



Willow Street Yoga Center of Takoma Park

Spring Session 2002

April 29-July 7

Spring 2002 Reflections:

Spring 2002 Reflections: On The Perfect Moment

by Suzie Hurley

My husband John and I drove to North Carolina for the Christmas holidays with my oldest son, Todd, and his family. It was a crystal clear day as we cruised down the Blue Ridge Parkway from Blowing Rock to Asheville. By late afternoon the sun was dropping behind the peaks to the West. There was very little traffic, and a sense of spaciousness and peace rose from the shadowed mountains. We put on a favorite new CD of Christmas carols. "O Holy Night" came on just as we rounded a bend which opened into the most magnificent vista. We stopped the car at a turnout and John cranked the volume of the music high. Standing in the cold evening air at the edge of the precipice, we were enraptured by the luminosity of the setting sun, the changing palette of

the sky, waves of mountains upon mountains seemingly stretching out into the infinity of the moment. The sky ranged from brilliant reds to glowing yellow-oranges to radiant purples, pinks and blues. The moon and stars emanated a warm glow as the sky deepened with night.

"O Holy Night" played in the background. Its beautiful lyrics penetrated our hearts. "Fall on your knees, O hear the angels' voices, O night Divine..." Each line held a special meaning in the moment. And there was only that moment. An incredible moment of presence, peace, awe, bliss, and gratitude. I don't remember analyzing that moment or even being aware of my feelings in that moment, save for pure happiness. John and I held each other as we watched the tapestry unfold before us, our hearts connected and humbled before the majesty of the Divine. Tears shone in our eyes reflecting our love for each other and gratitude for this moment.

What is "the Perfect Moment"? Are these kinds of experiences the only ones that we can label as such? Certainly they are very special and can trigger higher states of consciousness and deeper states of Being. Having practiced meditation for over 25 years now, I am well aware of the experiences going inside oneself can sometimes bring. The game, however, is also to bring those inner

INSIDE

- Welcome in Spring by taking one of our workshops... see page ii of the insert.
- Join us for a **Free Class!** See the schedule on the back cover.

Class Changes

- We're offering a new Beginning Flow Class with Jenny on Tuesday's at 4:30.
- Wednesday's Flow class at 8:00 p.m. is now an Intermediate Level class.
- Kids Class is now for 5-9 year olds.
- Kate's 8:00 Thursday class becomes a Level I-II.

*“Let the beauty we love
be what we do.”*

– Rumi

gifts to one’s outer life, letting the ordinary moment become extraordinary, just as it is.

This is a challenge I’ve been aware of for some time. I began to think about that “perfect moment” on our trip and what I noticed was that by just being aware of my intention, I began to live each moment a little more fully. I was simply bringing more presence to my awareness of whatever was before my eyes. I even started to become enthralled with the radiance of red and green stoplights! When I could remember to do this—and practice is all it takes—each small aspect of Nature took on new beauty and meaning, and was accompanied by a lovely, though quite ordinary, sense of peace and lightness. This can be true for those experiences we label as unpleasant or negative as well. When we are truly connected with our inner self, even the incessant sound of jackhammers, which we’ve been subjected to this past term, can be seen as the Perfect Moment.

Eckhart Tolle, author of “The Power of Now, A Guide to Spiritual Enlightenment,” speaks of moments as John and I had, that we’ve all had, as portals of access to embracing our true selves where we really “get” that we are perfect and whole unto ourselves, just as each moment is perfect and whole unto itself. To make this journey, we need to leave our analytical minds behind and allow just our awareness to be our guide. There is a wonderful childlike quality that is felt when this is allowed to happen. Things become new again, and a sense of wonder, accompanied by deep gratitude arises. The air seems lighter, and we have a sense of the spiritual that connects us to

something greater. This journey is the same one that Yoga teaches, that we are not our mind. Our mind can be wonderful tool, yet it is not the Master. Yoga also teaches that our bodies are portals of entry too, and by putting our deep attention on one part of our body, the mind can quiet and we can more easily surrender to the moment.

