:30am, 9:30am & 4:30pm classes

Join The Bikram Family Today!

Fill Out the Form Below.



Pricing Plans

We offer a wide range of packages. For those who want daily intense training to weekly visits to accompany their current workout routine.

Bikram Yoga is GREAT for beginners too!

Examine ▶



Class Schedule

View our yoga timetable. Schedule your next class by signing up today or simply show up and give Bikram a shot at our fair daily rate.

Private classes are also available.

Explore ▶

An Exciting Look Into the World's HOTTEST Workout!

What's So Hot About Bikram

YouTube

and We will Also Send You Our Book:
*"The Bikram Yoga Sequence
& Its Proven Benefits"*

Full Name *

Email Address *

Phone Number *

Leave us a message (optional)

Get My Book



Testimonials

 I'm the healthiest I've ever been thanks to Bikram Yoga!
I have a super doc I go to in NYC - she is one of the TOP, TOP complementary in the world. She does an AMAZINGLY comprehensive blood workup on me every 6 months. Today we did a review of my latest results and I am showing lowered levels in all categories!

John
May | Setauket NY

 I am 75 years old. I started doing yoga at the Bikram Yoga of Setauket Studio 3 years ago, and it is one of the best investments I have made. By doing the Bikram Yoga, I have become very flexible and healthy. I have never felt better in my life. I recommend to everybody my age to do it.

Angelica
January | Setauket NY

 I just want to say many thanks for an amazing class! Not only today, but for the gift of yoga you give. It has transformed my life. I appreciate you and your staff so much! All amazing. Thank you!

Sandra
April | Setauket NY

Navigation:

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Address :

Bikram Yoga Setauket
764 Route 25A
Setauket, NY 11733
Ph: 631.751.9642

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Yoga Calm® – Classes & Workshops

Classes for Youth

Yoga Calm for Children

Help your child develop healthy habits for a lifetime of wellness and happiness. Open to all children, ages 7 to 12, this class series provides a practice and routine that integrates physical, mental and emotional development.

Yoga Calm for Teens

Navigating the teen years can be especially hard for students who lack self-confidence or battle anxiety. Open to all teens, ages 13 to 16, this class series provides tools and skills for meeting the special challenges of adolescence.

Yoga Calm for Girls

Imagine a world where our young girls are taught to celebrate and deeply cherish who they are. A world that protects girls from messages from the media, and teaches them that self worth is not dependent on external standards. Open to all girls, ages 8-13, this class series teaches self esteem, social and emotional skills and physical, mental and emotional strength.

Jedi Training for Boys

This is a more physically challenging Yoga Calm class for boys age 7-11 to develop strong hearts, minds and bodies. In this class series we use traditional stories and current cultural mythology such as Star Wars and its Jedi knights, to explore the hero archetype and the need for boys to find meaning, challenge, initiation and physical connection to the world.

[Schedule of upcoming classes](#)
[National Directory of Yoga Calm Instructors](#)

Workshops for Parents, Teachers, Counselors, Occupational Therapists, Nurses, Yoga Teachers and Others Who Work with Children

Integrated Approach to Wellness 1, 2, 3

Offered as a series of three 12 hour workshops or as a 6 day intensive, this comprehensive course introduces you to the principles of Yoga Calm. You'll also learn breathing exercises, basic poses, social/emotional games, concentration activities, storytelling and relaxation techniques.

Integrated Approach to Wellness 4

For those going on to become [Certified Yoga Calm Youth Instructors](#), the [Integrated Approach to Wellness 4: Application of Wellness Principles](#) workshop is also available.
12 CEUs/Clock Hours or 1 Graduate/Undergraduate Credit available - [certificate of training hours provided](#)

ADHD: The Mind-Body Connection



Learn specific strategies and practical tools to help children develop social/emotional skills, concentration and confidence. This 10 hour workshop reviews current treatments, uncovers some key ADHD myths and teaches you classroom and counseling activities specific to the challenges of working with ADHD-diagnosed kids.

10 CEUs/Clock Hours or 1 Graduate/Undergraduate Credit available - [certificate of training hours provided](#)

Creating a Sustainable Future – Integrating Wellness & Environmental Education

Learn how Yoga Calm and environmental education activities can be used together to develop high interest, interdisciplinary lessons that meet and support K-8 health, science and physical education standards and curricula. With this creative, highly experiential and integrated approach to environmental education, meaningful connections between personal and planetary health can be drawn, fostering a lifelong interest in science and increased environmental citizenry and stewardship.

10 CEUs/Clock Hours or 1 Graduate/Undergraduate Credit available - [certificate of training hours provided](#)

Wellness Immersion

These three day and five day immersion workshops, held in beautiful, retreat-like settings, provide a firsthand experience of the benefits of various wellness and stress reduction techniques. Regenerate yourself while learning how to teach children effective stress reduction techniques and healthy, lifelong physical, mental and emotional habits through Yoga Calm practices and processes.

