

Lourdes Institute of Wholistic Studies

A Division of Lourdes Wellness Center, Sponsored by Our Lady of Lourdes Health System,
A Ministry of the Franciscan Sisters of Allegany, NY

500 Hour Yoga Teacher Training Program



2008-2009 Course Catalog Class Schedule

Lourdes Institute of Wholistic Studies
900 Haddon Avenue, Suite 114
Collingswood, NJ 08108
www.lourdeswellnesscenter.org
(856) 869-3134

We are a 500 hour school registered with Yoga Alliance. Our curriculum, in compliance with the standards set by Yoga Alliance, is comprised of:

CONTACT HOURS

- 50 Yoga Techniques**
- 5 Teaching Methodology**
- 15 Anatomy and Physiology**
- 15 Philosophy/Lifestyle/Ethics**
- 30 Supervised Practicum**

ADDITIONAL COMPONENTS AS SET BY LIWS

In addition, Lourdes Institute of Wholistic Studies requests that you take 62 hours in required courses, which include:

Embracing the Deeper Practices

16 contact hours

Teaching Advanced Pranayama

16 contact hours

Five Day Yoga and Meditation Retreat

30 contact hours

You will still have 123 hours of ELECTIVES to select in your areas of interest.

WHO MAY APPLY? Any student who holds a 200 hour teaching certification from Lourdes Institute of Wholistic Studies or another approved school registered with Yoga Alliance may apply. You only have 300 more hours to go for the 500 hour certification. Simply fill out the application found on the last page of this brochure.

WHY APPLY? If you are a serious student of yoga and would like to refine your teaching skills and expand your knowledge base, our 500 hour program will provide you with ample opportunity. You may study at your own pace, taking several courses in rapid fashion or proceeding in a way that fits most comfortably into your lifestyle.

A variety of courses will be offered each semester, many of which will be repeated at a later point in time.

CAN I TAKE COURSES TO USE AS CONTINUING EDUCATION CREDITS?

Absolutely. Even if you are undecided about pursuing the full 500 hour certification, you may take our courses to use for continuing education. Yes, they may be utilized to meet your education requirements for continued registration in Yoga Alliance.

WHAT DOES THE TRAINING LOOK LIKE?

The Lourdes 500 hour certification training is comprised of three required courses as well as a wide selection of electives. Designated coursework will assist you in deepening your individual sadhana practice and in enhancing your teaching skills. In addition, a wide variety of electives will aid you in specializing in specific areas of interest. Subjects of study will refine asana, pranayama and meditation; advanced studies in the application of anatomy and physiology will be provided; the curriculum also calls for an in-depth immersion into yogic philosophy, ethics, and lifestyle.

SUPERVISED PRACTICUM - This component, as designed by Yoga Alliance, will enable you to participate in an on-site yoga teaching clinic in which you will be observed and monitored by a 500 hour teacher trainer. You will take part in a mentoring process in which you'll receive feedback in terms of student rapport, lesson construction, teaching techniques, assisting skills, methodology, and knowledge.

TEACHING EXPERIENCE - An additional 100 hours of teaching experience, outside of the 500 hours of training, are required before a teacher can enroll in the Yoga Alliance 500 hour registry. These hours will be monitored by the Director of Yoga Teacher Training at LIWS.

CHRISTIAN YOGA TEACHER TRAINING

Dates: Saturday and Sunday, 3/28 and 3/29/09
Time: 9:00 am - 5:45 pm
Instructor: Barbara Moeller
Hours: 16 hours
Fee: \$200

Description: This professional training will provide you with the skills needed to teach a Christ-centered approach to yoga. Key components of the course will include lesson planning and delivery, engagement in yoga prayer with scripture and song, and an introduction to the rich background of yoga and meditation in the Christian tradition. Those who have previously completed one day of training only need to register for the second day.

RESTORATIVE YOGA

Date: Saturday, 9/20/08
Times: 9:00 am-5:45 pm
Instructor: Nita Spielberg
Hours: 8 hours
Fee: \$100

Description: This advanced course is designed to help teachers apply the principals of restorative yoga for stress management and as a therapeutic modality. Students will study the anatomy of the stress response on the organ systems and will participate in posture clinics and partner practice. A detailed discussion of how to use props for modifications and therapeutics will be explored. Dress comfortably, but in a way that allows observation of body alignment and posture. Suggested Reading: *Relax and Renew* by Judith Lasater.

