



# Willow street Yoga Center of Takoma Park

Fall Session 2001

## Reflections for Fall 2001

*On Growing Pains*

*by Suzie Hurley*

A friend of mine, the mother of an adolescent son, told me recently that Jeff is physically in pain due to the rapid rate of bone growth that is presently happening as his body grows to maturity. We know that adolescence can also be an emotionally and psychologically painful period as well. In fact, "growing pains" come to all of us, regardless of age, at different times in our lives. We can count on it; change is inevitable. In fact, it's the only thing that is constant.

Outgrowing ourselves, outgrowing negative habits of behavior, outgrowing certain friends, partners, even family members, our jobs, certain recreational pursuits, is never easy. Yet, it spurs us on to open to new and more healthy relationships with ourselves and with others, and allows us to make space for the old with compassion.

Those of us that have been playing this Yoga game for awhile know that the practices lead to change and transformation. The physical asanas create stronger and more flexible bodies, increased joint

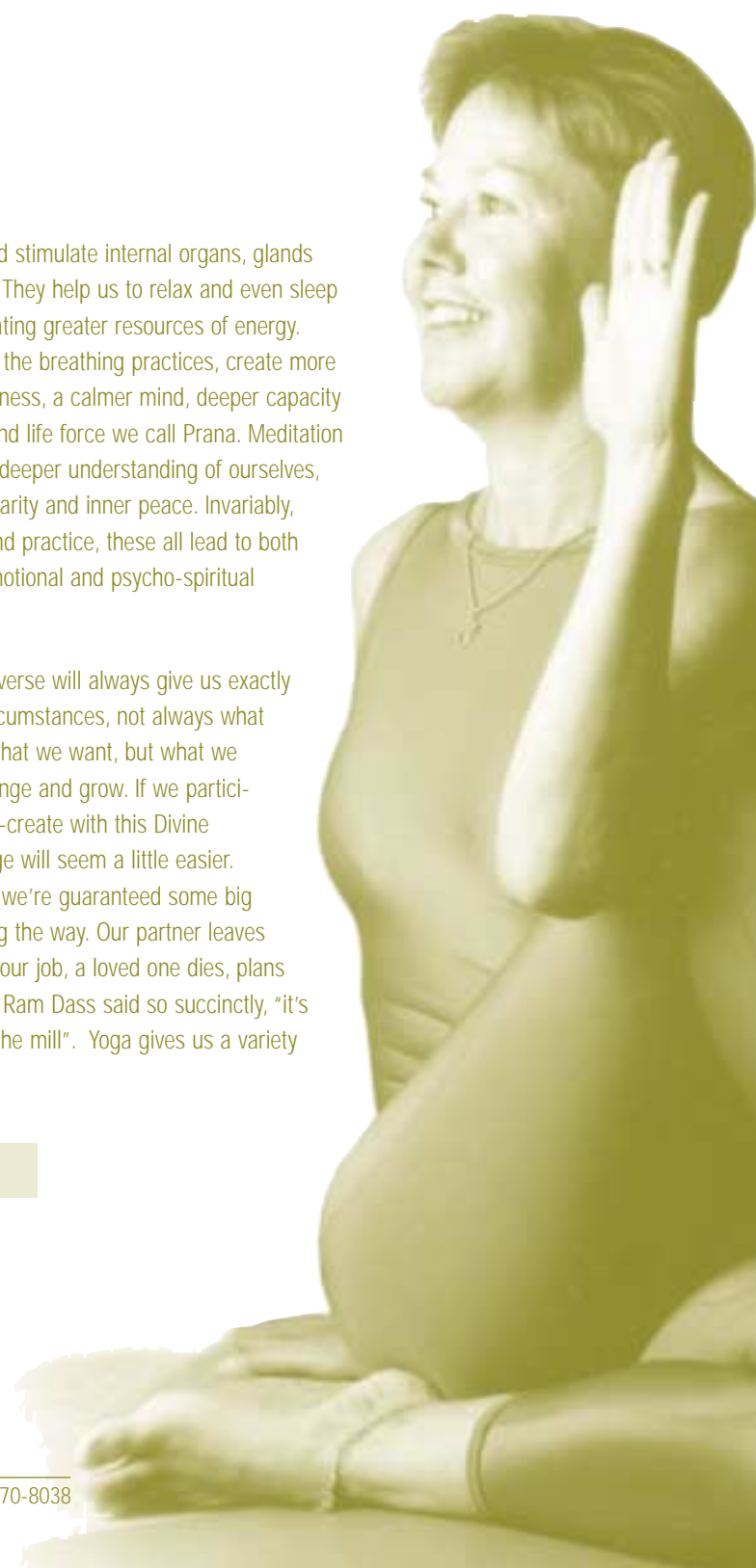
function, and stimulate internal organs, glands and nerves. They help us to relax and even sleep better, liberating greater resources of energy. Pranayama, the breathing practices, create more mental alertness, a calmer mind, deeper capacity for breath and life force we call Prana. Meditation brings us a deeper understanding of ourselves, increased clarity and inner peace. Invariably, over time and practice, these all lead to both physical, emotional and psycho-spiritual change.

And the Universe will always give us exactly the right circumstances, not always what we like or what we want, but what we need to change and grow. If we participate and co-create with this Divine force, change will seem a little easier. If we resist, we're guaranteed some big bumps along the way. Our partner leaves us, we lose our job, a loved one dies, plans go awry; as Ram Dass said so succinctly, "it's all grist for the mill". Yoga gives us a variety

### INSIDE

Join us for a free class! See page 6 for the schedule.

See page 2 for a list of our new class offerings.



*"Yield to the willow all passions, all desires of your heart."*

*–Basho*

### We've added

*An evening Therapeutics class*

*An evening Gentle Class*

*A daytime Restorative Class*

*An Easy Flow Class*

*A Woman's Yoga Class*

*More Yoga I, II and  
Yoga I/II classes*

of tools that can help us be with the process of this transformation that will open up new doors, not only to the outside world, but to our hearts.

Willow Street Yoga Center is also outgrowing itself, and changes are afoot. Seems like someone somewhere threw a pebble in a pond and the ripple effect has set in. In 1994, we opened our doors at 6925 Willow Street on the DC side of Takoma Park, right across from the CVS pharmacy, which wasn't even there at the time. Opening with 160 students, we outgrew ourselves and moved to our present location in 1998, with only the downstairs studio. One year later, we again outgrew ourselves and blessed the opening of our second upstairs studio in the Spring of 1999. Now here it is, almost the Fall of 2001 and we've grown to over 1000 students. With the upsurge of Yoga everywhere, on the cover of Time magazine, on Oprah, in every health section of almost every newspaper, in commercials, on airplane tv's, in hospitals and schools, it's no wonder yoga is booming!