20 CEUs/Clock Hours or 1 Graduate/Undergraduate Credit available - [certificate of training hours provided](#)

Children's Wellness Conference

Join us for our annual two day event featuring presentations, discussion panels and expert guest speakers on a variety of children's health topics including Yoga Calm applications for ADHD, preschool, counseling, family work, physical/health education, occupational therapy, working with adults and therapeutics.

10 CEUs/Clock Hours or 1 Graduate/Undergraduate Credit available - [certificate of training hours provided](#)

Schedule of upcoming workshops

Yoga Calm for Inservice and Retreats

Have our instructors share yoga, mindfulness and relaxation techniques at your next inservice or arrange to have it at our retreat-like facility. Through lecture, hands-on learning, reflection and discussion, you'll learn the Yoga Calm philosophy, research and sample lessons, and receive guidance in implementing a yoga-based program. Nutritionists, naturopaths, ADHD specialists, occupational therapists and other health and wellness experts are also available for comprehensive trainings. [Contact Yoga Calm](#) for pricing information.

Yoga for Educators

Yoga classes and therapeutic workshops may also qualify for reimbursement through your Health Savings Account (Section 125) Plan. [Contact us](#) for more information.





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Click the button below to add the Yoga Calm for Children by Lynea Gillen, MS, RYT, & Jim Gillen, RYT to your wish list.

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Yoga Calm for Children by Lynea Gillen, MS, RYT, & Jim Gillen, RYT



Price: \$29.95
Weight: 1.00 LBS
Shipping: Calculated at checkout
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Product Description

Winner of four national book awards.

For children ages 4-12, this book is a perfect introduction to yoga and meditation. This

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Yoga Mat Roll
(22 mats)
PURPI F

For educators, counselors, therapists, yoga teachers and families. This award-winning book expertly guides you in how to teach the complete Yoga Calm curriculum. Includes 60 classroom-ready Yoga Calm techniques, class plans with 170 photos, illustrations and supporting research. An inspiring distillation of Lynea and Jim Gillen's combined experience spanning four decades of teaching school, counseling and yoga instruction across a diverse range of students, including K-12 children with ADD/ADHD, anxiety and other disorders. Featuring anecdotes about the depth and resiliency of children, time-tested practical tips and emotional first aid suggestions for helping kids develop:

- Self-control
- Concentration
- Imagination
- Social/Emotional Skills
- Physical Fitness

Winner of four national book awards.

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CLASSES

Classes and More!

Two New Baby Om Classes in Brooklyn!



Baby Om Yoga

Infants 4 weeks through active crawling

A 75-minute class providing a full yoga experience for both caregiver and baby. For mom, a true postnatal yoga class including asanas and pranayama to re-establish core strength and alignment, close diastasis recti, tone pelvic floor, and relieve and strengthen the upper body. Babies participate throughout, enjoying multi-sensory stimulation and age-appropriate developmental movements such as tummy time, rolling and sitting. Through shared community, this class supports moms through common challenges such as nursing and fatigue, while increasing vitality and connection with babies' emerging skills.

[Details](#)



Baby Om Prenatal

A joyful small group yoga class for expectant moms. We experience standing poses, building an awareness of body centering. Our practice of the breath draws our attention inward, and seated asanas open the hips and release the low back. We finish with restorative poses to balance and nurture energy. Mothers-to-be leave class invigorated, better prepared for labor, and in deep connection with our changing bodies.

[Details](#)

Sarah's Iyengar Yoga Classes

An understanding of how and why to modify poses is taught at all levels. Correct use of props and the decision of whether they are needed are given on both a group and individual basis. Over time, modifications will be reevaluated to ensure their optimal usefulness and to assist students in their progress. Contact the individual studios for more information.



Iyengar Level 1

Level 1 is focused on correct alignment and body mechanics while maintaining a playful, creative atmosphere. Students learn the fundamentals of the postures to best create a healthy and strong practice that accommodates individual needs and modifications.

[Details](#)



Iyengar Level 1/2

Level 1/2 is a little more challenging while still emphasizing the basics. This class is appropriate for the yoga practitioner returning to their practice as well as the newer student progressing in their form, understanding and healing process.

[Details](#)



Iyengar Level 1/2 at Pure Yoga West

Level 1/2 is a little more challenging while still emphasizing the basics. This class is appropriate for the yoga practitioner returning to their practice as well as the newer student progressing in their form, understanding and healing process.

[Details](#)



Iyengar Level 2

Level 2 moves more quickly. Students build on the basics to move into the intermediate level. As their practice evolves and the student becomes stronger, more flexible with increased stamina, the poses given will safely challenge them.

[Details](#)