YOGA FOR BACK CARE

Dates: Saturdays, 9/27/08, 10/4/08
Time: 9:30 am - 4:30 pm
Instructor: Nita Spielberg
Hours: 12 hours
Fee: \$115

Description: In this advanced program, students will understand how the principals of yoga kinesiology support back health and freedom from pain. Emphasis will be placed on specific therapeutic solutions to common back problems, including, but not limited to, scoliosis, herniation, sciatica and sacroiliac concerns. Please dress comfortably, but in a way that allows observation of body alignment and posture. Suggested reading: *Back Care Basics* by Mary Pullig Schatz.

EVOLVING AS A STUDENT AND TEACHER

Date: Friday, 11/14/08
Time: 1-5 pm
Hours: 4 hrs. **Fee:** \$50
Date: Saturday, 11/15/08
Time: 9 am-5:45 pm
Hours: 8 hrs. **Fee:** \$100
Date: Sunday, 11/16/08
Time: 9 am-5:45 pm
Hours: 8 hrs. **Fee:** \$100

Instructor: Ed Dailey
Description: As practitioners of yoga, the question eventually arises, "How do we evolve as students and teachers of this ancient art form?" Is the practice of yoga repetitive and dull or can we evolve into different states of awareness? At some point we must be willing to unbind these habitual layers we carry and address ways of developing new neurological pathways. Each session will include detailed pranayama, asana and meditation practice. Feel free to sign up for one, two, or all three sessions.

HANDS-ON ASSISTS FOR YOGA TEACHERS

Dates: Saturdays, 11/22/08 and 12/13/08
Time: 9:00 am - 5:45 pm
Instructor: Michelle Carlino
Hours: 16 hours
Fee: \$200.00

Description: Learn techniques and structural knowledge needed for manually assisting students toward optimal alignment. Basic skeletal structure, anatomy, and "how to read" the body will be highlights of the program. Learn how to dissect classical asanas and utilize assisting techniques to maximize the depth of each pose.

CHAIR YOGA TECHNIQUES FOR YOGA TEACHERS

Dates: Saturday, 12/6/08
Time: 9:00 am-4:00 pm
Instructor: Lisa O'Brien
Hours: 6 hours
Fee: \$85

Description: This clinic is designed for the teacher who wants to delve more deeply into the possibilities of using a chair in yoga practice. Specialized instruction for the elderly, the fearful and the physically compromised student will be provided. Detail and focus will highlight proper alignment, sequencing, breath, movement and communication skills. Partner practice will reinforce new techniques and skills.

**YOGA FOR THE HEART:
THE COMPASSIONATE BACKBEND**

Dates: Saturday, 1/10/09
Time: 9:30 am - 4:30 pm
Instructor: Nita Spielberg
Hours: 6 hours
Fee: \$85

Description: In this advanced program, students will learn the anatomy of the cardiovascular system and how yoga practice supports a healthy heart and can address cardiovascular issues. Posture clinic will include sequencing for classes that open the heart emotionally and spiritually through a variety of backbends, including wheel. Teaching techniques for backbends, modifications, and use of props will be discussed. Please dress comfortably, but in a way that allows observation of body alignment and posture.

ENAGING THE SHOULDERS IN ASANA

Date: Saturday, 1/17/09
Time: 9:00-5:45 pm
Instructor: Michelle Carlino
Hours: 8
Fee: \$100

Description: In this intensive study, students will explore alignment principals to open the shoulders, prevent injury and provide more strength and stability in asana. Specialized techniques to foster the healing of shoulder difficulties will also be included. Learning will be reinforced by posture clinic, partner practice and mini-teaching sessions.

TEACHING YOGA UTILIZING ANUSARA PRINCIPLES

Dates: Saturdays, 2/7/09 and 2/21/09
Time: 9:00 am - 5:45 pm
Instructor: Michelle Carlino
Hours: 16 hours
Fee: \$200

Description: Anusara Yoga utilizes specific energy patterns in the body which invite asana to be a vibrant celebration of spirit. Come to investigate the philosophy of anusara yoga, explore basic energetic principles of alignment, learn new and refined assisting techniques, and execute a mini-lesson incorporating anusara principles.