We never know how or when our lives will change. We may fall prey to a fatal disease, be in any kind of accident that could irreparably change our lives, die in any number of ways on our way to pick up a newspaper. By living each moment as the perfect moment, we give ourselves over to a deeper place of acceptance of the cycles of life, with all its changes, transitions and challenges. Death is faced with less fear and more surrender. This is what the “pose of the corpse,” Shavasana teaches us. As we surrender our minds, our muscles, our very bones, we find our breath grows lighter, perhaps suspended in the place between our thoughts. There is a feeling of “OK-ness.” We and the moment meld into one.

Winter has passed and Spring is here NOW. I wish for each of you a beautiful new awareness of a crocus, a daffodil, an emerging leaf of lime green. And in the same “NOW” of Spring, I wish for each of you a fresh awareness of letting your children and partners and friends be truly SEEN by you with new eyes. With each act of presence, gratitude unfolds in our hearts and the perfect moment arises again and again.

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 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.

WSYC teaches Anusara Yoga, a uniquely integrated and therapeutic approach to Hatha Yoga, developed

by John Friend. In Anusara Yoga, the flowering of the human spirit blends with the precise science of biomechanics. The Foundational Principles of Attitude, Alignment and Action make each pose a celebration of the Spirit.

Anusara Yoga 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 combines a physically precise and challenging asana practice with an open-hearted embrace of the divinity of all life.

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.

ASANA LEVELS AND CLASSES

Yoga I is for beginning and continuing students to introduce them to the Anusara 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 and opening the shoulders.

Yoga I/II is for continuing students having completed Level I. The emphasis of this course is on building endurance and introducing Yoga II standing poses. 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/II and focuses on refining the revolved standing poses. Strengthening preparations for inversions (handstand, forearm balance, headstand & shoulderstand) will be introduced.

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

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

Pranayama 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 Special Conditions & Injuries is for those who have physical conditions (serious spinal problems, arthritis, heart problems, chronic and acute injuries for example), and 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.)

Therapeutics is for students who are physically active, preferably have some experience with yoga, and have injuries related to hips, knees, necks and shoulders. We will be using the Anusara principles to bring the body back into its optimal alignment, which will free energy and help to alleviate pain. This class is NOT for conditions such as MS, serious spinal conditions or heart-related conditions.

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.

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 focus on opening and strengthening the pelvic floor, increasing our inner source of power, energy and connection to the Earth.

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.

Yoga for Kids is a playful class for ages 5-9 that helps children learn techniques for greater concentration, reducing stress and connecting to their bodies in a loving way.

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.

Pregnancy Yoga involves the use of yoga poses, breath work and relaxation, to enable you to experience the special connection you have with your baby while developing trust and confidence in your body's resources for birth. Permission is required from your midwife or physician.

Mothering Moves is a movement class for new moms and babies designed to nurture your body and soul, while sharing time with your baby in fun and creative ways. Drawing from principles of dance, yoga, relaxation and infant development, moms will be given opportunities to move and experience their changing bodies with ease. (For babies not yet crawling.)

Reminder

Current students may reserve a space until April 8th. All registrations, new and current students, will receive equal consideration after that date.

ASANA LEVELS AND CLASSES *(cont.)*

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.

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).

Pilates Mat I focuses on developing abdominal core strength. The exercises require concentration and focus on the abdomen, back and buttocks. 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 stronger and more aware.

Pilates Mat II is for students familiar with Pilates Mat I and who have some abdominal strength to support the work. The class will progress faster than Pilates Mat I.

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 combines her knowledge of meditation, breathwork, bioenergetic healing, and Pilates into her teaching of dance to make spiritual belly dance fun, energizing, inspiring and healing.

Congratulations

...to Kerry Traylor on receiving her Anusara Yoga Certification.

Therapeutic Massage

Therapeutic Massage reconnects us with our bodies, promoting a sense of wholeness. It eases tension, brings oxygen to tissue, removes toxins, reduces injury recovery time and helps prevent muscle strain. A massage brings peace and calm to the mind, relaxing the entire being. We offer therapeutic massage from two therapists at Willow Street Yoga Center. Contact them directly to schedule an appointment.