Years ago when I'd fly somewhere and my seat mate would ask what I did for a living, and I'd mumble something about teaching yoga, I could usually count on an unusual look and often silence. On my most recent flight to teach a workshop in Albany, my seat mate responded to my answer, "Wow, that's so cool, I just started a yoga class and love it." Times, they are a changin'. Is it a fad? Will it blow over? I don't think so. The roots of Yoga go back over 5000 years, and time and direct experience has tested, (now along with the medical

community which is fast becoming a big fan) this ancient science and art. I think it's gonna be around to stay.

This summer we'll be moving our offices across the lobby to our new space. In addition to three new large offices, we'll still have room for a small 800 square foot studio. We will be opening the present hallway in the downstairs studio to help with the congestion of students exiting and entering their class, and also to enlarge our current retail space.

There will be disruption, there will be disarray, mayhem and mess! With construction also comes dust, paint smells, noise and debris. All in all, lots of uncomfortable change. Hopefully by the time you read this, much of the disruption will be over, but perhaps we're still in the throes of it this minute. We, on the Willow Street staff, ask for your patience, your understanding and your support as we grow into our new surroundings. We hope that some of those skills you've learned on the mat, such as patience as those hamstring muscles slowly let go, or the sudden opening of the heart and a more spacious and less judgmental mind can also be used here. We'll do our best to try and make it flow as smoothly as possible on our end.

Looking forward to sharing the Fall with you in our new digs.

Namaste,



## WHAT IS YOGA

Yoga is the oldest holistic system of personal development. It is a practical method of self-unfoldment which balances the physical, mental, and spiritual aspects of ourselves. Yoga is comprised of postures, breathing exercises, and meditation. The postures stretch, tone, and strengthen muscles, joints, and spine. They also stimulate internal organs, glands, and nerves. By releasing physical and mental tensions, the postures liberate vast

resources of energy. The breathing exercises revitalize and cleanse, while the practice of meditation brings increased clarity and inner peace. As we practice yoga we become more and more aware of the interconnectedness of body, mind, and spirit. As body, mind, and spirit are more deeply integrated, our lives begin to flow with optimal ease, energy, and intelligence.

## ASANA LEVELS AND CLASSES

**Yoga I** is for beginning and continuing students to introduce them to the fundamental principles of alignment and breathwork. Primary poses and yoga basics will be taught, including the use of props. Emphasis will be on the standing poses, stretching and strengthening the legs, back and shoulders.

**Yoga I/II** is for continuing students having completed Yoga I. The emphasis of this course is on refining and building endurance and introducing Yoga II standing poses. It does not include shoulderstand. This class is suitable for students who have practiced other styles of yoga besides the Anusara method, but is not suitable for those who have never studied yoga before.

**Yoga II** is for continuing students who have completed Yoga I and focuses on refining the standing poses and introduces the revolved standing poses and shoulderstand. Preparations for inversions (handstand, headstand, shoulderstand & plow) will be introduced, as well as preparatory actions for backbends and forward bends.

**Yoga II/III** is for intermediate students who have completed Yoga I and II, and would like more instruction and practice in the revolved standing poses and inversion preps. It will begin with Yoga II poses and move gradually into Yoga III poses, particularly strengthening the upper body in preparation for the headstand and handstand.

**Yoga III** is for intermediate/advanced students who have completed the Yoga II or II/III course. Headstand, forearm balance, and full arm balance (handstand) will be introduced. Additional backbend poses and mini-arm balances are also included. Regular practice outside of class is strongly encouraged.

**Yoga for Special Conditions & Injuries** is for students that want more individual attention to postures that are difficult and/or painful. Class will move at a slower pace to optimize the potential for healing and improvement. All poses will be carefully modified for each student's needs and abilities. (This class may not be used as a make-up and drop-ins are not allowed.)

**Gentle Yoga** combines warm-ups, gentle and restorative postures, yogic breathing, and guided deep relaxation to reduce stress and increase movement and vitality. Designed for students who prefer a class less vigorous than Yoga I, Gentle Yoga is also ideal for students experiencing illness, injury, or chronic pain. Students may join the class at any time during the session.

**Tai Chi** (Level I) The central principle of Tai Chi is learning how to stay relaxed in activity. It is often referred to as meditation in motion. This class includes instruction in Taoist meditation, some Qigong (easy exercises designed to heal and strengthen the body), and the Tai Chi form (yang style).

**YogaRhythmics** is the expression of yoga through dance. It draws from the roots of yoga to develop awareness and acceptance of body and self using a synergy of creative movement, breathwork, rhythm, and form to open and energize the seven major chakras. All bodies are welcome. For a more detailed description of YogaRhythmics, see [www.yogadancing.com](http://www.yogadancing.com).

**Pilates Mat I** Pilates exercise, practiced in the U.S. since the 1920s, is undergoing a surge in popularity. The exercises require concentration, working the body and mind. They focus on the abdomen, back, and buttocks, together with coordination and breathwork. It may take a few weeks into the session to feel a pronounced difference in your muscles and posture, but even a single session can leave you feeling more aware of your body.

**Pilates Mat II** Students should be familiar with Pilates Mat I and have some abdominal strength to support the work. The class will progress faster than Pilates Mat I.

**Pregnancy Yoga.** Practicing yoga during pregnancy is a natural way to develop the flexibility, concentration, and strength needed during this transformative time. Through the use of gentle yoga, breathwork, and relaxation, you will have opportunities to experience the special connection you have with your baby, while developing trust and confidence in your body's resources for birth. Tuition may be prorated for anyone whose due date falls within the session, providing space is available. Permission is required from your midwife or physician.

**Spiritual Belly Dance.** Learn basic belly dance and energy movements for the physical and subtle bodies. Gracefully express your inner divine beauty and truth. Angel (Clementina Brown) has studied, performed, and taught various forms of Middle Eastern dance for many years. She combines her knowledge of meditation, breathwork, bioenergetic healing, and Pilates into her teaching of dance to make spiritual belly dance classes fun, energizing, inspiring, and healing.

### Reminder

*Be sure to register early as classes fill quickly and may even be filled before free classes are held.*

*Current students may reserve a space until August 27th. All registrations, new and current, will receive equal consideration after that date.*

## ASANA LEVELS AND CLASSES *(cont.)*

### Benefits of Yoga

*Normalized blood pressure*

*Improved glandular function*

*Rejuvenated joint function*

*Improved digestion and metabolism*

*Flexibility in mind & body*

*Increased joy and sense of well-being*

**Vinyasa Flow Yoga** means a steady continuous flow of postures being linked together by the breath. Sun Salutations and other creative flows will be emphasized, with occasional instruction and demonstrations. Students should be familiar with the Anusara principles and be in good health and free of major injuries.