KNEES AND HIPS IN ASANA

Date: Sunday, 2/22/09
Time: 2:00-6:00 pm
Instructor: Michelle Carlino
Hours: 4 hours
Fee: \$65

Description: This workshop will address the proper alignment of knees and hips in a variety of different asanas. Anatomical alignment and positioning will be examined; as well as therapeutic techniques for preventing and dealing with injuries.

YOGA FOR ANXIETY

Dates: Saturday, 2/28/09
Time: 9:00 am - 4:00 pm
Instructor: Lisa O'Brien
Hours: 6 hours
Fee: \$85

Description: In this intensive training, students will learn supportive techniques to ease suffering in times of emotional distress. Targeted training in restorative yoga, calming pranayama practice, and guided meditation will be addressed as pathways to emotional healing.

THE BREATH OF LIFE

Dates: Saturday, 3/7/09
Time: 9:30 am - 4:30 pm
Instructor: Nita Spielberg
Hours: 6 hours
Fee: \$85

Description: This is an opportunity to delve deeper into the psychophysiology of how breath supports optimum health and vitality. Principals of ayurveda and pranayama will be explored through posture and pranayama clinic and partner work. Sequencing to address preparation for pranayama as well as specific therapeutic issues will be discussed.

CHAKRA YOGA TECHER TRAINING

Dates: Saturdays, 3/14/09 and 3/21/09
Time: 9:00 am - 4:00 pm
Instructor: Lisa O'Brien
Hours: 12 hours
Fee: \$115

Description: In this extraordinary system of energetics, you'll be investigating theory and psychology of the chakras, practicing pranayama and asana to balance each chakra, and incorporating chanting, visualization, affirmation and meditation into a chakra yoga class. Guidance will be provided in design and execution of a chakra yoga mini-lesson.

EXPLORING KUNDALINI YOGA

Dates: Sunday, 3/15/09
Time: 9:00 am - 5:45 pm
Instructor: Michelle Carlino
Hours: 8 hours
Fee: \$100
Description: Learn to use energetic kriyas in order to raise kundalini and improve general health and investigate new techniques for working with breath, movement, and sound. Plan to participate in periods of extensive meditation and learn the dynamics of incorporating kundalini techniques in yoga class.

TEACHING ADVANCED PRANAYAMA

Date: Saturdays, 4/4/09 and 5/2/09
Time: 9:00 am - 5:45 pm
Instructor: Michelle Carlino
Hours: 16 hours
Fee: \$200
Description: It is vital to explore the ancient text, HATHA YOGA PRADIPIKA, in understanding the deeper practices. Learn advanced breathing techniques (anuloma viloma, kappalabhati, yoni mudra, bhastrika, bhramari, shitali and sitkari), work with breath retention and bhandas and execute an advanced pranayama session.

ADVANCED TRAINING IN ASANA: BACKBENDS (PHASE II)

Date: Saturday, 4/25/09
Time: 9:00 am - 5:45 pm
Instructor: Ed Dailey
Hours: 8 hours
Fees: \$90.00
Description: Learn how to advance your teaching of backbends so students avoid overload of the spine. During this training, you will learn methods to prepare the body to open with ease, even with the most challenging of backbends. Plan to work on sequencing, modifications, adjustments, and therapeutic applications.

ADVANCED TRAINING IN ASANA: FORWARD BENDS (PHASE II)

Date: Sunday, 4/26/09
Time: 9:00 am - 5:45 pm
Instructor: Ed Dailey
Hours: 8 hours
Fees: \$90.00
Description: Forward bends are the most cooling of all asanas that we do and help us to look deep within. Learn the entire series of

forward bends so that students can unfold with ease. Sequencing, modifications, adjustments, and therapeutics will be addressed in detail.

TEACHING THE DEEPER PRACTICES

Date: Saturdays, 5/9/09 and 5/16/09
Time: 9:00 am - 5:45 pm
Instructor: Barbara Moeller/Michelle Carlino
Hours: 16 hours
Fee: \$200
Description: Plan to embrace Patanjali's eightfold path in depth, investigate the five major koshas of the multidimensional self, identify the five major pranās of the vital body, explore shatkarma purifications techniques and become acquainted with the HATHA YOGA PRADIPIKA. Sadhana practice will be so deep that spirit will realize its own true nature and move to communion with the Divine.