Joe Miller is a graduate of the New Mexico School of Natural Therapeutics in Albuquerque. He is a certified Kripalu bodyworker and yoga teacher. Joe specializes in Swedish, Deep Tissue, Shiatsu, as well as Reflexology and Neuromuscular Therapy. He has over 1,000 hours of training and is sensitive and highly intuitive to a client's individual needs.

He may be reached at 301-562-3114.

Judy LaPrade practices Connective Tissue and Neuromuscular Therapy. She has 12 years of bodywork experience since graduating from the Florida School of Massage in Gainesville where she received over 1,000 hours of massage training. She compliments her work with Sports Massage techniques and holds a Masters degree in counseling psychology and rehabilitation. **She may be reached at 301-585-4512.**

Private Yoga Instruction

Many of our students find that occasional private yoga lessons help to increase their understanding of alignment, breathing or therapeutic needs. Private lessons with our instructors are available by appointment by calling the Center. We will put you in touch with an instructor.

OUR VISION OUR PURPOSE

... is 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.

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 principal 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. 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.

Moses Brown is a Certified Anusara Yoga Teacher and 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 Certified Anusara Yoga 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 also certified in Kripalu yoga and truly is an inspiration to those she touches.

Joe Miller is an Anusara Affiliated teacher and continues to study with his principle teacher, John Friend. Joe received his first Yoga certification as a resident of Kripalu Center in 1995. He went on to graduate as a Certified Therapeutic massage therapist in 1998 and has a full time practice. Joe's classes are lighthearted with a focus on breath and anatomy.

Preeti Rachel Greene began her study of Yoga in 1989. She is an Affiliated Anusara Yoga teacher and holds certifications in Integral Yoga, Kripalu Yoga and Yoga of the Heart. Rachel is the Yoga Instructor for the Coronary Artery Disease Reversal Program at Walter Reed Army Medical Center. Her gentle nature combined with skillful technique attract many to her classes.

Kerry Traylor is a Certified Anusara Yoga Teacher, whose primary teacher is John Friend. She has

been teaching yoga since 1997, when she received her original yoga teacher certification from Kripalu. She has also studied with Suzie Hurley, Carolyn Bluemle, Desiree Rumbaugh, and Rod Stryker.

Robin Carnes discovered yoga at age 18, and it has gradually become the center of her life. An Anusara Affiliated teacher, she studies with John Friend and Suzie Hurley. Robin is also a certified Kripalu DansKinetics and YogaRhythmics instructor. She invites students to explore the power of movement rooted in sacred intention.

Kate Miller is a Certified Anusara Yoga Teacher. Kate playfully incorporates her dance background and her knowledge of anatomy and therapeutics into her classes. 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.

Karin Wiedemann was introduced to yoga by her mother as a way of relieving stress. She is Anusara Affiliated and has also completed 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, an Anusara Affiliated teacher, 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 study with Suzie. Her gentle and caring teaching style allows students to feel at ease in her classes.

Sara Shelley teaches our prenatal classes and seeks to empower her students with the many benefits that yoga brings during this miraculous time of life. She began her study of yoga in 1997, and will be completing an Anusara YTT Program this year. Her principal teachers have been Suzie Hurley, Jenny Otto and John Friend.

ABOUT US *(cont.)*

Thank You

*Thank you for sticking
by us in the midst of
jackhammers, dust,
noise, upturned concrete,
difficult parking and
literal upheaval. We are
so very sorry for the
inconvenience and
appreciate you hanging
in there more than we
can say. To a quieter
Spring!*

Roberta Stiehm is a dancer and teacher living in Takoma Park. She has danced and taught Modern and Ballet professionally for 20 years, and danced and sang on Broadway. She teaches at MD Youth Ballet and at ACA/Shakespeare Theatre. She is certified in "Authentic Pilates" and is a student of Yoga at WSYC.

Clementina "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 and Qi gong instructor who has been studying T'ai Chi since 1990. He is also a Certified Alexander Technique Teacher and Massage Therapist and trained in Craniosacral therapy and Reiki. His classes are geared towards health, improving coordination and balance, and rediscovering our innate potential for poise in movement.

