

Registration opens  
Aug 16 at 10 am

## Fall 2006 Reflections Yoga and Your Health

by Suzie Hurley

Recently I came across an old magazine article written in 1988 entitled "Yoga: The Best Kept Fitness Secret." Well, the secret is out! Yoga has definitely reached mainstream America, as well as most of the rest of the world. If you are reading this, you probably are familiar with the more obvious reasons for practicing yoga - creating more strength and flexibility in your body, breathing better, having a calmer mind, and finding an inroad to your heart. In this piece, I thought it might be interesting to explore how this ancient art, science and spiritual discipline contributes to our health and well-being.

By now, even those of you who have been practicing yoga for only one or two sessions may have noticed some positive changes in your overall health. You may have noticed that you felt differently after class than when you came in, not only physically, but mentally, emotionally and perhaps spiritually. Whether it happened after just one class or after many classes, you wouldn't still be coming if you didn't notice some kind of change.

Yoga is comprised of three separate practices – *asana*, the hatha yoga postures, *pranayama*, the breathing exercises, and *meditation*, practices for quieting the mind. Each contributes to our overall health and well-being in different ways.

The asanas take up the majority of each Anusara class at Willow Street. We teach "alignment based" yoga, focusing on the Universal Principles of Alignment, laid out by John Friend, the founder and developer of Anusara Yoga. We use progressive teaching in our curriculum. That means there is a specific system that you learn from the ground floor up, each class building on what is taught in the ones before. This is why we offer different levels of classes and organize classes on the "session system" rather than the "card system" in which each class is an independent, stand-alone class. In this way, you experience progress and health benefits more quickly.

Mary Pullig Schatz, MD and a yoga teacher, observes that most of her patients who practice yoga for some time both look and feel much younger than their years. She writes that the physiological basis for her observations stem from the fact that a regular yoga practice helps curtail and even reverse the aging process by maintaining or restoring muscle strength and resiliency, neuromuscular coordination, musculo-skeletal flexibility and joint range of motion. In addition, yoga promotes exercise tolerance, circulatory and respiratory efficiency including cardiac output, return of blood to the heart, and blood oxygenation.

The asanas help to maintain bone strength and structural integrity of the joints, healthy lipid and cholesterol metabolism, improved sensitivity to insulin with resultant enhanced glucose metabolism, and normal bowel function with regular elimination. Yoga asanas also help to stimulate the immune function, and the replacement of red and white blood cells.

All of these positive benefits from yoga help your ability to respond constructively to challenges and stress. Yoga can even help the body respond well to some illnesses that other forms of standard and alternative medicine have not been highly successful in treating, such as fibromyalgia and chronic fatigue syndrome.

The way we breathe affects our health in profound ways. Pranayama, the second yogic practice we are considering, is introduced in beginning levels and continues to be taught throughout all our classes. Full yogic breathing is based on abdominal relaxation. Stress and tension tightens the belly and the diaphragm, our primary muscle of respiration, and we may only use a very small amount of our total lung capacity. Consequently we breathe shallowly and often, only in our upper chest. When we breathe, our bodies collect oxygen needed for normal maintenance and carbon dioxide and impurities are removed from the body. In fact, the human body is designed to



*Pranayama can be extremely helpful in reducing smoking and overeating.*

*Patients who practice yoga for some time both look and feel much younger than their years...*

—Mary Pullig Schatz,  
M.D.

discharge 70% of its toxins through breathing! Our life force or Prana is directed through our bodies by a series of energy currents called nadis which exist in our subtle body, much as the nerves exist in our physical bodies. When these energy currents become blocked through shallow breathing or bodily abuse, such as overeating, poor nutrition, or drug and alcohol abuse, Prana cannot be properly channeled. This causes health problems and premature aging. Learning good breathing techniques can help many respiratory problems such as asthma. When our breathing is even and deep, Prana is enhanced, and the mind becomes steady.

Pranayama can also be extremely helpful in reducing smoking and overeating. The need to smoke is, in part, an unconscious need to breathe more fully. Smokers are often people who are tense and restless. Acquiring new habits of deeper, slower breathing reduces the tension and restlessness. In the same way, overeating is a need of the mind and emotions, not the stomach. Overeating temporarily relieves tensions and feelings of guilt, depression and inadequacy. Yogic breathing helps reduce the need to overeat by balancing the metabolism and calming the mind. It is especially good for anxiety disorders.

Meditation is that aspect of Yoga where much of our inner work takes place. The benefits of meditation have much to do with its capacity to reduce the effects of stress on the body, brain and immune system. When we meditate, the rational thought processes, located in the cortex, communicate with

the emotional centers in the limbic system and they “agree to relax”. Thus, optimal conditions for healing and strengthening the immune systems are set in place.

Meditation gives us a glimpse of the vastness, power and love inside ourselves and within all beings. I still rely on my meditation practice to give me more focus and clarity of mind, to create a sense of lightness, humor and balanced emotions. I think positive emotions like love, compassion, warmth, and generosity are increased through meditation. Meditation is the process of seeing the layers of our own subtle world. It brings our unconscious patterns to the conscious mind and begins to purify them. This leads us to a higher state of consciousness in which we have a wider world view and an experiential knowing of the connection of all things.

For more on meditation, the Fall 2005 Newsletter devoted the entire Reflections piece to meditation. You can access that through our Newsletter archives on the Willow Street Yoga website.

Whichever of the three approaches to yoga that you practice — asana, pranayama, or meditation — you will receive benefits to your overall health and well-being. In each class you attend and each time you come to your mat in your own personal practice, you are giving yourself the gift of health for a longer life filled with radiant possibilities for joy, love and wisdom.

Namaste,

## what is yoga ...what we teach

**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 inter-connectedness 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.

**WSYC teaches Anusara Yoga**, developed by Master teacher, John Friend. Anusara means “flowing with Grace” and is one of the most spiritually inspiring, therapeutically effective and physically transformative styles of hatha yoga. It is now the fastest growing style of yoga in the world. It attracts yogis of all levels with its light-hearted yet profound celebration of the human spirit and its deeply therapeutic power. The Anusara Universal

Principles of Alignment allow the body, breath and spirit to align with the power of Grace, so that we can tap into our potential for a full and radiant life.

Anusara Yoga teachers are dedicated to serve each student and help them unveil their innate goodness, worthiness, and Supreme nature. They are committed to empowering and building each student's self-esteem, while inspiring light-heartedness, play and joyful creativity within the yoga practice. As an all-inclusive yoga, Anusara Yoga deeply respects and honors each student's various unique abilities and limitations.

Willow Street Yoga Center is the largest Anusara center in the country with many options for in-depth study.



John Friend

# asana levels and classes

**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.

**Gentle/Yoga I** This class is a transition between a gentler and slower approach to Anusara yoga, and a regular Yoga I class.

**Yoga I** introduces beginning and continuing students to the Anusara principles of alignment and breathwork, primary poses and yoga basics, including the use of props. Emphasis on the standing poses and opening the shoulders.

**Yoga I/II** is for continuing students who have completed Level I. It emphasizes building endurance and introducing Yoga II standing poses. Suitable for students who have practiced styles of yoga other than the Anusara method, but **not suitable for those who have never studied yoga before.**

**Yoga II** is for continuing students who have completed Yoga I/II. Focuses on refining the revolved standing poses. Introduces strengthening preparations for inversions (handstand, forearm balance, headstand, & shoulderstand).

**Yoga II/III** is for intermediate students who have completed Yoga II who would like more instruction and practice in the revolved standing poses, backbends and inversions.

**Yoga III** is for intermediate/advanced students who have completed Yoga II/III. Inversions and variations will be emphasized as well as backbending poses and arm balances. Regular practice outside of class is strongly encouraged.