EXPLORING YIN YOGA

Date: Saturday, 5/30/09
Time: 8:30 am - 5:30 pm
Instructor: Rochelle Townsend
Hours: 8 hours
Fee: \$100
Description: Yin yoga helps to bring balance to your yang yoga practice. In this training, you'll learn how to effectively stretch the connective tissue to help gain range of motion, learn the difference between tension and compression, and discount fallacies regarding your ligaments. An emphasis on hips and shoulders will be featured in yin yoga practice.

INVERSION IMMERSION

Dates: Saturday, 6/13/09
Time: 9:00 am - 4:00 pm
Instructor: Rochelle Townsend
Hours: 6 hours
Fee: \$85
Description: Find the connection between your hips and shoulders during inversions. Learn the alignment instructions as well as preparatory postures to allow openings in your body and lightness to help you float. Common fears will be addressed to help your students find comfort, strength and confidence as they attempt new asanas. Highlights will include Adho Mukha Vrksasana (handstand) and Pincha Mayurasana (forearm stand).

ADMISSION POLICY

All Applicants Must:

1. Submit a completed application to LIWS (non-refundable \$25 fee). Please list your classes of choice on the application.
2. Provide a copy of your 200 Hour Yoga Teacher Training Certificate.
3. Submit a payment for each class at least one week prior to the start date of the class.

ABSENTEE POLICY

Lourdes Institute of Wholistic Studies expects students to attend classes and conferences with instructors on time. Each instructor determines his or her policy for student absences. This written policy is to be distributed to students at the first class meeting.

If this procedure is overlooked or if a student is absent from the first class, it is the student's responsibility to obtain the attendance policy of the instructor by the end of the first week of class. Students who are absent from class for any reason are expected to make up the work missed.

Excessive absences from class may lead to enforced withdrawal from class. However, in certain cases of illness and jury duty, students will be permitted to make up the work if it is academically possible.

Make-up time is determined by the Instructor and/or Coordinator of LIWS. Make up time may be fulfilled by completing a tutoring session or by repeating an entire course.

If a student does not provide 24 hours notice prior to canceling a private tutoring session, he/she will be charged a \$40.00 cancellation fee.

TUTORIALS

Each student who participates in the LIWS tutorial services will pay \$40.00 per hour to the instructor directly. Recognizing that if four or more students require tutorial service within the same sixty-minute period, the flat rate will be \$80.00 per hour divided equally by the number of students participating. If the instructor has schedule conflicts for tutorial services he/she

may select a student representative to act in their place, with permission from LIWS. LIWS will also determine payment arrangements in these cases respectfully. All make up work including missed tests, missed assignments, and missed classes must be completed within ten days. The instructor and student will be responsible for arranging material and time for these occurrences with the understanding that LIWS will provide facilities for re-testing should it be necessary.

STUDENT FINANCE OPTIONS

Lourdes Institute of Wholistic Studies realizes that educational costs are an important consideration when selecting a program. A wide variety of financial assistance programs and financing options are offered for students who need to supplement their own resources to meet costs.

LIWS offers payment plans and SLM Loan options.

LIWS Payment Plan: For all certification programs (a payment plan with an initial 20% down payment and monthly payments due on the 1st of each month during the semester.) Payment plan does not apply to CEU's.

Private Loan Financing: SLM Financial is a Sallie Mae company that specializes in providing loans specifically designed for education. SLM offers a wide range of programs with rates as low as 1% above Prime and terms up to 180 months. Applicants generally receive approval within 72 hours. SLM loans are available for qualified applicants and loan applications can be obtained and processed through www.salliemae.com or www.slmeducationloans.com.

Scholarships

Partial scholarships available. Please inquire for details.