**Easy Flow Class** is for students that have completed at least one session of Yoga I at WSYC.

**Intermediate Flow Class** is for students that have completed at least one session of Yoga I/II at WSYC and are familiar with the Anusara principles.

**Advanced Flow Class** is for students that have completed at least one session of Yoga II, are familiar with the revolved poses and have a working knowledge of the Anusara principles.

**Restorative Yoga** is for students that want to relax, restore, and rejuvenate through a meditative supported practice. These poses, supported by props, help to strengthen the immune system, reduce stress and are useful for all students, especially those with chronic illnesses, injuries, fatigue or those who just need to let go.

**Women's Yoga** focuses on the unique physical, psychological and spiritual concerns of women in a non-competitive, playful, exploratory atmosphere. Using breathwork, asana, and movement, we will stretch and strengthen the body, focusing on opening the pelvis and increasing our connection with ourselves, our bodies and the earth. We'll come to rely more fully on our inner source of power, strength and energy.

**Pranayama Breathing** or yogic breathing, explores the conscious regulation of the breath. We will learn the posture of sitting, and various types of breathing practices. The breath is a critical factor in creating a strong yet calm nervous system, purifying the mind, and bringing mental health and happiness. One year of asana practice is required to begin.

**Yoga for Kids** is a playful class that helps children learn techniques for greater concentration, reducing stress, and connecting to their bodies in a loving way as well as using the breath to focus and quiet the mind. There are two age levels: 5-8 years and 9-11 years.

**Teen Yoga** is a class for Ages 12-16 that empowers teenagers to become more self-aware and confident. The class promotes a sense of well-being while developing strength and flexibility. Breathing and relaxation techniques will also be taught.

**Therapeutic Massage** is available at Willow Street by contacting Joe Miller directly at 301-562-3114. Please refer to his credentials on page 4 of this newsletter. We welcome Judy LaPrade as our newest massage therapist, working on Mondays. Her number is 301-585-4512.

### Private Yoga Instruction

Our instructors are available for private yoga sessions. Please call the studio and we'll put you in touch with an instructor.

## OUR VISION OUR PURPOSE

To enhance health and well-being in body, mind, and spirit. We believe the essence of yoga is transformation. We don't have to be perfect to be whole. Through awareness, we learn to accept, and through acceptance, we create an opening for adjustment and change. Thus begins the journey within, thus begins YOGA.

WSYC teaches **Anusara Yoga**, a style of Hatha yoga that integrates universal biomechanical principles of alignment, with equal emphasis on strength and flexibility, and a feeling for inner body awareness that begins from a place of self-acceptance and heartfelt celebration of life.

**Anusara Yoga** is a uniquely integrated approach to Hatha Yoga, developed by John Friend. In **Anusara Yoga**, the flowering of the human spirit powerfully

blends with the precise science of biomechanics. In this highly therapeutic, physically transformative style of Hatha Yoga, Universal Principles of Alignment and balanced energetic action are used in the performance of each asana. Each pose is performed with an integrated awareness between all different parts of the body. This dynamic symmetry is optimized by using specific energy loops and spirals within the body.

The other systems of yoga that have most influenced our teaching are the Kripalu Center for Yoga and Health begun by Yogi Amrit Desai, and the Iyengar system of yoga as developed by B.K.S. Iyengar. We are grateful to each of these traditions and continue to be blessed with their teachings.

## ABOUT US

**Suzie Hurley** is the founder and Director of the Willow Street Yoga Center, which began in 1994. A Senior Anusara Teacher and Teacher Trainer, and an Advanced 500 hour Kripalu teacher, Suzie has been teaching since 1981. Her 24 years of yoga practice include 16 years of Iyengar study, her principle teacher being John Schumacher. She is also a certified Phoenix Rising practitioner, and was on their Teacher Training faculty. Suzie gives Anusara workshops and trainings nationally.

**Jenny Otto** has been studying yoga since 1987. She has been developing and teaching wellness and exercise programs (including back care classes) for over 20 years. Through her yoga practice she has transformed her body and eliminated chronic back and neck pain. Jenny is Anusara certified and is designated an Anusara "Teacher Trainer" by John Friend. She brings both warmth and humor to teaching, as well as detailed knowledge in working with injuries and special conditions. Jenny is on sabbatical for the fall session.

**Moses Brown** is a Certified Anusara Yoga Teacher and a designated Anusara Teacher Trainer. He has been teaching in Columbia, Maryland since 1991. He began his studies in Iyengar Yoga with Stan Andrzejewski, director of Greater Baltimore Yoga and Bob Glickstein, director of The Yoga Center of Columbia. Moses brings focus, concentration, and mindfulness to his classes, weaving it together with playfulness and fun.

**Marion Griffin** is a Kripalu Certified teacher and has studied extensively with Suzie Hurley of Willow Street, and with John Schumacher, Director of Unity Woods. Marion taught Phys. Ed. in Montgomery Co. where she implemented the only yoga program in the county. Marion is undergoing Anusara Certification with John Friend and is an inspiration to all those she touches.

**Joe Miller** is an Affiliated Anusara teacher, and continues to study with his principle teacher, John Friend. Joe received his Kripalu Yoga certification in 1995 while living in residence on staff at the Kripalu Center. Joe attended the New Mexico School of Natural Therapeutics in Albuquerque, NM, graduating as a certified Therapeutic massage therapist in 1998. Joe focuses on breath, anatomy and bio-mechanics and brings a sense of humor, light-heartedness, and playfulness to his teaching, as well as to everything else in his life.

**Preeti Rachel Greene** is certified in the Integral and Kripalu traditions and also in "Yoga of the Heart," adapting Yoga for cardiac disease. Practicing since 1989, she also studies the Anusara system of Yoga. Rachel teaches at Holy Cross Hospital, and is the Stress Management Instructor for the CADRe (coronary artery disease reversal) Program at Walter Reed Army Medical Center. Her gentle, compassionate nature combined with skillful technique attract many to her classes and workshops.

**Kerry Traylor** received her yoga teacher certification from Kripalu in 1997 and continues to further her Iyengar and Anusara training under both Suzie Hurley and John Friend. As a former "stressed-out" management consultant, she is particularly interested in introducing her students to the spiritual benefits that yoga brings along with tailoring her classes to accommodate students' individual physical and emotional concerns.

**Robin Carnes** discovered yoga at age 18, and it has gradually become the center of her life. After working as a management consultant and trainer in her 30's, she became a certified Kripalu DansKinetics and YogaRhythmics instructor in 1996. She studies with John Friend, Suzie Hurley and Connie Miller and is a certified yoga teacher through the WSYC program. Robin invites students to learn from their bodies and to explore the power of movement rooted in sacred intention.