**Yoga IV** is for advanced students who can do Urdva Dhanurasana with straight arms and handstand at the wall without assistance. More advanced backbends, arm balances and inversion variations will be emphasized.

**Vinyasa Flow Yoga** is a steady continuous flow of postures linked together by the breath. Sun Salutations and other creative flows will be emphasized. Students should be familiar with the Anusara principles and be in good health and free of major injuries. *Each Vinyasa class level will follow the curriculum of its corresponding Yoga class level.*

**Pure Yoga/Anusara** is the science of spirit and self-mastery. These classes offer unique sequences and visualizations that align with the teachings of Rod Stryker's Pure Yoga technique. Pranayama, mantra meditation, chakra work, specific kriya practices and yoga nidra will be offered each class. Marion's certification in the Anusara tradition also brings her love of this system's beautiful integration of therapeutic alignment and balanced action with the celebration of the heart. Poses are held for longer periods of time while using specific contemplations and personal development concepts.

**Yoga for Special Conditions & Injuries** is for those with limiting physical conditions (i.e. serious spinal problems, arthritis, heart problems, chronic and acute injuries) who need more individual attention. 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.**

**Early Morning Yoga** is an all-level classes for those who want a good stretch and more energy for their days. The foundational alignment principles of Anusara Yoga, breathwork and relaxation will be included.

**Fusion Flow** is a creative fusion of vigorous yoga flows accompanied by a vast array of inspirational music selections. Open to all levels. Please have completed at least one full session of Yoga I, be ready for a challenge and have no injuries.

**Yoga & Abs** focuses on developing awareness, flexibility and strength in the core body through asana, various abdominal exercises and breath.

**Women's Yoga** is a celebration of Goddess energy. Through asana, pranayama, sharing and meditation, women explore their connection to lunar rhythms and increase inner harmony. This class is an opportunity to embrace the healing power of the sacred feminine within.

**Pregnancy Yoga** Practicing yoga during pregnancy is a natural way to develop the flexibility, concentration and strength needed during this transformative time. Through yoga, breath awareness, 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. (Permission required from midwife or physician).

**Postnatal Parent Baby Yoga** is a class for you and your baby to stretch, strengthen and restore through yoga poses, breath awareness and relaxation. It focuses on promoting a foundation of well-being which encourages interaction, touch, and fun with your infant. Meet and connect with other new moms and babies. For infants not yet crawling.

**Itsy Bitsy Yoga®** is a special program developed by Helen Garabedian, Infant Developmental Movement Educator and certified yoga instructor, to introduce parents and children to the benefits yoga can bring during the first years of life. A developmentally-appropriate series of yoga poses, songs, stories, and games will engage your child, as well as build the foundation for a healthy, active lifestyle in the future. You will not only strengthen the parent/child bond during class, but you and your child will also learn many activities that can keep you connected on a daily basis.

## Our Mission...

*Willow Street Yoga Center seeks to ignite the flame of awareness, through the spiritual practice of Yoga, to awaken to the joy we innately are. We will be a vehicle for change to help students become strong and flexible in both mind and body, and through this, release attachments and inhibitions to embrace the divine spark within. We will do this in an environment that is safe, respectful and nurturing for all.*

*The asanas help to maintain bone strength and structural integrity of the joints.*

asana levels and classes (cont.)

**Itsy Bitsy Yoga® for Babies** is a calming and nurturing yoga class where parents learn to help babies unfold their motor skills, sleep better, feel happier, and digest with ease. Get to know your baby better and enjoy the community of other growing families. Newborn and almost crawling babies welcome.

**Itsy Bitsy Yoga® for Tots** is a supportive, fun-loving, and active yoga practice for busy tots. Continue bonding with your child as you help her/him to feel comfortable with a moving body, develop self-confidence, and encourage a creative spirit. Experience the shared joy and delight when your tot moves into yoga poses on their own! For crawlers and walkers (up to 24 months). (Returning in the Fall Session)

**Itsy Bitsy Yoga® for Tykes** offers more than 50 unique and engaging yoga postures, rhymes and activities for you to share with your 21 month to 4 year-old. You and your tyke will delight in practicing yoga, discovering new movements and singing together. Preschoolers have a mind of their own, and trained Itsy Bitsy Yoga facilitators know exactly how to honor and appeal to these independent spirits.

**Yoga for Kids for ages 5-7 and 8-12**, helps children learn techniques for greater concentration, reducing stress, and connecting to their bodies in a loving way. The breath will be emphasized to focus and quiet the mind. And it's FUN!

**Homeschooled Kids Yoga for ages 6-10** This special program for 6-10 year olds homeschoolers combines the basic elements of yoga in a playful and fun way that incorporates art, creative movement, music, sensory integration and lots of imaginative play. Each session ends with a final relaxation in which the children relax their bodies and minds and take in all the benefits of the practice. The program provides a non-competitive, non-judgmental environment in which kids can enjoy exercising while developing awareness for their bodies and inner selves.

**Teen Yoga for ages 13-16**, 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.

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

**Yoga Nidra** is a guided process which produces profound relaxation, makes the mind more conducive to meditation, and helps harmonize the two hemispheres of the brain. Each student will formulate a sankalpa, or specific life goal, and work with it every class using Yoga Nidra (Yogic Sleep). Subconscious blocks are removed, allowing you to manifest your life's goals more fully.

**Monday Night Meditation** In this time we explore the power of various meditation techniques, but most of all, it is a time to come together and share in the profound value of Silence. Beginners welcome. Donations go to good causes.

**Vipassana Meditation** Led by Luisa Montero-Diaz, Dori Langevin and Catherine Brousseau. The class includes opening chants, Vipassana meditation instruction and dharma talk with an opportunity for questions. In keeping with the tradition of "dana" (generosity), there is no charge for the class. What you offer in the dana basket pays the rent and supports the teachers.

**Gayatri Mantra** The Gayatri Mantra is said to be the Mother of the Vedas. Chanting the Gayatri Mantra influences the physical body, clears the emotional body, and leads one to the inner heart. Join us in chanting the Gayatri Mantra 108 times, helping bring peace to ourselves and peace to the world. No experience necessary. Free.

**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, and rhythm to open and energize the seven major energy centers or chakras. All bodies are welcome.

**Pilates** focuses on developing abdominal core strength. The exercises require concentration and focus on the abdomen, back and buttocks. Effects are cumulative, but even a single session can leave you feeling stronger and more aware of your strength. Different level classes for different levels of experience.

*Meditation connects us with the kinship of all of life and with the Divine.*

## Online Registration

Why not try online registration? There's a \$5 bonus for registering by Saturday, Sept 16 online (remember, you have to choose it in your "shopping cart"), and you receive immediate email confirmation of your class. Be sure to hang on to your email receipt – it's your proof of registration.

Registration opens at 10 am, Wednesday Aug 16  
[www.willowstreeyoga.com](http://www.willowstreeyoga.com)

We still accept paper registrations at the front desk, by fax or by mail.



## Healing Modalities

**Eduardo Cortina:** 301-806-6633 Cranial Sacral & Body Work in Silver Spring

**Judy LaPrade:** 301-585-4512 Connective Tissue & Sports Massage in Silver Spring & Takoma Park

**Karin Silverman:** 240-271-8963 Therapeutic Massage in Silver Spring

**Mimi Ikle:** 301-613-6830 Cranial Sacral, Polarity, Therapeutic Massage in Silver Spring

**Harlee Goodwin:** 301-580-9996 Therapeutic Massage in Silver Spring

**Joletta Humpert, CMT:** 202-352-3112 or [joletta@mettamassage.net](mailto:joletta@mettamassage.net). Therapeutic, pregnancy and lymph drainage massage in Silver Spring

**Merle Davison:** 202-302-7085 or [merle0727@verizon.net](mailto:merle0727@verizon.net). Therapeutic massage, various modalities, specializing in neck, shoulders and back in Silver Spring

**Joe Miller:** 301-562-3114 Therapeutic Massage, Shiatsu & Neuromuscular Therapy in Takoma Park

For more information about our therapists, please visit our website.