Please Return Completed Application to:
LOURDES INSTITUTE OF WHOLISTIC STUDIES
900 Haddon Avenue, Suite 114, Collingswood, NJ 08108
Phone: (856) 869-3134 Fax: (856) 869-3139

Name: Social Security :
Address: City
State: Zip: Phone: (H:) (C:)
Date of Birth: E-mail Address:
Semester/Date Continuing Education Class:
Emergency Contact Telephone:

CERTIFICATION PROGRAMS

Lourdes Institute of Wholistic Studies Certifications (Please circle one)

Wholistic Yoga Teacher Training (200 Hr) Wholistic Yoga Teacher Training (500 Hr) Christian Yoga Option
Wholistic Massage Practitioner Certificate Shiatsu Certification Reflexology Certification

- 1) What level of Education have you completed? (If post-secondary, indicate degree(s) earned & where):
2) Do you have prior experience in Massage, Bodywork and/or Yoga? (circle one) Yes No (If yes, please explain)
3) Do you have any medical/ learning special needs? (circle one) Yes No
4) Have you ever been convicted of a crime, other than a minor traffic violation? (circle one) Yes No
5) Have you ever attended Lourdes Institute of Wholistic Studies? (circle one) Yes No
6) How did you learn of Lourdes Institute of Wholistic Studies?
7) Would you be interested in a partial scholarship/work-study program to offset tuition? (circle one) Yes

Essay and application fee not required for Continuing Education Students:

Please submit a one-page essay explaining your view of Wholistic Health and its integration with Massage, Bodywork & Somatic Therapies within today's health care. Please attach the essay page to your application. A \$25.00 (check or money order) application fee must be included with this Application for Admission.

I certify that the above answers are true, correct and complete to the best of my knowledge. Further I agree to abide by the rules, regulations and policies of Lourdes Institute and Camden County College as outlined in the catalogs/manuals.

Applicant's Signature: Date:

LIWS OFFICE USE ONLY

Date Application Received Initials Interview

Helen Owens, OSF, D.Min., MSN, RN, Dean is the founder of Lourdes Wellness Center, the Institute of Wholistic Studies, and is currently Vice President of Mission at Our Lady of Lourdes Medical Center. Her background is in Community Health Nursing and in wholistic modalities. Her interest in wholistic spirituality prompted her to include the wholistic modalities certification programs at Our Lady of Lourdes.

Frank Pileggi, Ph.D., RHP, Director is the Director of Lourdes Institute of Wholistic Studies. He is a Registered Holistic Practitioner specializing in Bodywork and Muscle Therapy in the areas of: Pfrimmer Deep Muscle Therapy, Sports Massage, Myofascial Release, Rolfing and Athletic Training. He received his Masters Degree in Holistic Health Sciences and his Doctorate in Holistic Health Arts and Practices. Dr. Pileggi has an extensive background as a practitioner, educator and administrator on both collegiate and professional levels.

Angela Austin, AS is the Coordinator, Receptionist, and Registrar for Lourdes Institute of Wholistic Studies. Angela is an honors graduate of LIWS with an Associates Degree in Applied Science/Massage Therapy. Angel is in pursuit of furthering her education in Wholistic Healthcare. Angela provides administrative assistance and helps to facilitate the needs of the students.

Michelle Carlino, BA, E-RYT500, has been studying multiple styles of yoga since 1980 and has been teaching since 1987. She is certified in Hatha, Kripalu, Anusara, and Yoga for Cardiac/Cancer Patients. She has been Assistant Director of the Lourdes 200 Hour Yoga Teacher Training Program since 2002.

Corinne Corcoran, EdD, NCTMB, is a Reiki Master and holds certificates in many additional modalities, including massage, foot reflexology, Touch for Health, and One Brain facilitation. She has been a specialist in chant, meditation and ayurveda for many years and has received training from Dr. Deepak Chopra in ayurveda and pancha karma.

Ed Dailey, RN, RYT, is an independent teacher who is aligned with the teachings of BKS Iyengar and Rodney Yee. Ed is involved in an ongoing apprenticeship with Rodney Yee and spends several hundred hours with him each year as a student and assistant at workshops all over the US. His classes are fun, inspirational and filled with philosophy.

Anne Foley, E-RYT500, has obtained extensive training in the Iyengar and Kripalu traditions. She has received intensive instruction under the tutelage of Judith Lasater and Mira Metha. Her studies have included ayurvedic intensives with Vasant Lad and Robert Svaboda as well as significant involvement in the Christian meditation movement.

Micki Italiano, E-RYT500, has been a practitioner of yoga since the early 1980s. She holds certificates in Kripalu Yoga and Svaroopaa Yoga and has studied extensively with the Iyengar style of yoga for eight years. She is the co-founder of Yoga Now! in Marlton, NJ.