**Kate Miller** received her first certification in Interdisciplinary Yoga in 1996. She is an Affiliated Anusara Teacher, apprenticing with John Friend. Her other training includes study in the Iyengar, Ashtanga, and Kripalu traditions. Kate incorporates into her classes her studies of anatomy and therapeutics. Her intention is to guide her students into a practice that allows them to discover greater sensitivity, awareness and harmony within themselves.

**Linda Howard** has been teaching yoga since 1993. Linda has a practical, fun-loving approach and a caring, nurturing style that is engaging and upbeat. Linda is influenced in the Iyengar method through Stan Andrzejewski and the Anusara method through John Friend and Jenny Otto. She also studies with nationally known teachers yearly.

**Maureen Clyne** began her serious study of Yoga at the Jivamukti Center in NYC. Maureen certified through Sun & Moon Studio, where she is now working towards her Advanced Teacher Certificate. An affiliated Anusara Yoga Teacher, Maureen continues to study with Sharon Gannon & David Life, and John Friend. Maureen teaches at both Willow Street Yoga Center and at the Health Advantage Yoga Center.

### Benefits of Yoga

*Marked reduction in overall stress*

*Improvement in quality of sleep*

*Muscle toning and strengthening*

*Increased energy and vitality*

*Improved circulation*

*Corrected posture and body alignment*

## ABOUT US *(cont.)*

### Reminder

*Being on time...Please be mindful about getting to class on time. It is a courtesy both to the teacher and the students.*

**Karin Wiedemann** was introduced to yoga by her mother as a way of relieving stress. She graduated from a year long Anusara Teacher Training Program in 1999 from Health Advantage Yoga Center and has also completed a Teacher Training with David Swenson in Ashtanga Yoga. Karin empowers her students to explore yoga off the mat by practicing breath, alignment and meditation in every day situations.

**Mary Jean Eig** began studying yoga in 1993 and conducts classes for the Montgomery College Wellness Program and local health clubs where her focus is on relaxation through correct body alignment, breath awareness and self-acceptance. She holds a teaching certificate from Health Advantage Yoga Center and is continuing her training with John Friend and Suzie Hurley.

**Asya Haikin** has studied yoga since 1990 with teachers from various traditions, including Anusara, Iyengar and Kripalu. She completed her Anusara Teacher Training with Suzie Hurley and JJ Gormley, and continues to apprentice with Suzie. Her gentle and caring teaching style allows students feel at ease in her classes.

**Sara Shelley** specializes in helping pregnant women prepare for childbirth and connect with one another as they transition into motherhood. She has completed training in Prenatal Yoga, and has expanded her private work over the past year to include Yoga for pregnant couples. She continues to study the Anusara system of Yoga and is the mother of two young boys.

**Roberta Stiehm** is an artist and teacher living in Takoma Park. She was a concert dancer in both modern dance and ballet for 15 years. Roberta has been on the teaching staff of The Academy of the Maryland Youth Ballet for 16 years teaching both adults and children. She is certified in the Pilates Method of Body Conditioning in NYC. With a broad background in dance, voice, stretch and conditioning, Roberta brings a wealth of experience to her work.

**Clemintina "Angel" Brown** has studied and enjoyed Middle Eastern dance for over a decade with many of the world's best teachers. She has taught Spiritual Belly Dance since 1994, a unique form that combines traditional belly dance movements with healing energy, breathing, and visualization techniques.

**Eduardo Cortina** is a Certified T'ai Chi Instructor who has studied T'ai Chi, Qi gong, and other martial arts for over ten years. He is also a Certified Massage Therapist who specializes in Craniosacral Therapy and is a Reiki Master. Eduardo's classes are geared toward health, improving coordination and understanding body mechanics and how we can move efficiently and gracefully.

**Tiffany Montavon & Beth Ann Bartley** are certified Kripalu Danskinetics and YogaRhythmics movement instructors. Both instructors feel that YogaRhythmics is a fun way to reconnect with, honor and listen to the innate wisdom of our bodies. They encourage people to trust their own bodies, and to enjoy with what shows up! Both Tiffany and Beth Ann teach movement classes throughout the Metro area.

## FREE CLASSES—SEPTEMBER 17-23

These classes are offered to new students as an introduction to Willow Street and yoga. We do not take reservations for free classes. Attendance will be allotted on a first come, first-served basis. To ensure space in the class, please come early. Admittance will not be allowed after the class has begun.

### Sun. Sept. 16:

7:00-8:15 pm Yoga for Pregnancy Sara

### Mon. Sept 17:

12:00-1:15 Beginning Yoga Kate  
5:00-6:00 Pranyama Moses  
6:15-7:30 Beginning Yoga Moses

### Tues. Sept. 18:

7:15-8:15 am Earlybird Yoga Asya  
11:30-12:45 Beginning Yoga Linda  
6:15-7:30 Beginning Yoga Maureen  
6:15-7:30 Therapeutics Kate  
7:45-9:00 Beginning Yoga Kate

### Wed. Sept. 19:

12:00-1:15 Spiritual Belly Dance Angel  
12:30-1:30 Pilates Based Mat Roberta  
6:15-7:30 Beginning Yoga Suzie  
6:15-7:30 Gentle Yoga Rachel  
7:45-9:00 Beginning Yoga Joe  
7:45-9:00 Easy Flow Class Karin

### Thurs. Sept. 20:

9:30-10:45 Women's Yoga Robin  
4:30-5:45 Beginning Yoga Joe  
6:15-7:30 YogaRhythmics Robin  
6:15-7:30 Beginning Yoga Kerry  
7:45-9:00 Beginning Yoga Suzie

### Fri. Sept. 21:

10:00-11:15 Continuing Class Robin  
12:00-1:00 Restorative Class Karin

### Sat. Sept. 22:

9:30-10:45 Beginning Yoga Karin  
10:00-11:00 Pilates Roberta

### Sun. Sept. 23:

9:30-10:45 Beginning Yoga Rachel  
11:15-12:30 Beginning Yoga MaryJean  
4:15-5:30 Teen Yoga Kate  
5:15-6:15 T'ai Chi Eduardo  
5:15-6:15 YogaRhythmics Tiffany & BethAnn



## WORKSHOP REGISTRATION FORM—FALL 2001

*(please fill out all information and print clearly)*

Name: First \_\_\_\_\_ Last \_\_\_\_\_ Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail address \_\_\_\_\_

### Workshops

#### Sept. 21-23: Anatomy & Asana Weekend Workshop with Jenny Otto

- Sept. 21– 6:00-9:00pm: Fall Salute with Loops & Spirals \$60
- Sept. 22– 1:00-3:00pm: Lower Body \$40
- Sept. 22– 3:30-5:30pm: Upper Body \$40
- Sept. 23– 1:30-4:30pm: Spine & Scoliosis \$60
- For the entire weekend \$180