# about us

Please visit our website to see photos and full bios for all of our fabulous instructors. Go to [www.willowstreetyoga.com](http://www.willowstreetyoga.com), click on "About Us" and then on "Instructors."

## Yoga

Suzie Hurley  
Annette Zabolotsky  
AJ McIntyre  
Caitlin Bevivino  
Cheryl Catranbone  
Cinema Wood  
Elizabeth Cosgrove  
Elizabeth Goodman  
Jenny Otto  
Joe Miller

Kate Miller  
Kathy Carroll  
Kathy O'Rourke  
Kelly Fisher  
Laura Delaney  
Lucy Lomax  
Lynn Matthews  
Maria Hamburger  
Marion Griffin  
Moses Brown

Naomi Gottlieb-Miller  
Orly Leizerov  
Pat Blum  
Rebecca Gitter  
Robin Carnes  
Sara Shelley  
Sheree Mullen  
Susana Crespo  
Tyagan Scott Attaway

## Pilates

Roberta Stiehm  
Jessica Sloane  
Julia Goodwin  
Milt Pugh

## Teacher Feature—Sara Shelley

As the story goes, while still in my mother's womb I would kick the ashtray off her belly each time she sat down to smoke a cigarette, perhaps sensing early my keen desire to remove obstacles. I came into this world strong willed and fiercely independent, eager to meet any challenge life had to offer. Growing up on Army bases all over the country, I was taught early that by forging forward I wouldn't have to look back.

My first exposure to Yoga came around 1974. I was 22, a recent college grad with no plan and no option of returning home. Tucking aside a degree in psychology, I set out in search of purpose and direction, and moved to Ann Arbor Michigan following a mime troupe scheduled to teach at the University. Within a couple months the mime led to contact improvisation. Soon I became immersed in an art form that kept me present. Feeling at home in the aliveness of my body for the first time, I could set my mind free. Eventually, co-founding an all women's dance/theater collective, life was like a playground, steeped in the warmth of vital community, weekly performances, teaching, traveling and collaborating with artists and musicians. While taking a Yoga class at the Y in hopes of learning how to better relax, I heard about a master teacher who was coming to town. I enrolled, with little idea of what to expect, but unfortunately left discouraged and more tense. Simply put, it was not the right fit at the time, but a seed had been planted.

It was 22 years later, two years after the birth of my second son, when my calling back to Yoga could no longer be ignored. Little did I know that first class with Suzie Hurley was to eventually change my life. Having suffered four miscarriages during the five years between my first and second son, extremely sleep deprived and struggling to keep my head up with the new demands of a spirited, and also sleep-deprived child, I left breathing sighs of relief. This time I would not be stepping away. Hidden beneath each tight spot, each struggle, fear, doubt or darkness in life are the seeds of new possibilities and freedom. As I stood in that class, gazing down at the vast and seemingly endless distance between my hands and feet, my body stiff and tight in places I once knew, but had forgotten, Suzie's famous words "It's not about how far you go, but how you go far," were inspiration to my tired and weary heart. A door opened and a spark of light ignited, inviting me on the journey home to those parts of myself I had spent a lifetime ignoring.

In its highest aim, all the practices of Yoga ask who we are. To stretch beyond the boundaries of the pose and embrace the many parts of our self, undesirable or unwanted as they may be, as precious gifts of our True Nature. Yoga has helped me see more clearly that who I am and that which I seek to become are all One, and as I dance through the vastness of this huge unknown, I have the choice to remember that I do in fact already have everything I need. Even that strong will and keen desire that had me initially kicking away obstacles and ashtrays, continues to serve me well.

It is with deep gratitude and appreciation that I give thanks to my beloved teachers and the many gifted and inspirational instructors and students of Willow Street Yoga who continue to ignite the flame of spirit in my heart. Life is still a playground and the journey with you is a delight.

# free classes— September 11-17

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

## TAKOMA PARK CLASSES

### Mon Sept. 11

9:30-10:15am Itsy Bitsy Yoga for Tots Autumn

(3 wks to crawling)

10:30-11:15am Itsy Bitsy Yoga for Tykes Autumn

(21 mos-4 yrs)

12:00-1:15pm Yoga I/II Caitlin

12:45-1:45pm Pilates I Roberta

8:30-9:30pm Pilates I Jessica

### Tues. Sept. 12

6:45-7:45am Early Morning Yoga Pat

10:30-11:45am Yoga I\* Sheree

12:00-1:15pm Yoga II Sheree

4:30-5:30pm Kids Yoga (5-7) AJ

4:30-5:45pm Fusion Flow Kate

6:15-7:30pm Yoga I\* Kate

### Wed. Sept. 13

10:00-11:15am Women's Yoga Cinema

10:00-11:15am Yoga I\* Naomi

6:15-7:30pm Yoga I\* Joe

7:45-9:00pm Vinyasa I/II Elizabeth C

### Thurs. Sept. 14

10:00-11:15am Gentle/Yoga I\* Sara

6:00-7:00pm Pilates I Julia

6:15-7:30pm Yoga I\* Lynn

7:45-9:00pm Women's Yoga Lynn

8:00-9:15pm Yoga I\* Suzie

### Fri. Sept. 15

8:30-9:45am Fusion Flow Naomi

10:00-11:15am Yoga I/II Naomi

12:00-1:00pm Yoga Nidra Robin

5:30-6:45pm Gentle Yoga Cinema

5:45-7:00pm Yoga I\* Moses

### Sat. Sept. 16

7:30-8:30am Vinyasa II/III Elizabeth C

8:15-9:30am Yoga II Elizabeth G

8:45-10:00am Yoga I/II Elizabeth C

10:00-11:15am Yoga I\* Joe

10:30-11:30am Pilates I Roberta

### Sun. Sept. 17

8:00-9:15am Yoga & Abs Cheryl

9:30-10:45am Yoga I\* Cheryl

11:15-12:30pm Yoga & Pregnancy Sara

11:15-12:30pm Yoga I\* Susana

4:30-5:30pm Teen Yoga (ages 13-16) Naomi

5:00-6:15pm YogaRhythmics® Laura

\*Yoga I is appropriate for beginners.

## SILVER SPRING CLASSES

### Mon. Sept. 11

5:00-6:00pm Yoga Nidra Robin

5:30-6:45pm Yoga I\* Suzie

### Tues. Sept. 12

10:00-11:15am Yoga I\* Caitlin

10:15-11:15am Parent/Baby Class Kathy O

4:30-5:30pm Teen Yoga (13-16) Naomi

6:15-7:30pm Gentle/Yoga I\* AJ

6:15-7:30pm Yoga I/II Sheree

7:45-9:00pm Yoga II Sheree

7:45-9:00pm Yoga I\* Susana

### Wed. Sept. 13

6:30-7:30am Early Morning Yoga Pat

12:00-1:15pm Gentle/Yoga I\* Kathy C

5:00-6:00pm Pilates I Julia

7:30-8:45pm Pregnancy Yoga Kathy O

8:00-9:15pm Yoga I\* Kate

### Thurs. Sept. 14

10:00-11:15am Yoga I\* Cinema

10:15-11:30am Yoga I/II Sheree

12:00-1:00pm Pilates I Milt

4:30-5:30pm Yoga for Kids (5-7) AJ

5:30-6:45pm Yoga I\* Kate

### Fri. Sept. 15

4:30-5:45pm Yoga I/II Elizabeth C

6:15-7:30pm Vinyasa Flow II Elizabeth C

### Sat. Sept. 16

8:30-9:45am Yoga I/II Tyagan

10:00-11:15am Yoga I\* Lucy

### Sun. Sept. 17

10:45am-12:00pm Yoga I\* Kelly

## Important Fall 2006 Registration Dates

**Wed. Aug. 16:** Fall Registration Begins

**Mon. Sept. 11-17:** Free Classes Week

**Sat. Sept. 16:** \$5 online bonus ends

**Mon. Sept. 18:** First day of Fall classes

**Sun. Sept. 24:** End of multi-class, student and senior discounts

**Mon. Sept. 25:** Late Registration begins

**Sun. Oct. 15:** Last day for refunds and transfers

**Sun. Oct. 29:** Last day for Fall Registration

**Sun. Dec. 17:** Last day of classes and last day for make-ups

**Sun. Jan. 8:** First day of Winter 2007 Session

# workshop registration form

**REGISTRAR USE ONLY**

- Unless otherwise noted in advertising and on website, workshop cancellation requests must be received at least 72 hours before a workshop takes place in order to receive a refund. There is a 20% cancellation fee unless otherwise noted.
- Please register early.
- We do not confirm workshop registration.
- Day-of workshop registrations must be paid by cash or check only.