Tiffany Montavon is a certified Kripalu Yogarhythmics instructor. Her experience with dance, cathartic movement and yoga have led to the belief that dance is indeed a healing art. She is committed to creating safe and deepening experiences where people can explore and express themselves through creative free dance and guided movement.

STUDENT FEATURE

Meet Herman Goodyear

Who – "My name is Herman E. Goodyear."

What – "A guy taking yoga at Willow Street Yoga Center."

When – "A couple of times a week"

Where – "At Willow Street Yoga Center, of course!"

Why – "It makes me feel great."

How – "By taking Flow, Level II and Level II/III classes."

I first became interested in yoga in the 1960's. As a child, I was sent to yoga class at the YMCA. The instructor was a tall, gaunt man with a turban and a wooden staff. Every time we did not do an asana correctly, we were tapped firmly with the wooden staff. I hated it. I swore the oath of a 9-year-old to never, never, ever do yoga again.

In college, I took a yoga class. I hated it. I swore the oath of a 20-year-old to never, never, ever do yoga again, especially if the real reason I took the class was in it and still wouldn't talk to me.

In 1997, I had an accident (which involved dropping 270 pounds on my chest) and developed an odd, and undeniably new, extra heartbeat. I stopped all activity and generally sat around and ate. I still went to beach in the summer and to work, but only occasionally made a visit back to the gym or took a bicycle ride.

In 1999, looking to find another kind of activity, and willing to disavow the oaths of the 9-year-old and 20-year-old, I went to Kerry's Level I class on the recommendation of my partner. I loved it! I loved Kerry's energy and the depth of knowledge



she brought to her yoga classes. I took classes with Marion, Suzie, Joe and many other wonderful instructors and Teacher Trainees and I kept coming back for more. I found myself taking workshops and trying different classes. I found I love Anusara yoga. I swore the oath of a 45-year-old to never, never, ever stop doing yoga. Really!

What else? I am most often asked about my last name: "Are you related?" I always used to answer with a polite but firm "No." I am not related to the fabulously wealthy Goodyears. But, my answer now would be "Yes!" I am related to everyone, in expanding circles: my (poor) Goodyear relatives, friends of long standing who "knew me when," and those whose lives touch mine every day, in moments great or small. And then there is my Willow Street connection. Through my classes and workshops, I feel as related to people who make up Willow Street Yoga Center as I do to my family!



WORKSHOP REGISTRATION FORM—SPRING 2002

(please fill out all information and print clearly)

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

Workshops

- April 16: "Continuing Class" \$30
 - April 17: "Rest & Relax with Restoratives" \$30
 - May 18: "Preparation for Childbirth-A Couples Yoga Workshop" \$65/per couple
 - May 25: "Alexander Technique Workshop" \$45
 - May 26: "Creating a Home Practice" \$35
 - June 2: "Kids Workshop" (5-8 year-olds) \$15/child
 - June 2: "Kids Workshop" (9-11 year-olds) \$15/child
 - June 8: "Sun Salutations" \$35
 - June 9: "Partner Yoga" \$35/person or \$60/couple
 - June 15: "Asana, Chanting & Pranayama" \$30
- Teacher Training Weekends:** (if space permits)
- May 3-5: "Anatomy & Physiology With Focal Points" \$300
 - May 31-June 2: "Yoga And Ayurveda" \$300
 - June 28-30: "Meditation & Philosophy" \$300
- Total Number of Workshops: _____
 Total Workshop Fees: _____
- (Send separate checks for each workshop)**

- 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.

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



SPRING CLASS REGISTRATION FORM—APRIL 29-JULY 7

Class costs: 1 1/2 hour classes First class \$140.00 1 hour classes \$120.00
 Second class \$120.00 (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 _____

Check if this is a NEW address.