#### Oct. 7: Awakening Your Creative Nature Through Yoga, Dance and Art \$45

#### Oct. 20: Ayurveda: A Life of Balance \$45

#### Oct. 27: Surya Namaskar Workshop \$35

#### Oct. 28: Relieving Stress in the Workplace \$35

#### Nov. 3: Power Breathing: The Heart of Yoga with Jonah Offner

- 9:00 am-12:00 pm: Powerbreathing Basics: The Heart of Yoga \$45
- 1:00-3:30 pm: Powerbreathing and Yoga Asanas \$40
- 4:00 to 6:30 pm: Powerbreathing and Meditation \$40
- Full day for \$110
- Nov. 4 Private session \$100/sessions by appointment only

#### Nov. 17: Couples Pregnancy Workshop \$65 couple

#### Nov. 18: Partner Workshop

- \$30 a person  \$50 a couple

#### Dec. 26: Holiday Yoga Class \$30

#### Dec. 27: Holiday Restorative Class \$30

#### Jan. 1, 2002: New Years Flow Class and Restorative Class

- Flow Workshop on New Year's Day 1:00-3:00 pm \$30
- Restorative Workshop on New Year's Day 3:30-5:30 pm \$30

**Please select the workshops you would like to attend from the list provided.**

- All workshop registrations must be accompanied by payment in full. Send separate checks for each workshop.
- We accept cash, checks, and money orders only (no credit cards).
- Workshop cancellations must be received at least 5 business days before a workshop takes place in order to receive a refund.
- Please register early to avoid missing a full workshop.

Total Number of Workshops: \_\_\_\_\_

Total Workshop Fees: \_\_\_\_\_

(Please send separate checks for each workshop)

Willow Street Yoga Center • 6930 Carroll Ave. Suite 100 • Takoma Park MD 20912 • 301-270-8038 • www.willowstreetyoga.com



## CLASS REGISTRATION FORM—FALL 2001

**Class costs:** 1 1/2 hour classes First class \$182.00 1 hour classes \$156.00  
 Second class \$156.00 (no discount for more than 1 class)

*(please fill out all information and print clearly)*

Name: First \_\_\_\_\_ Last \_\_\_\_\_ Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail address \_\_\_\_\_

	Teacher	Class/Level	Day/Time <i>(circle one)</i>	Class Length <i>(check one)</i>	Fee
Class 1- first choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$82 1 hr for \$156	
alternative choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$82 1 hr for \$156	
Class 2- first choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$82 1 hr for \$156	
alternative choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$82 1 hr for \$156	

**Discount** (please check only one discount)  
 \$5.00 for paying in full and in one transaction prior to September 23, 2001  
 \$10.00 for seniors over 65

**Discount**

**Total Class Fee**

- **Please read all policy information before completing this form on page iii of the insert**
- To register for classes, return this form along with a \$30 nonrefundable deposit to WSYC. Balance is due the first day of class or your space is forfeited. Registrations cannot be accepted by telephone.
- WSYC does not confirm registrations. You will be contacted only if the class you select is full.
- Current students may reserve a space until August 27. After August 27, all registration, new and current will receive equal consideration.
- **Pro-rated registration for fewer than 13 classes are accepted only after September 30.**
- WSYC accepts cash, checks, and money orders only (no credit cards). Please make separate checks for classes and workshops payable to: Willow Street Yoga Center

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## TEACHER FEATURE

### Directions to the Willow Street Yoga Center

We are located in downtown Takoma Park, Maryland, just inside the DC line in the Takoma Business Center (Suite 100).

We are across Carroll Avenue from the CVS in Takoma Park's only high rise office building. We have a separate street-level entrance on the right side of the building as you face it from Carroll Avenue.

**By Metro:** Take the Red Line to the Takoma Station. After exiting the station, continue on Carroll Avenue past the 7-11.

Go two blocks along Carroll Avenue to 6930 (on the left).

**From Downtown:** Take 13th Street north. As it crosses Georgia Avenue, it becomes Piney Branch Road. Take a right on Cedar Street (about 7 blocks from Georgia). After you cross under the train tracks, Cedar Street becomes Carroll Avenue. Continue along Carroll Avenue past the 7-11 to 6930 (on the left).

**From Beltway:** Take exit 28 (New Hampshire Avenue) south toward Takoma Park. After about 4 miles, take a right on Eastern Avenue. Go about 1 mile. We are located at 6930 Carroll Avenue, just after Eastern Avenue merges into Carroll Avenue (on the right).

### Moses Brown

I'm the rookie at WSYC. I'm the new kid in Takoma Park, but I'm not that new to yoga.

I've been interested in Health, Wellness, and Spirituality since I was 20. Before that I think it was politics. In college I was partial to social causes and social justice.

I became a vegetarian while attending University in Madison, Wisconsin in the early 70's. My interest in diet had a lot to do with the environment and with social and economic justice. I began eating natural foods and took greater interest in healing and wellness in 1975. I soon became a zealous convert and in 1976 opened a Macrobiotic Food store with friends in Maryland.

I began to see Health and Wellness in a larger spiritual sense and was greatly inspired by the writings of Mahatma Gandhi. This was my first awareness of Yoga and his practice of Ahimsa (non-harming) one of the Yamas in Yoga Philosophy. Gandhi had a very embracing, patient, and practical approach. Gandhi also had a great sense of humor and loved to laugh. I consider him my first direct yoga influence. I still enjoy reading his works and I love the movie Gandhi, in fact, it's the only movie video I have ever purchased!

I came to yoga due to some mild but chronic hip pain and general stiffness. I started Hatha Yoga in 1989, doing some private sessions with a yoga teacher and found immediate benefit. The integration of movement and alignment in yoga seemed so remarkable and yet so

obvious I wondered why I hadn't noticed it before. Many of my aches and pains went away. I felt stronger and more flexible and yoga heightened my sense of wellness.

In 1995 I went to a John Friend workshop and really felt a strong connection to him and his approach to yoga. His style of teaching was heartfelt, fun, and creative. I was attracted immediately as he also had an embracing, patient, and practical approach. My personality is more playful, I love jokes and I love to laugh. I began studying with him as often as I could and attending weeklong retreats that he offered in Utah. Last year I was certified in Anusara Yoga and also designated a "Teacher Trainer".

I've been teaching in Columbia, Maryland for the last 10 years and besides teaching at WSYC, I also direct the Yoga Program at RiverHill Wellness Center in Columbia.

In my classes I strive to create an approach that is physically dynamic, therapeutic, mentally stimulating, and a lot of fun. John Friend challenges us to use the 3 L's in being effective. Each day have we lived, loved, and laughed fully. We call it practice so when we leave the studio we can more fully embrace the 3 L's in our lives! Yoga should be a heart opening experience that is supportive, empowering and a lot of fun. I feel so blessed to be a part of the WSYC family where the 3 L's are joyfully at home!