Visit our website:  
[willowstreeyoga.com](http://willowstreeyoga.com)

## Online registration is preferred—willowstreeyoga.com

\*Required field. Missing information will delay registration.

I want to save a tree! Send my newsletter by email instead.

Name\* \_\_\_\_\_

Address\* \_\_\_\_\_

City\* \_\_\_\_\_ State\* \_\_\_\_\_ Zip\* \_\_\_\_\_

Email\* \_\_\_\_\_

Phone (H)\* (\_\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_\_) \_\_\_\_\_

Workshop	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Workshop	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____

**Credit Card Payment**

**Total Fees**

Visa / MC \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Name of cardholder if different from above (please print) \_\_\_\_\_

## Fall class registration form— September 18–December 17, 2006

**Online Registration**  
*is strongly recommended*  
[www.willowstreeyoga.com](http://www.willowstreeyoga.com)

*Claim your \$5 bonus  
if you register online by  
Saturday, Sept 16*

**REGISTRAR USE ONLY**

- Register for classes anytime after 10am, Aug 16. Registrations will not be processed before this date.
- By registering for a class, you agree to adhere to our policies as outlined in this newsletter and on our website.
- To register offline, return this form along with payment in full to WSYC. Registration will not be accepted by telephone.
- WSYC does not confirm registrations. You will be contacted only if the class you select is full.
- Please indicate a second class choice.

**Class Costs:**

2 hr classes: \$221.00  
2nd Class \$182.00

1 1/4 and 1 1/2 hr classes:  
1st Class \$208.00  
2nd Class \$182.00

1 hr classes: \$182.00

Kids/Teen Yoga classes \$123.50

Visit our website:  
[willowstreeyoga.com](http://willowstreeyoga.com)

\*Required field. Missing information will delay registration.

Check if this is a NEW address.

Check here to join our newsgroup and receive monthly updates on workshops and special events.

Name\* \_\_\_\_\_

Address\* \_\_\_\_\_

City\* \_\_\_\_\_ State\* \_\_\_\_\_ Zip\* \_\_\_\_\_

Email\* \_\_\_\_\_  I want to save a tree! Send my newsletter by email instead.

Phone (H)\* (\_\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_\_) \_\_\_\_\_

Class & Level	Location	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Class & Level	Location	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____	_____

**Required: Second Choice Class & Level** (in case your 1st choice is full)

Class & Level	Location	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____	_____

**Payment**  Check No. \_\_\_\_\_  Cash  Credit Card

10% Student/Senior Discount  
before Sept 24 only

Visa / MC \_\_\_\_\_

**Total Fees**

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Name of cardholder if different from above (please print) \_\_\_\_\_

## directions to willow street yoga center

### Takoma Park Studio

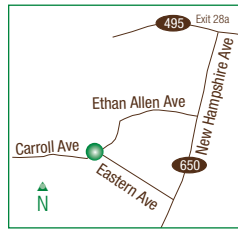
Located in downtown Takoma Park, MD, just outside the DC line in the Takoma Business Center, Suite 100.

**By Metro:** Take the Red Line to Takoma Station. After exiting the station, walk straight ahead, continuing on Carroll Ave. Go two blocks on Carroll Ave to 6930 (on the left).

#### From Downtown:

Take 13th St. North. As it crosses Georgia Ave, it becomes Piney Branch Rd. Continue until you cross under the train tracks. Take an immediate right on Eastern Ave. At the 2nd stop sign, turn right on Cedar Ave. At the light, turn left on Carroll Ave. Go two blocks. WSYC is on your left in 10-storey building at 6930 Carroll Ave, across from the CVS.

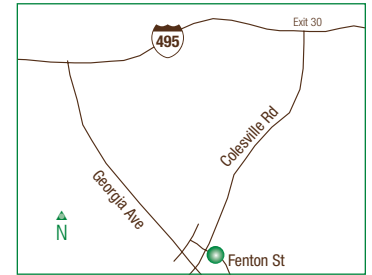
**From Beltway:** Take exit 28 (New Hampshire Ave/MD-650) south toward Takoma Park. After about 3.5 miles, turn right on Ethan Allen Ave/MD-410. At the 2nd light, Ethan Allen becomes Carroll Ave/MD-195. Continue about a half-mile on Carroll Ave to downtown Takoma Park. (Caution - do not follow MD 410 as it turns right at the Fire Station.) At the light in the center of town, turn right on the continuation of Carroll Ave. Landmark: the large gray stone Adventist Church across the street to your right. Continue to 6930 Carroll Ave, 10-storey building on right, across from the CVS.



### Silver Spring Studio

Located in downtown Silver Spring, MD at 8561 Fenton St, across from City Place mall. Entrance to WSYC is on Fenton. Go up to the second floor.

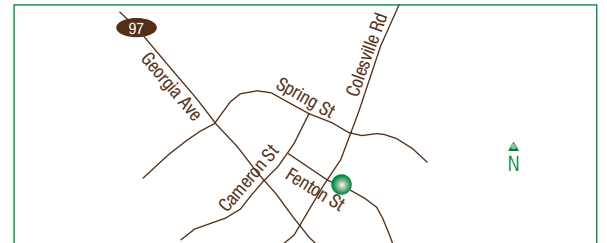
**By Metro:** Take the Red Line to the Silver Spring Station. After exiting the station, walk north two blocks on Colesville Road to Fenton Street. Make a right on Fenton Street, walk 1/2 block to 8561 (on the left).



**From Downtown:** Take 16th Street to the DC line (traffic circle). Bear right on Colesville Rd/US-29. Go about 1/2 a mile on Colesville Rd. One block after crossing Georgia Ave, take a right on Fenton to 8561 (in first block on left).

**From Beltway:** Take exit 30 (Colesville Rd, US 29) south toward Silver Spring. Continue on Colesville Road for about 1.7 miles. At the light just past the Hilton Hotel (on left), take a left onto Fenton to 8561 (in first block on left).

**Best Parking:** Town Square Parking Garage, corner of Fenton St and Roeder Rd. Entrance on Roeder Rd, one-half block from street entrance to studio.