	Teacher	Class/Level	Day/Time (circle one)	Class Length (check one)	Fee
Class 1- first choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$140 1 hr for \$120	
	alternative choice		Su M T W Th F Sa Time: _____	1 1/2 hr for \$140 1 hr for \$120	
Class 2- first choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$140 1 hr for \$120	
	alternative choice		Su M T W Th F Sa Time: _____	1 1/2 hr for \$140 1 hr for \$120	

Discount (please check only one discount)

- \$5.00 for paying in full and in one transaction prior to April 29, 2002
- \$10.00 for seniors over 65

Deposit/Discount

Total Class Fee

- Please read all policy information on page IV of the insert before completing this form
- 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 April 8. After April 8, all registration, new and current will receive equal consideration.
- Pro-rated registration for fewer than 10 classes are accepted only after May 12 in classes that still have space.
- WSYC accepts cash, checks, and money orders only (no credit cards). **You must submit separate checks for classes and workshops payable to: Willow Street Yoga Center**

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

FREE CLASSES—APRIL 23-28

These classes are offered to new students as an introduction to Willow Street and yoga. Upper level yoga classes, such as Flow and Continuing are for current students only. 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.

Tues. April 23

7:15-8:15am
11:30-12:45pm

All Levels	Asya
Beginning Yoga	Linda

Wed. April 24

12:30-2:00pm
12:30-1:30pm
6:15-7:30pm
6:15-7:30pm
7:45-9:00pm

Spiritual Belly Dance	Angel
Pilates Mat	Roberta
Beginning Yoga	Kerry
Gentle Yoga	Rachel
Beginning Yoga	Joe

Thurs. April 25

9:30-10:45am
4:30-5:45pm
6:15-7:30pm
6:15-7:30pm
7:45-9:00pm

Women's Yoga	Robin
Beginning Yoga	Joe
Beginning Yoga	Kerry
Beginning Yoga	Kate
Beginning Yoga	Suzie

Fri. April 26

10:00-11:15am
7:00-8:15pm
7:00-8:15pm

Continuing Class	Robin
Beginning Yoga	Moses
Beginning Yoga	Kate

Sat. April 27

9:30-10:45am
10:00-11:00am
11:00-12:00pm

Beginning Yoga	Karin
Pilates Mat	Roberta
Kids Class (5-9)	Karin

Sun. April 28

9:30-10:45am
9:30-10:45am
11:15-12:30pm
11:15-12:30pm
4:15-5:15pm
5:15-6:15pm
5:15-6:15pm
7:00-8:15pm

Flow Class	Karin
Beginning Yoga	Rachel
Therapeutics	Kate
Beginning Yoga	MaryJean
Teen Yoga	Kate
T'ai Chi	Eduardo
YogaRhythmics	Tiffany
Yoga for Pregnancy	Sara

Directions to the Willow Street Yoga Center

We are located in downtown Takoma Park, Maryland, just outside the DC line in the Takoma Business Center (Suite 100). We are in Takoma Park's only high rise office building, across Carroll Avenue from the CVS. 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, walk straight ahead, continuing 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).



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

Return Service Requested

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CLASS SCHEDULE AND WORKSHOPS—APRIL 29-JULY 7

SPRING 2002 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	✿
4:30-6:00 pm	Kids Yoga ages (5-9) [†]	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*	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	●
4:30-6:00 pm	Beginning Flow [†]	Jenny	▲
6:15-7:45 pm	Yoga I	Kate	✿
6:15-7:45 pm	Yoga II	Marion	●
6:15-7:30 pm	Spec. Cond. & Inj. [†]	Jenny	▲
8:00-9:30 pm	Yoga II/III	Jenny	▲
8:00-9:30 pm	Intermediate Flow *	Kerry	✿
8:00-9:30 pm	Yoga I/II [†]	Kate	●

WEDNESDAY

Time	Class	Instructor	Location
8:00-9:30 am	Yoga II/III	Kate	●
8:30-10:00 am	Yoga I/II	Karin	▲
11:15-12:15 pm	Pilates Mat II	Roberta	●
12:30-2:00 pm	Spiritual Belly Dance	Angel	✿
12:30-1:30 pm	Pilates Mat I	Roberta	●
4:30-6:00 pm	Yoga I/II	Karin	●
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	Intermediate Flow* [†]	Karin	▲
8:00-9:30 pm	Yoga III	Suzie	✿
8:00-9:30 pm	Yoga I	Joe	●

*See page 3-4 for prerequisites.