6930 Carroll Ave. Suite 100 • Takoma Park MD 20912  
301-270-8038 • [www.willowstreetyoga.com](http://www.willowstreetyoga.com)

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# Willow Street Yoga Center of Takoma Park

Fall Session 2001

## Fall Session Starts—September 24-December 23

### Happenings for Fall 2001—New January 2002 WSYC Yoga Teacher Training Program Coming:

Willow Street is proud to announce a new and exciting Teacher Training program that will be accessible to more folks, and even more complete. We will go to a 12 weekend format, 17 hours per weekend, over a period of one year. The program will be over 400 hours and approved by the Yoga Alliance. Please ask for a brochure. Weekends available to general public for \$350., space permitting.

## FALL WORKSHOPS

### September 21-23: Anatomy & Asana Weekend Workshop with Jenny Otto

This workshop is designed to deepen your understanding of general biomechanics of anatomy as applied to asana/ We will playfully explore how specific muscles and bones articulate in our bodies through movement and postures. We will look at the therapeutic aspects of aligning imbalances in the body and how our attitude plays an important role in the process. All Levels are welcome. Be prepared to move, learn and smile.

Friday September 21 - 6:00pm-9:00pm:

Fall Salute with Loops & Spirals—\$60

Saturday September 22 - 1:00 pm - 3:00pm:

Lower Body—\$40

Saturday September 22 - 3:30pm - 5:30pm:

Upper Body—\$40

Sunday September 23 - 1:30pm - 4:30pm:

Spine & Scoliosis—\$60

\$180.00 for the entire weekend. Pre-registration required by 9/8/01. Late registration fee \$10.00 per class. (YTT's and Teachers are highly encouraged to come to full workshop)

### Sunday October 7: Awakening Your Creative Nature Through Yoga, Dance and Art with Marion Griffin: 1:00-4:00—\$45.

This will be a time to get in touch with a place deep in your soul that has longed to jump out and enjoy life with a playful touch. We will paint as if we were children, dance like nymphs in the woods and experience yoga in a new found way. It will be three hours of fun and laughter.... Bring a tube of tempera paint in your favorite color and any size paint brush...and don't forget a smile!

### Saturday, October 20: Ayurveda: A Life of Balance with Roberta Reeves: 1:00-4:00—\$45.

Ayurveda is the knowledge (veda) of longevity (ayu) dating back to the Rishis of India, the same sages who received the knowledge of Yoga some 5,000 years ago.

This sister science of yoga concerns itself with the physical body and encourages living a life of balance in harmony with nature.

In this experiential, introductory workshop, learn how the Five Great Elements (Pancha Mahabhutas) form the doshas, and how the doshas manifest themselves through your unique and individual constitution. Through everyday practices of asana, chanting, sadhana, and dinacharya (daily routine), we will explore simple ways to balance body, mind and spirit for health and happiness through Ayurveda.

This workshop is offered in the tradition of WiseEarth Ayurveda as taught by Bri. Maya Tiwari. Ms. Reeves is a Diplomate of the American Ayurvedic Association and teaches yoga at Calvert Memorial Hospital. She apprentices in the Anusara tradition with Jenny Otto.

### Saturday October 27: Surya Namaskar Workshop with Maureen Clyne: 1:00-3:00—\$35.

Sun Salutation (Surya Namaskar) creates Tapas - the internal heat that "burns" impurities from the system. Surya Namaskar requires great skill to move smoothly and quickly through the Asana series. As a result, we sometimes lose track of our alignment in the poses. In this workshop, we break down Surya Namaskar to examine, and practice, the alignment of each Asana individually. With improved alignment, we increase our strength and stamina in Surya Namaskar practice. **PLEASE NOTE:** Participants must have completed at least 2 sessions of Level 1, and have a working knowledge of Anusara alignment principles.

*(continued on next page)*

## FALL WORKSHOPS *(cont.)*

### Meditation

**Sunday Evening Meditation:**  
7:00-8:15 pm.

*This special time is for ongoing Vipassana community meditation practice including short dharma talks, sitting practice, and an opportunity for discussion. Luisa and Lynn are long time practitioners, bringing a wealth of shared experience and dedication to their teaching. These classes are offered free, following the tradition of "dana", meaning generosity. Donations are appreciated. Luisa may be reached at 301/891-2780 and Lynn at 301/530-4363.*

**Vipassana Meditation Intro Course—Learn How to Meditate:**

*"Introduction to Insight (Vipassana) Meditation" —Four Sunday evenings, Sept. 23rd and 30th, (skip Columbus Day weekend) and October 14th and 21st from 5:00 - 6:30 p.m. at Willow Street Yoga Center. Registration is \$25 for all four classes. Make checks to Lynn Kelly and mail to 5007 Acacia Ave., Bethesda, MD 20814-2801. For information, call Lynn at (301) 530-4363 or email: Lkelly@mail.nih.gov*

**Sunday Oct. 28: Relieving Stress in the Workplace with Karin Wiedemann: 2:00-4:00—\$35**

Incorporate what you learn in the yoga studio into your daily routine as a way of reducing stress. This workshop will explore ways to reduce stress through the use of breathing exercises, workplace appropriate yoga poses and brainstorming ways to integrate these techniques into your schedule. The general principle of this workshop is to reconsider your workplace not by what you do, but where you are physically, mentally and spiritually.

**Saturday November 3: Power Breathing: The Heart of Yoga with Yonah Offner: 9:00-6:30 (3 optional segments or full day for \$110.)**

Pranayama is the basis for all Yogic practices. PowerBreathing' can be said to be the most powerful, efficient and beneficial way to improve your life! Igniting the Master within and reverse the aging process while managing your stress, pain and rage. Improve your yoga and meditation, your health or any other activity. Proper breathing is the basic core of any practice. PB' can empower you to take whatever you are doing now, to the next level. Yonah was recently featured in the March edition of the 2001 Yoga Journal with his story, "Operation Pranyama" of undergoing surgery with this technique.

**9:00-12:00: Powerbreathing Basics: The Heart of Yoga—\$45.**

This class will be on overview learning to increase your power; manage your pain, stress and rage by mastering your breath. Learning how to access more of your life force with new and simple Pranayama techniques.

**1:00-3:30: Powerbreathing and Yoga Asanas—\$40.**

Learn how to develop more strength and flexibility in the sacrum/coccyx and lumber spine, free up energy in the lower abdominal. Learn how to strengthen the diaphragm the least used muscle in the body, for delivering the maximum amount of life force to your body.

**4:00 to 6:30: Powerbreathing and Meditation—\$40.**

Learn what meditation is and isn't. Deepen your practice in concentration, reflection, contemplation and transcendence. Learn visualization and manifestation through body and breath awareness.