6930 Carroll Ave. Suite 100  
Takoma Park MD 20912  
301.270.8038  
willowstreetyoga.com

**Return Service Requested**

PRSRT STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO 5482  
SILVER SPRING, MD

Online  
Registration  
opens  
August 16  
at 10 am

# class schedule and workshops

fall session (13 weeks)—September 18–December 17

willow  
street yoga

## takoma park studios—6930 Carroll Ave. Suite 100, Takoma Park, MD 20912

Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
<b>monday</b>				<b>thursday</b>			
9:30-10:15am	Itsy Bitsy Yoga for Tots-Crawlers-24 mos	Autumn Wilson	2 <b>new class</b>	10:00-11:30am	Gentle/Yoga I	Sara Shelley	1A <b>new studio</b>
10:30-11:15am	Itsy Bitsy Yoga for Tykes-21 mos-4 yrs	Autumn Wilson	2 <b>new class</b>	12:00-1:30pm	Yoga II	Suzie Hurley	1A
11:30am-12:30pm	Pilates II/III	Roberta Stiehm	1A <b>new class/ new teacher</b>	12:00-2:00pm	Yoga IV	Kate Miller	2 <b>new class</b>
12:00-1:30pm	Yoga I/II	Caitlin Bevivino	2 <b>new teacher</b>	4:30-6:00pm	Yoga II	Joe Miller	1A
12:45-1:45pm	Pilates I	Roberta Stiehm	1A <b>new teacher</b>	5:30-7:00pm	Yoga I	Lynn Matthews	2 <b>new time new teacher</b>
4:30-6:00pm	Yoga II	Maria Hamburger	2	6:00-7:00pm	Pilates I	Julia Goodwin	1B <b>new time/ new teacher</b>
5:30-6:00pm	Monday Night Meditation	Kate Miller	1B <b>new time/ by donation</b>	6:15-7:45pm	Yoga III	Suzie Hurley	1A <b>new level</b>
6:15-7:45pm	Vinyasa Flow II/III	Joe Miller	2 <b>new time</b>	7:15-8:45pm	Womens Yoga	Lynn Matthews	1B <b>new class</b>
6:15-7:45pm	Yoga I/II	Moses Brown	1A <b>new class/ new time</b>	8:00-9:30pm	Yoga I	Suzie Hurley	1A
6:15-8:15pm	Yoga IV	Kate Miller	1B	8:00-9:30pm	Yoga I/II	Joe Miller	2
8:00-9:30pm	Yoga I	Moses Brown	1A	<b>friday</b>			
8:00-9:30pm	Yoga II	Joe Miller	2	8:30-9:45am	Fusion Flow	Naomi Gottlieb-Miller	2
8:30-9:30pm	Pilates I	Jessica Sloane	1B <b>new class/ new teacher</b>	10:00-11:30am	Yoga I/II	Naomi Gottlieb-Miller	1A
<b>tuesday</b>				10:30-11:30am	Postnatal Parent Baby Yoga	Sara Shelley	2
6:45-8:00am	Early Morning Yoga	Pat Blum	1B <b>new time/ new teacher</b>	12:00-1:00pm	Yoga Nidra	Robin Carnes	1A
10:30am-12:00pm	Yoga I	Sheree Mullen	1A	5:30-7:00pm	Gentle Yoga	Cinema Wood	1B
12:15-1:45pm	Yoga II	Sheree Mullen	1A	5:45-7:15pm	Yoga I	Moses Brown	1A
1:00-2:00pm	Homeschooled Kids Yoga-ages 6-10	Orly Leizerov	2	6:30-8:00pm	Yoga I/II	Joe Miller	2
4:30-5:45pm	Fusion Flow	Kate Miller	1B <b>new class</b>	7:30-9:00pm	Yoga II	Moses Brown	1A
4:30-5:30pm	Yoga for Kids-ages 5-7	AJ McIntyre	2 <b>new teacher</b>	<b>saturday</b>			
6:15-7:45pm	Yoga I	Kate Miller	2	7:30-8:30am	Vinyasa Flow II/III	Elizabeth Cosgrove	2 <b>new teacher</b>
6:15-7:45pm	Yoga II/III	Maria Hamburger	1B	8:00-9:00am	Pilates II	Roberta Stiehm	1A <b>new time/ new level</b>
6:15-7:30pm	Yoga for Special Conditions and Injuries	Jenny Otto	1A	8:15-9:45am	Yoga II	Elizabeth Goodman	1B <b>new time</b>
7:45-9:15pm	Yoga II	Jenny Otto	1A	8:45-10:15am	Yoga I/II	Elizabeth Cosgrove	2 <b>new time</b>
8:00-9:30pm	Yoga I/II	Kate Miller	2	9:15-10:15am	Pilates I/II	Roberta Stiehm	1A <b>new time/ new level</b>
8:15-9:15pm	Pilates II	Milt Pugh	1B <b>new level</b>	10:00-11:30am	Yoga I	Joe Miller	1A <b>new class</b>
<b>wednesday</b>				10:30-11:30am	Pilates I	Roberta Stiehm	1A <b>new time</b>
10:00-11:30am	Womens Yoga	Cinema Wood	2	11:45am-1:15pm	Yoga II/III	Joe Miller	1B <b>new class</b>
10:00-11:30am	Yoga I	Naomi Gottlieb-Miller	1B	<b>sunday</b>			
11:30am-12:30pm	Pilates II	Roberta Stiehm	1A	8:00-9:15am	Yoga and Abs	Cheryl Catranbone	1B
12:45-1:45pm	Pilates I/II	Roberta Stiehm	1A <b>new level</b>	9:30-11:00am	Yoga I	Cheryl Catranbone	1B
4:45-5:45pm	Yoga for Kids-ages 8-12	Annette Zabolotsky	1A	9:30-11:00am	Yoga I/II	Susana Crespo	1A
6:15-7:15pm	Pranayama	Moses Brown	1B <b>new class</b>	9:30-11:00am	Yoga II	Maria Hamburger	2
6:15-7:45pm	Yoga I	Joe Miller	1A	11:15am-12:45pm	Pregnancy Yoga	Sara Shelley	1A
6:15-7:45pm	Yoga I/II	Suzie Hurley	2	11:15am-12:45pm	Yoga I	Susana Crespo	2
8:00-9:30pm	Vinyasa Flow I/II	Elizabeth Cosgrove	1B	11:30am-12:15pm	Itsy Bitsy Yoga for Tykes-21 mos-4 yrs	Rebecca Gitter	1B <b>new class</b>
8:00-9:30pm	Yoga I/II	Moses Brown	1A <b>new class</b>	12:30-1:15pm	Itsy Bitsy Yoga for Babies-3 weeks-Pre-crawling	Rebecca Gitter	1B
8:00-9:30pm	Yoga III	Suzie Hurley	2	4:30-5:45pm	Teen Yoga-ages 3-16	Naomi Gottlieb-Miller	1A
				5:00-6:30pm	YogaRhythmics®	Laura Delaney	2 <b>new studio</b>
				6:00-6:30pm	Gayatri Mantra	John Hurley	1B
				7:00-8:30pm	Vipassana Meditation	Dori Langevin	1A <b>drop-in donation</b>

\*Special Conditions classes cannot be used as make-up classes.