Barbara Moeller, MA, E-RYT500, is the Director of the 200 Hour and 500 Hour Yoga Teacher Training at Lourdes Institute of Wholistic Studies. She has been a practitioner of yoga and meditation since 1973 and has taught for over 25 years. She has received extensive training in classical hatha, Kripalu, Christian, ashtanga yoga, and yoga nidra. She is also certified in the Yoga of the Heart training, with emphasis on healing those who suffer from heart ailments and cancer.

Lisa O'Brien, RYT, CRM is a registered Yoga Teacher and Certified Reiki Master. She is a graduate of the Yoga Teacher Training program at Lourdes Institute of Wholistic Studies and is familiar with various styles of yoga. She specializes in Chakra yoga, which supports the body's energy system, meditation and yoga for life which supports seniors and students with physical challenges. Lisa has been a teacher of physical fitness since 1990 and is the owner and coordinator of Bliss Body in Haddonfield, as well as teaching at various studios in South Jersey.

Nita Spielberg, RN, RYT200, is a graduate of the Lourdes Institute Yoga Teacher Training. She has studied in Iyengar and Kripalu traditions since 1977 and has a very successful teaching practice in several studios in the near-by area. Nita is a gifted teacher in classical and vinyasa yoga and also specializes in working with clients who have specific needs such as back pain, scoliosis, and mental health issues.

Rochelle Townsend, E-RYT received her vinyasa certification at Wake Up Yoga in Philadelphia has continued to study with various master teachers. She is inspired by the ever changing flows taught by Shiva Rea and is especially gifted in the areas of vinyasa, immersions, and yin yoga. She is the owner of The Studio For Yoga and More in Moorestown.



1600 Haddon Avenue
Camden, New Jersey 08103
Dept: Lourdes Institute of Wholistic Studies



500 Hour Yoga Teacher Training Program



Registered Yoga School

Directions to Lourdes Institute of Wholistic Studies

From Ben Franklin Bridge: Merge into the left-hand lane and follow signs for Routes 130/30; take 130 South exit; stay on 130 South until Haddon Avenue (corner of Dunkin' Donuts on the right); make a right turn and then another immediate right hand turn under the overpass, follow Haddon Avenue into Collingswood, approximately two miles. You'll pass Foster Funeral Home, and PNC Bank on the right. We are located in the next block in the Station House Building (five-story, red-brick building).

From Walt Whitman Bridge: Stay in right lane; follow sign for 130 North. Follow directions for Route 130 Northbound below.

From Interstate 295 Northbound: Take 295 North to Exit 29 Route 30 West (White Horse Pike). Continue on this road until you reach Cuthbert Boulevard (Commerce Bank on the left) and make a right; travel down this road to Haddon Avenue (Walgreens on right and KFC on left) and make a left turn. Continue on this road for approximately two blocks, in the next block is Station House Building.

From Interstate 295 Southbound: When traveling southbound on Route 295, take Exit 29 for Route 30 (White Horse Pike) -- Collingswood. At the end of the exit ramp, turn left. After a very short distance, you will be at the junction of Route 30 (White Horse Pike). Make a right turn onto Route 30 West. Continue on this road until you get to Cuthbert Boulevard (Commerce Bank on left) and make a right; travel down this road until you get to Haddon Avenue (Walgreens on right and KFC on left) and make a left turn. Go down two blocks, in the next block is Station House Building.

From Route 130 Northbound: Take 130 North until you cross over the Black Horse Pike (Route 168); shortly after you cross Route 168, the next traffic light is Collings Avenue, make a right onto Collings Avenue. Travel on this road until you come to Haddon Avenue. Make a right. As you travel down Haddon Avenue, you'll pass Foster Funeral Home, PNC Bank on the right. LIWS is located in the next block in the Station House Building (five-story, red-brick building).

From Route 130 Southbound: Take 130 South past the junction of Routes 38/70/30 (formerly the Airport Circle); stay on this road until you get to Dunkin' Donuts and Radio Shack on the right - make a right turn and then another immediate right hand turn under the overpass and follow Haddon Avenue into Collingswood (approximately two miles). You'll pass Foster Funeral Home, and PNC Bank on the right. We are located in the next block in the Station House Building (five-story, red-brick building).

The Institute of Wholistic Studies is located at 900 Haddon Avenue, Suite 114, Collingswood, NJ. Parking is conveniently located in the lot behind the building, in the lot directly across the street or along Haddon Avenue.