Bio: Yonah Offner is a Certified Breath and Yoga Therapist and draws on 30 years of study and experience with Yoga and Reflexology. He has been featured on television, radio, magazines, and newspapers. He lectures nationally and has a private practice in Vista California. Yonah is a graduate of Phoenix Rising Yoga Therapy and a member of the International Association of Yoga Therapists, National Speakers Association and Yoga education Society.

**Privates by appointment on Sunday Nov. 4 for \$100/sessions**

**Saturday, November 17: Couples Pregnancy Workshop with Sara Shelley 2:00-5:00pm—\$65 couple**

This workshop provides an opportunity for couples to enhance awareness and promote confidence in pregnancy, labor and birth. Expectant dads and partners will be given opportunities to better understand how to be supportive during the birthing process. Focus will be on gentle postures, breathwork, meditation and massage that can be used throughout pregnancy as well as during birth. Couples will develop greater relaxation, understanding and enjoyment for childbearing, while experiencing a deeper connection with their unborn child. No previous yoga experience necessary.

**Sunday November 18: Partner Workshop with Joe Miller and Karin Wiedemann: 2:00-4:30 Cost: \$30 a person or \$50 a couple**

Partner Yoga creates an opportunity to explore an interdependent partnership. We will playfully focus on finding balance and support as we deepen our awareness and tune in to our partner. Open to all levels. Bring a partner or come alone.

**Wednesday Dec. 26: Holiday Yoga Class with Marion Griffin 6:30-8:30 pm—\$30.**

Did the holiday excitement get you stressed?...well...come take a 2 hour yoga class and enjoy the fabulous benefits of breathing hard, surrendering to what is and reflecting on another year as it draws to an end. We will play and enjoy the day after Christmas...come join us!!!!

**Thursday December 27: Holiday Restorative Class with Rachel Greene: 7:00-9:00pm—\$30.**

During this season of giving, take time to receive..... Treat yourself to a relaxing restorative yoga class. We'll let go into postures designed to unwind the nervous system from its hectic holiday pace and help return the body to its natural, healthy balance. You'll leave refreshed and ready to ring in the New Year!

**Tues. January 1, 2002: New Years Flow Class and Restorative Class with Karin Wiedemann: \$30 each class**

**FLOW WORKSHOP on New Year's Day: 1:00-3:00 pm**

Resolve to start the new year with a purifying and invigorating flow class. This class will emphasize movement over instruction and poses that are linked by the breath. This will in turn generate heat in your body and allow you to go deeper into each pose. This class is best suited for students that have completed at least one semester of Yoga II.

**RESTORATIVE WORKSHOP on New Year's Day: 3:30-5:30 pm**

Begin the new year rested and in balance. This workshop will explore a series of passive poses supported by various combinations of folded or rolled blankets and other props. By supporting the body with props we will alternately stimulate and relax the body to move toward harmony. Each pose creates a specific physiological response which is beneficial to health and can reduce the effects of stress related disease and deep fatigue.

## SUZIE'S TRAVEL SCHEDULE

Sept. 22-23:	Anusara Weekend Workshop in Princeton, NJ. Call Deborah Metzgar 609-924-7294.
Oct. 27-28:	Anusara Weekend Workshop at Phoenix Rising Yoga Therapy Center in West Stockbridge, MA. Call Phoenix Rising 1-800-288-9642
January 4-7:	Anusara Level I Teacher Training with Suzie and Jenny Otto and Betsy Downing. Annapolis, MD. Call: Suzie Hurley at 301/891-1332
January 18-20:	Anusara Weekend Workshop in York, PA. Call Rich Mauro at 717/846-5191
February 1-5:	Anusara Teacher Training in Charlotte (Lake Norman), NC. Call Kelley Akin at 704/655-9642 or email at yogasong@aol.com
March 8-12:	Anusara mini Yoga Teacher Training (prep for Level 1) Albany Kripalu Yoga Center, NY Call: 518/454-9642

# FALL 2001 SCHEDULE IN ALL 3 STUDIOS

## MONDAY

Time	Class	Instructor	Location
8:00-9:30 am	Yoga II	Robin	●
12:00-1:30 pm	Yoga I	Kate	●
4:30-6:00 pm	Yoga I/II	Joe	✿
4:30-5:30 pm	Kids Yoga ages (5-8)	Karin	●
5:00-6:00 pm	Pranayama	Moses	▲
6:15-7:45 pm	Yoga I/II	Moses	●
6:15-7:45 pm	Yoga III	Suzie	▲
6:15-7:45 pm	Advanced Flow Yoga*	Joe	✿
8:00-9:30 pm	Yoga I	Moses	✿
8:00-9:30 pm	Yoga I/II	Suzie	●
8:00-9:30 pm	Yoga II	Kate	▲

## TUESDAY

Time	Class	Instructor	Location
7:15-8:15 am	All Levels	Asya	▲
11:30-1:00 pm	Yoga I	Linda	●
1:15-2:45 pm	Yoga II	Linda	●
6:15-7:45 pm	Yoga I	Maureen	✿
6:15-7:45 pm	Yoga II	Marion	●
6:15-7:45 pm	Therapeutics	Kate	▲
8:00-9:30 pm	Yoga II/III	Maureen	▲
8:00-9:30 pm	Intermediate Flow Yoga*	Kerry	✿
8:00-9:30 pm	Yoga I	Kate	●

## WEDNESDAY

Time	Class	Instructor	Location
8:30-10:00 am	Yoga I/II	Karin	▲
11:15-12:15 pm	Pilates Mat II	Roberta	●
12:00-1:30 pm	Spiritual Belly Dance	Angel	▲
12:30-1:30 pm	Pilates Mat I	Roberta	●
4:30-6:00 pm	Yoga I/II	Karin	●
4:30-5:30 pm	Kids Yoga (ages 9-11)	Kate	▲
6:15-7:45 pm	Gentle Yoga	Rachel	▲
6:15-7:45 pm	Yoga I	Suzie	✿
6:15-7:45 pm	Yoga II	Marion	●
* 8:00-9:30 pm	Easy Flow	Karin	▲
8:00-9:30 pm	Yoga III	Suzie	✿
8:00-9:30 pm	Yoga I	Joe	●

### KEY

- = Main Studio
- ✿ = Upstairs Studio
- ▲ = New 1st Floor Studio

## THURSDAY

Time	Class	Instructor	Location
9:30-11:00 am	Women's Yoga	Robin	●
12:00-1:00 pm	All Levels	Kate	▲
12:00-1:30 pm	Yoga II	Suzie	●
4:30-6:00 pm	Yoga I/II	Joe	●
6:15-7:45 pm	Yoga II/III	Suzie	▲
6:15-7:45 pm	Yogarhythmics	Robin	✿
6:15-7:45 pm	Yoga I	Kerry	●
8:00-9:30 pm	Yoga I	Suzie	●
8:00-9:30 pm	Yoga II	Kate	▲
8:00-9:30 pm	Yoga I/II	Kerry	✿