**CLASS SCHEDULE SUBJECT TO CHANGE, please check our website for updates at willowstreetyoga.com.**

**CLASSES START ON TIME Please arrive for your class on time. Late arrivals may be turned away.**

# silver spring studios—8561 Fenton Street, Silver Spring, MD 20910

Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
<b>monday</b>				<b>thursday</b>			
10:30am-12:00pm	Vinyasa Flow II	Maria Hamburger	2 <small>new level</small>	8:15-9:15am	Pilates II	Milt Pugh	1
5:00-6:00pm	Yoga Nidra	Robin Carnes	2	10:00-11:30am	Yoga I	Cinema Wood	2
5:30-7:00pm	Yoga I	Suzie Hurley	1	10:15-11:45am	Yoga I/II	Sheree Mullen	1
6:15-7:15pm	Pilates II	Roberta Stiehm	2	12:00-1:00pm	Pilates I	Milt Pugh	2
7:30-8:30pm	Pilates I/II	Roberta Stiehm	1	4:30-5:30pm	Yoga for Kids-ages 5-7	AJ McIntyre	1 <small>new class</small>
7:30-9:00pm	Yoga II/III	Suzie Hurley	2	6:00-7:15pm	Yoga for Special Conditions and Injuries*	Jenny Otto	2
<b>tuesday</b>				6:15-7:45pm	Yoga I	Kate Miller	1
8:15-9:15am	Pilates I/II	Roberta Stiehm	1	7:30-9:00pm	Yoga II	Jenny Otto	2
10:00-11:30am	Yoga I	Caitlin Bevivino	1	8:00-9:30pm	Yoga I/II	Kate Miller	1
10:15-11:15am	Postnatal Parent Baby Yoga	Kathy O'Rourke	2 <small>new class</small>	<b>friday</b>			
12:00-1:30pm	Yoga I/II	Kate Miller	1	4:30-6:00pm	Yoga I/II	Elizabeth Cosgrove	2 <small>new teacher</small>
4:45-6:00pm	Teen Yoga-ages 13-16	Naomi Gottlieb-Miller	1 <small>new class</small>	6:15-7:45pm	Vinyasa Flow II	Elizabeth Cosgrove	2
6:15-7:45pm	Gentle/Yoga I	AJ McIntyre	2 <small>new teacher</small>	<b>saturday</b>			
6:15-7:45pm	Yoga I/II	Sheree Mullen	1	8:00-10:00am	Pure Yoga/Anusara II/III**	Marion Griffin	1
8:00-9:30pm	Yoga I	Susana Crespo	1	8:30-10:00am	Yoga I/II	Tyagan Attaway	2
8:00-9:30pm	Yoga II	Sheree Mullen	2 <small>new class</small>	10:15-11:45am	Yoga I	Lucy Lomax	2
<b>wednesday</b>				10:30am-12:00pm	Pure Yoga/Anusara II	Marion Griffin	1 <small>new time</small>
6:30-7:30am	Early Morning Yoga	Pat Blum	1	<b>sunday</b>			
10:30am-12:00pm	Yoga and Abs	Maria Hamburger	2	9:00-10:30am	Yoga I/II	Kelly Fisher	2
12:00-1:30pm	Gentle Yoga	Kathy Carroll	1	10:45am-12:15pm	Yoga I	Kelly Fisher	2
5:00-6:00pm	Pilates I	Julia Goodwin	1	*Special Conditions classes cannot be used as make-up classes.			
6:15-7:15pm	Pilates I/II	Julia Goodwin	2	**2 hr Pure Yoga/Anusara II/III with Marion is for strong Level II students and above. Class will include asana, meditation, pranayama and yoga nidra.			
6:15-7:45pm	Vinyasa Flow II	Kate Miller	1				
7:30-9:00pm	Pregnancy Yoga	Kathy O'Rourke	2				
8:00-9:30pm	Yoga I	Kate Miller	1				

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## Willow Street Yoga Recommends

### Yoga Off the Mat

Recently western science is confirming yoga's ancient teachings: a fulfilled life stems from knowing yourself, offering your gifts toward a purpose greater than your own ego, and training the mind. If you are interested in learning more about integrating ethical/spiritual principles into your daily life, call us about joining our next *Pathways to Happiness* teleclass led by WSYC teacher Robin Carnes and Dr. Nancy Montagna. Call 301-587-1835 or visit [pathwaystohappiness.com](http://pathwaystohappiness.com).

### OmChat Book Club

Camaraderie, stimulating discussion, plus great food. Details on the WSYC website under Workshops/Book Club. Next meeting, Sunday September 9.

All are welcome.



# fall workshops

For complete workshop descriptions and info on our workshop leaders, visit [willowstreeyoga.com](http://willowstreeyoga.com) or pick up a flyer at the studio. Early registration is strongly suggested. Workshops may fill quickly or could be canceled due to low enrollment.

Takoma Park			
Fri, Sept 22	<b>Bhakti Jam – Not Your Ordinary Kirtan</b> – A Night of Chanting with Robin Carnes & Joy Kirstin – see details in Special Events, <i>No registration</i>	7:30-9:00pm	\$10 suggested donation
Tues, Sept 26	<b>Satsang</b> with Jivanjali – see details in Special Events, <i>No registration</i>	1:00-3:00pm	by donation
Thur, Sept 28	<b>Satsang</b> with Jivanjali – see details in Special Events, <i>No registration</i>	1:00-3:00pm	by donation
Fri, Sept 29	<b>Satsang</b> with Jivanjali – see details in Special Events, <i>No registration</i>	7:30-9:00pm	by donation
Sat, Sept 30	<b>Satsang</b> with Jivanjali – see details in Special Events, <i>No registration</i>	7:30-9:00pm	by donation
Sun, Oct 1	<b>Satsang</b> with Jivanjali – see details in Special Events, <i>No registration</i>	2:00-4:00pm	by donation
Sat, Oct 7	<b>Core Fire: Abs &amp; Agni</b> with Maria Hamburger	1:30-3:30pm	\$30
Fri, Oct 13	<b>Bhakti Jam – Not Your Ordinary Kirtan</b> – A Night of Chanting with Robin Carnes & Joy Kirstin – see details in Special Events, <i>No registration</i>	7:30-9:00pm	\$10 suggested donation
Sat, Oct 21	<b>Taketina Drum Workshop</b> with Marcus Sims	10:30am-5:30pm	\$75
Fri, Nov 10	<b>Bhakti Jam – Not Your Ordinary Kirtan</b> – A Night of Chanting with Robin Carnes & Joy Kirstin – see details in Special Events, <i>No registration</i>	7:30-9:00pm	\$10 suggested donation
Sun, Nov 12	<b>Restorative Workshop</b> with Karin Wiedemann	1:00-3:30pm	\$40
Sat, Nov 18	<b>Every Day Yoga: Infusing Work &amp; Home with the Spirit of Yoga</b> with Elizabeth Goodman	2:00-4:00pm	\$30
Fri, Nov 24	<b>Burn The Bird</b> with Sommer & Paul Sobin	10:00am-12:00pm	\$30
Fri, Dec 8	<b>Bhakti Jam – Not Your Ordinary Kirtan</b> – A Night of Chanting with Robin Carnes & Joy Kirstin – see details in Special Events, <i>No registration</i>	7:30-9:00pm	\$10 suggested donation
Sun, Dec 10	<b>Singing Yoga: The Harmony of Sound and Movement</b> with Kathy Carroll & Lynne Feingold	1:00-3:00pm	\$30
Sun, Dec 16	<b>Advanced Yoga Nidra: Self-Inquiry and Sankalpa</b> with Robin Carnes & Joy Kirstin	1:30-5:00pm	\$60
Sun, Dec 31	<b>New Year's Eve Yoga Celebration</b> with Sheree Mullen	9:15-11:15am	\$30
Silver Spring			
Thur, Sept 14	<b>Kirtan</b> with Dave Stringer – see details in Special Events	7:30pm	tickets online - \$15 tickets at the door - \$20
Sat, Sept 30	<b>Yoga for a Healthy Back</b> with Kate Miller	1:00-4:00pm	\$45
Fri, Oct 6	<b>Kirtan</b> with Benjy & Heather Wertheimer – see details in Special Events	8:00pm	\$20 at the door
Sun, Oct 8	<b>Eating for Energy</b> with Takeyah Young	1:00-3:00pm	\$30
Sat, Oct 14	<b>Partner Yoga</b> with Kelly Fisher & Erik Dunham	1:00-3:00pm	\$50 per couple
Sat, Oct 21	<b>Red Moon Yoga Afternoon Retreat</b> with Kate Miller	1:00-5:00pm	\$50
Sun, Oct 22	<b>Moon Maidens: A Workshop for Pre-Teen &amp; Teen Girls</b> with Kate Miller 9-12 years – morning session, 13-16 years – afternoon session	10:00am-12:00pm 1:00-3:00pm	\$25 \$25
Sat, Oct 28	<b>Stressbusters: Handling Stress &amp; Anxiety Through Yoga</b> with Sheree Mullen	2:00-4:30pm	\$35
Sun, Oct 29	<b>Opening Your Heart to Yourself Through Back Bending</b> with Betsey Downing – see details in Special Events	12:00-4:00pm	\$60
Fri, Nov 3	<b>The Names &amp; Forms of Ganesh: A Weekend Retreat</b> with Douglas Brooks – see details in Special Events	7:00-9:30pm	\$40 at the door
Sat, Nov 4	<b>The Names &amp; Forms of Ganesh: A Weekend Retreat</b> with Douglas Brooks – see details in Special Events	10:30am-1:00pm 2:30-5:00pm	\$40 at the door \$40 at the door
Sun, Nov 5	<b>The Names &amp; Forms of Ganesh: A Weekend Retreat</b> with Douglas Brooks – see details in Special Events	9:00am-12:00pm	\$50 at the door
Sat, Nov 11	<b>Yoga for Asthma</b> with Sheree Mullen	2:00-4:00pm	\$30
Sat, Dec 2	<b>Freedom From Neck &amp; Shoulder Pain</b> with Kate Miller	1:00-4:00pm	\$45
Sun, Dec 3	<b>Befriending the Mind-Dragons; Dismantling the Fear Demons - Meditation</b> with Sally Kempton – see details in Special Events	9:30am-4:30pm	\$95