## FRIDAY

Time	Class	Instructor	Location
10:00-11:30 am	Yoga I/II	Robin	●
10:30-11:30 am	Mothering Moves	Sara	✿
12:00-1:30 pm	Pregnancy Yoga	Sara	✿
12:00-1:30 pm	Restorative Class	Karin	●
5:30-7:00 pm	Yoga I	Moses	▲
6:30-8:00 pm	Yoga I/II	Joe	●
7:15-8:45 pm	Yoga II	Moses	▲

## SATURDAY

Time	Class	Instructor	Location
8:00-9:30 am	Yoga II/III	Kerry	●
9:00-10:30 am	Yoga I	Karin	✿
10:00-11:00 am	Pilates Mat I	Roberta	●
10:45-12:15 pm	Yoga II	Karin	✿
11:15-12:15 pm	Pilates Mat II	Roberta	●

## SUNDAY

Time	Class	Instructor	Location
9:30-10:45 am	Special Condition & Injuries	Joe	●
9:30-11:00 am	Yoga I	Rachel	✿
9:30-11:00 am	Yoga I/II	Mary Jean	▲
11:15-12:45 pm	Yoga I	Mary Jean	▲
11:00-12:30 pm	Yoga II/III	Joe	●
4:15-5:45 pm	Teen Yoga	Kate	●
5:15-6:45 pm	T'ai Chi	Eduardo	▲
5:15-6:45 pm	Yogarhythmics	Tiffany & Beth Ann	✿
7:00-8:30 pm	Pregnancy Yoga	Sara	✿
7:00-8:30 pm	Meditation (Free)	Luisa/Lynn	●

See page ii for more information.

\* See page 4 for prerequisites required.

Please note: Tiffany and Beth Ann will be taking over Adrienne's Sunday Yogarhythmics Class while she's becoming a new mommy.

**NO CLASSES** after 1:00 on WED. Nov. 21 and **NO CLASSES** THANKSGIVING DAY, NOV. 22.

## COSTS AND CLASS POLICIES

### Registration

#### Priority Registration

Class size is limited so please register early. **Current students may reserve a space until August 27th.** After that date, all students (new and current) will receive equal consideration.

#### Cost

13 week session	\$182 (\$14/class)
For 2 classes per week:	\$338 (\$12/class)
For 1 hour classes:	\$156 (\$12/class)

(check schedule carefully)

#### Discounts

Seniors (65+)	-\$10.00
Payment in full in one transaction (prior to September 23)	-\$5.00

One discount per student on a full session only. No discounts on drop-ins, workshops, or merchandise. The discount for payment in full is only valid when paying in full with one payment at the time of registration. Payment must be received prior to the start of the session (September 24).

#### Registration

To register for a class, complete the registration form and enclose a \$30 non-refundable deposit or payment in full. Phone registrations are not accepted. The balance is due on the first day of class or your space will be forfeited. **We do not confirm registrations—we'll contact you only if the class you request is full.** Only registrations for the full session are accepted through the first week of class. Classes that are not full after the second week of class will accept students on a prorated basis through November 11th. After that time, students may come to classes on a drop-in basis. New Yoga I students are not accepted after the third week of class.

#### Workshop Policies

All workshop registrations must be accompanied by payment in full. It's best to mail your registration & check early to avoid missing a full workshop. Workshop cancellations must be received at least 5 business days before a workshop takes place in order to receive a refund.

#### Policies for Children

We ask that children under the age of 16 attend the classes specifically for children and teens. Ages 16 and above may attend the regular classes at regular rates.

#### Refunds

The \$30 deposit is nonrefundable. The schedule for refunds is as follows:

after 1 week:	all tuition minus deposit
after week 2:	75% of tuition
after week 3:	50% of tuition
after week 4:	25% of tuition
after week 5:	No refunds

Exceptions to this policy will not be made. To receive a refund, please fill out a Refund Request Form at the front desk with your instructor. The refund will be based on the date the form is received rather than the date of the last class attended.

## Coming to Class

### Drop Ins

A drop-in is a student who is not currently registered who takes a single class or a current student taking a single class that he/she is not registered in. Drop-ins are accepted (space permitting) at \$17 per class (or \$14 for the hour-long classes). No drop-ins are permitted in any Yoga I class except for those who have completed a Yoga I class or equivalent training elsewhere. For Yoga II and III, permission of the instructor is required. For students registered in a current class, the drop-in price is \$12 per class. Drop-ins are allowed in full classes, but you must wait until the class begins to see if there is room to take the place of a "no show" for that class. Registered students who are making up a class have priority over drop-ins.

### Trial Classes

We offer free classes before each session starts to let new students meet the teachers and see the studio before registering (see the schedule on page 6 of the newsletter). New students who miss the free class week can take a single class (up to the third week of class) at the regular drop-in rate of \$17 before deciding whether to register.

### Make-ups

Missed classes can be made up at any time **during the current session** at the same level or lower. You may make up in advance of an anticipated absence. There is no need to call in advance. Just go to any appropriate level class and sign in with the teacher giving your name and regular class information. Missed classes cannot be carried over to another session. No make-ups can be made the first week of the session.

### Clothing, etc.

Wear comfortable clothes such as t-shirts with long shorts, biking shorts, tights, or leggings. No baggy pants please because they obscure leg alignment. Students should be barefoot for class. We have changing rooms available. It is best not to eat anything heavy within 2 hours before class. Please do not wear perfumes to class as many people are sensitive or allergic. Please leave your cell phones and pagers turned off and do not take them into class.

### Weather/Emergency Cancellations

If classes are cancelled due to inclement weather or other emergencies, there will be an announcement on the Center's voice mail (mailbox #35) two hours or more before the class is scheduled to begin. Cancelled classes will either be rescheduled or you will receive a voucher.

### Holidays

Classes will be held as usual on all holidays unless specifically announced in class or on the bulletin board outside the studio. **NO CLASSES** after 1:00 on WED. Nov. 21 and **NO CLASSES** THANKSGIVING DAY, NOV. 22.

### Injuries/Physical Limitations

All of our regular yoga classes accommodate people with a wide range of physical conditions. However, it is the student's responsibility to let their teacher know before class about any physical problems or medical conditions so the teacher can modify the poses accordingly. Students should also alert their teacher to any unusual pain or discomfort that arises during the course of a class.

## CHECK OUT OUR NEW WEBSITE

[www.willowstreetyoga.com](http://www.willowstreetyoga.com)

*IT'S WAY COOL! And tell us how you like the new look in our newsletter? It was all done by a wonderful student at WS, Karen Jennings McGuinness and her company, Market Experts Inc.*