\$150 in advance  
for all 4 sessions

## special events

### Kirtan with Dave Stringer

Thursday, September 14

Come and jam out with a night of chanting. You've never heard Kirtan like this before and you won't want to miss it! Dave's sound marries the transcendent mysticism of traditional Indian instruments with the exuberant, groove-oriented sound of American gospel music. A spontaneous and articulate public speaker, he probes the dilemmas of the spirit with a sly and unorthodox sense of humor. Prepare to get rocked! Kids 12 and under are free.

**Cost:** Tickets online – \$15

Tickets at the door – \$20

**Time & Place:** 7:30pm – Silver Spring

### Bhakti Jam - Not Your Ordinary Kirtan with Robin Carnes & Joy Kirstin

Fridays at 7:30pm at Takoma Park  
September 22, October 13, November 10,  
December 8

Infuse your being with fun, love and energy in monthly evenings of devotional chanting - an eclectic blend of sanskrit chants, as well as sacred sounds from other spiritual traditions. All adult voices welcome. Suggested donation \$10.

### Satsang with Jivanjili

Tuesday, September 26, Thursday,  
September 2, Friday, September 29,  
Saturday, September 30, Sunday, October 1

Satsang means 'meeting or gathering of people who are seeking Truth'. We welcome you to come and share in the wisdom of our gathered hearts. In satsang the audience is asked to bring forth their heart's questions. Jivanjili offers her wisdom and knowledge in the hopes of bringing further clarity and fulfillment to those who have the courage to ask. This will be a time dedicated to deep contemplation, meditation and lively, free spirited discussion. We ask that you make a donation to support Jivanjili with her journeys.

From her earliest years in Holland, Jivanjili's life has been marked by the profound question, coming from the depth of her heart: "Who am I really?" Following early explorations with Zen and the great Master, Osho, she met her current Master, Shri ShantiMayi. ShantiMayi asked Jivanjili in 2000 to spread the Light of Wisdom and to give satsang. She travels the world gathering with communities dedicated to spiritual practice. For more info on Jivanjili go to [www.jivanjili.org](http://www.jivanjili.org).

**Cost:** by donation

**Time & Place:** Silver Spring

September 26 & 28 – 1:00-3:00pm

September 29 & 30 – 7:30-9:00pm

October 1 – 2:00-4:00pm

### Kirtan with Benjy & Heather Wertheimer

Friday, October 6

As partners in music and in life, Heather & Benjy Wertheimer open hearts around the world with their passionate music. Shantala creates a sublime soundscape of musical harmony between East and West with soul-stirring vocals, sacred lyrics and exotic instrumentation. The music carries the audience on a journey of ethereal beauty, ecstatic percussion, and heartfelt devotional singing. Benjy's Indian classical instrumentation interwoven with Heather's soaring vocals is freshly original and creates a profoundly moving experience.

**Cost:** Tickets online – \$15

Tickets at the door – \$20

**Time & Place:** 8:00pm – Silver Spring

### Opening Your Heart to Yourself Through Back Bending: An Intermediate/Advanced Anusara Workshop with Betsey Downing

Sunday, October 29

Finding happiness and opening your heart to yourself in back bends and inversions. This workshop is going to be a wonderful opportunity to move your practice of yoga to another deeply expansive level. Through integration and remembrance both physically and spiritually we can build our ability to open and expand our bodies, minds and hearts.

Betsey Downing, PhD, RYT-500, has been a yoga practitioner since 1972 and a meditator since 1974. She is one of Anusara Yoga's senior certified teachers, and has studied with John Friend as her primary teacher since 1994. She holds a PhD in Sport Psychology from the University of Virginia, and is listed in the World's Who's Who of Women. Betsey's teaching is vibrant with her passion for yoga and special expertise in progressive teaching. Her goal is to create an opportunity for students to connect with their power and wisdom ... and to touch the sacred.

**Cost:** Tickets online – \$60

**Time & Place:** 12:00-4:00pm – Silver Spring

### The Names and Forms of Ganesh: A Weekend Retreat with Douglas Brooks

November 3-5

Many know the Elephant God Ganesh or Ganapati the Lord and Protector of Thresholds and the Ganas who guard them. But there are endless stories and names of this most-loved deity. In this workshop, we will recount this great Being as his kaleidoscope of names lead us through his forms which are nothing but the reflection of your very own self.

**Cost:** \$150 or pay at door

**Time & Place:** Silver Spring  
Friday – 7:00-9:30pm (\$40 at the door)

Saturday – 10:30am-1:00pm & 2:30-5:00pm  
(\$40 each at the door)

Sunday – 9:00am-12:00pm (\$50 at the door)

### Befriending the Mind-Dragons; Dismantling the Fear Demons Meditation with Sally Kempton - Sunday, December 3

This weekend workshop, based on Sally's tantric approach to meditation and inner work, will focus on moving beyond emotional patterning. We all know how our mental and emotional habit patterns keep us running down the same old grooves. Yoga and meditation create the ground for transforming these patterns—called samskaras in the yogic traditions. There are also some powerful contemplative processes in the yoga-tantric traditions that speed up the process of freeing ourselves from painful mental and emotional habits. We'll work with a series of meditations and contemplative processes for opening the windows in our own mind, and letting the essential truth of the heart dissolve the energies that keep us stuck.

**Cost:** \$95

**Time & Place:** 9:30am-4:30pm – Silver Spring

## suzie's travel schedule

### Sept. 29-Oct. 1: Anusara Weekend Workshop in Virginia Beach, VA

Contact Ann Richardson or JoAnne at 757-318-7477

Universal Movement Studio or email: [yoga@universal-movement.com](mailto:yoga@universal-movement.com)

### October 6-8: Anusara Weekend Workshop in Schenectady, NY

Contact Lisa Alexander email: [lisaalex@nycap.rr.com](mailto:lisaalex@nycap.rr.com)

### November 3-5: Anusara Weekend Beach Retreat in Rehobeth, DE

Contact Willow Street Yoga Center at 301/270-8038 or  
see: [www.willowstreetyoga.com](http://www.willowstreetyoga.com) for more information.

## Anusara Immersion Weekends

The 2006 Immersion is a pre-requisite for 2007 Teacher Training.

Open to all dedicated students and teachers.

**Cost:** \$225 per individual weekend, \$600 per entire module  
*(You must register for individual weekends by mail or in person at WSYC, registration not available online)*

### Time & Place:

Saturday: 10:30am-6:00pm - Takoma Park  
Sunday: 9:00am-4:30pm - Silver Spring

### Module 3 Weekends Tapping into the Core

- September 9-10
- October 14-15
- November 11-12

Register now online.

## Teacher Training (YTT) Weekends

Open to advanced students or budding teachers if space permits.

**Cost:** \$345 per individual weekend.  
*(You must register by mail or in person at WSYC, registration not available online)*

### Time & Place:

Saturday: 10:30am-6:00pm - Takoma Park  
Sunday: 9:00am-4:30pm - Silver Spring

**August 26-27**  
**The Wonder of Sanskrit & Chanting**  
with Jenny & Moses

**Sept. 23-24**  
**Yoga and Ayurveda**  
with Joe & guest teacher Brenden Feeley

## Hi's and Bye's

A warm welcome to AJ, Rebecca and Jessica who join our teaching faculty this fall! AJ is one of our own YTT graduates and will be bringing her joyful, fun spirit to some of our Kids classes. Rebecca joined us this past summer, teaching our Itsy Bitsy yogis on the weekends. Jessica joins us on the Pilates mat. And Moses is now in the house on Wednesday nights, in addition to his usual Monday and Fridays – it's great to have you here more often, Mo!

Congratulations to our webmaster, Phil Bender and his wife, Marcela, who welcomed their new daughter, Sophie Ana, into the world in June.

It has also been a time of farewells. We wish all the best to departing teachers Vivian and Catherine. We are sad to see you go and hope your paths will be graced with all the good energy you've brought to us here over the years. Along with many others in the area, Willow Street mourned the loss of former teacher Rachel Greene earlier in the summer. Rachel passed away when complications arose from heart surgery. Her family continues to be in our prayers.

**October 28-29**  
**The Art of Sequencing**  
with Suzie & guest teacher Betsey Downing

**November 18-19**  
**Therapeutics and Teaching to Special Groups & Populations**  
with Jenny & Moses

**December 9-10**  
**Teaching Restoratives, Ethics & The Business of Yoga**  
with Suzie & guest teacher Lynn Matthews

## Parallel classes

Liz Lerner Dance Exchange (right behind WSYC's Takoma Park location) has paired up some kids' dance classes to coordinate with the following Willow Street classes. Your child can be in class while you are! For more info on their registration and schedule, please contact Kimberly Quick at 301-270-6700 ext 24, or [kquick@danceexchange.org](mailto:kquick@danceexchange.org).

### Mondays:

**Dance Exchange:** Creative Movement for ages 2-5, 11:25am-12:35pm

**WSYC:** Pilates II/III, 11:30am-12:30pm

**Dance Exchange:** Creative Movement for ages 2-5, 12:40-1:50pm

**WSYC:** Pilates I, 12:45-1:45pm

## What to Wear and Bring to Class

Bring yourself with an empty tummy; wear your barefeet and a smile. Tee shirts, tanks, biking shorts, and tights/leggings are great. **Please, no baggy pants or short shorts.** Leave your gum, perfume and worries outside the studio. We have changing rooms and all the yoga props you'll need. WSYC is a cell-phone free zone. Please respect our policy and turn yours off! **Please be on time for class. Late arrivals may be turned away.**

## How to Register

Registration opens August 16 at 10am. **We strongly suggest registering online if possible.** Online registration provides you with immediate confirmation that you have secured your spot in class. Register online by Sept 16 and receive a \$5 discount on your online class registration **if you choose 'Bonus'** in your shopping cart. Student and Senior discounts are redeemable online. **Register online at [www.willowstreetyoga.com](http://www.willowstreetyoga.com).**

Registration is also accepted in person, by fax (301.270.8045), and by mail. Phone registrations are not accepted. If you choose to register off-line, you will not receive confirmation. We will only contact you if your first choice is full. No news is good news! Please be sure to provide a second choice on the registration form.

**Payment must be made in full at the time of registration.** WSYC accepts cash, check, Visa, and Mastercard.

## Class Costs

**2 hr. classes:** \$221 (\$17 per class)  
(additional class registration: \$182)\*

**1.25, 1.5 hr. classes:** \$208 (\$16 per class)  
(additional class registration: \$182)\*

**1 hr. classes:** \$182 (\$14 per class)

**Kids/Teen classes:** \$123.50 (\$9.50 per class)

\*When an individual registers for more than one 1.25-2 hr. class, subsequent classes of the same length are available at \$182 (until Sept 24). This subsequent class reduction is not applicable to 1 hr. classes.

## Tuition Discounts

10% discounts for seniors 65 & older and students with a valid college ID are available through the first week of classes only. These discounts are redeemable online. Please bring your college ID to the first class to be checked by your instructor. **Only one discount applies, for full tuition registration only.**

## Policies for Kids & Teens

We ask that children under the age of 16 attend classes specifically designed for their age group. Ages 16 and above may attend adult classes. See our website for children's class policies. **Drop-in's are NOT accepted for FULL children's classes. Please check the website or call before dropping in.**

## Refunds

Refunds are calculated based on the time the cancellation request is received by the Registrar in writing, not the day of the last class was attended. Tuition cannot be carried over to a later session. If you registered online, you can request to drop your class by going to "my registrations" in the online registration system. All refunds include a built-in administrative fee. Refunds are given according to the following schedule:

- before and during 1st week of classes = 80% per class (ends Sept 24)
- during 2nd week = 75% per class (ends Oct 1)
- during 3rd week = 50% per class (ends Oct 8)
- during 4th week = 25% per class (ends Oct 15)

No refunds are given after the fourth week. Refunds are always issued by check and may take up to 6 weeks. **Please note: Refund policies are firm.**

## Transfers

Students may transfer classes up until the end of the 4th week of classes (October 15). Fill out a transfer form at the front desk, or if you registered online, you may transfer online.

## Receipts

Register online to receive an immediate receipt for classes. Written requests for paper receipts may be submitted to the Registrar during the current session and may take up to 6 weeks to process.

## Drop-ins

Drop-in students are accepted (space permitting) at \$20 for a non-registered student (and for all 2 hr. class drop-ins) and \$15 for a registered student, and for hour-long classes. \$10 for kids classes. **Please pay drop-in fee directly to the instructor, cash or checks only.**

## Make-ups

The opportunity to make up missed classes is a courtesy extended by WSYC. Missed classes can be made up at either location, any time during the current session at the same class level or below. You may make up in advance of an anticipated absence. There is no need to call in advance, but arrive early and check in with the instructor. **Make-ups cannot be transferred to other students, and missed classes cannot be carried over to later sessions.**

## Class Cancellations

If classes are canceled due to inclement weather or an emergency, there will be an announcement on the Center's voice mail 2 hours or more before the class is scheduled to begin. Classes will be held on all holidays unless specifically announced. Cancelled classes will either be rescheduled or you will receive a voucher. WSYC reserves the right to cancel a class for the whole session when the required minimum enrollment is not met. Earliest notification will be given and students may choose a refund or transfer to another class.

## Substitute Teachers

WSYC reserves the right to allow teachers to find appropriate substitute teachers to replace them in a class if needed, due to illness or travel.

## Classes & Workshops Start on Time!

Please arrive for your class on time, or better yet, a few minutes early. **Late arrivals may be turned away.**

## Injuries/Physical Limitations

We have a wide range of classes to accommodate people with various physical conditions. Please let your teacher know before class about any physical problems or medical conditions.

## Workshop Registration

Online registration is strongly encouraged. Please register early as workshops fill up quickly! Cancellation requests must be received by the Registrar **in writing** at least 72 hours before the beginning of the workshop to receive a refund less a 20% administrative fee. Please note that some special event workshops have more strict refund policies as noted in the newsletter and online. Late arrivals will not be permitted to enter workshops more than 15 minutes after they begin. No refunds are available for late arrivals who miss their workshop.

## Willow Street Yoga Center Administrative Staff

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