[†]Class changes.

KEY

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

THURSDAY

Time	Class	Instructor	Location
9:30-11:15 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	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	●
11:30-12:30 pm	Mothering Moves [†]	Sara	▲
1:00-2:30 pm	Pregnancy Yoga [†]	Sara	▲
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
8:45-9:45 am	Pilates Mat I [†]	Roberta	▲
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
9:30-11:00 am	Yoga II	Kate	●
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	▲
11:15-12:45 pm	Therapeutics	Kate	●
4:15-5:15 pm	Teen Yoga	Kate	▲
5:15-6:45 pm	T'ai Chi	Eduardo	●
5:15-6:45 pm	YogaRhythmics	Tiffany	✿
7:00-8:30 pm	Pregnancy Yoga	Sara	✿
7:00-8:30 pm	Meditation (Free)**	Luisa/Lynn	●

**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 dedication to their teaching. These classes are offered free, following the tradition of "dana", meaning generosity. Donations are accepted. Luisa may be reached at 301-891-2780 and Lynn at 301-530-4363.



SPRING WORKSHOPS

Suzie's 2002 Travel Schedule

May 2-5—Anusara
"Opening to Grace" at
Kripalu in Lenox, MA.
Call Kripalu Center at
800-741-7353

May 17-19—Anusara
Weekend Workshop in
Phoenix, AZ. Call
MaryBeth Markus at
602/265-8222 or
email desertyoga@fastq.com

June 7-9—Anusara
Workshop in
Charlottesville, VA.
Call Chris Tucker
at 804-296-1005
or email Vashrinks2@hotmail.com or
Ebyogini@aol.com

July 20-27—Anusara All
Levels Week at Inner
Harmony Retreat
Center, Utah.
Call Dodie at
1-800-214-0174
or email dodie@ihretreat.com; more info
www.innerharmonyretreat.com

April 16: "Continuing Class" with Karin 7-9pm \$30

What will you do when the studio is closed for two weeks? Attend the Continuing Class, of course! Come join Karin for a fun and rejuvenating 2 hour long potpourri class for current students. Register early please, as this class will fill quickly.

April 17: "Rest & Relax with Restoratives" with Karin 7-9pm \$30

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 that is beneficial to health and can reduce the effects of stress related disease and deep fatigue.

May 18: "Preparation for Childbirth-A Couples Yoga Workshop" with Sara Shelley 2-5pm \$65/per couple

This workshop is for couples interested in cultivating greater relaxation and enjoyment for childbearing, while enhancing awareness and confidence for labor and birth. Through gentle postures, breath-work, meditation and massage, couples will experience a deeper connection with each other as well as to the life of their unborn child. Moms may be accompanied by partner or whoever might be present at birth. No yoga experience necessary.

May 25: "Alexander Technique Workshop" with Eduardo 1-4pm \$45

The Alexander Technique is a process of movement re-education that facilitates an integration of mind-body function. It improves flexibility and produces a dynamic and balanced posture, resulting in freedom and ease in everyday activity, sports, and performance. Eduardo is a certified Alexander Technique teacher. Join him for this workshop as an introduction to Alexander Technique Principles and how they apply to every day living.

May 26: "Creating a Home Practice" with Marion Griffin 1-3pm \$35

Spring into a blossoming and thriving Home Practice.... It is often said that home practice is the time for self-nurturing, enjoyment and the place where we grow and improve the most. If this is so then why is it so difficult to get started and maintain such a practice? Let's discuss the obstacles and explore through asanas the vast possibilities of creating a vibrant home practice. Discover the treasures within your own creative spirit.

June 2: Two "Kids Workshops" with Karin 1-2:30pm 5-8 year-olds; 3-4:30pm 9-11 year-olds \$15/child

Yoga classes can help your child to become more flexible, coordinated, and feel more focused and relaxed. Come join Certified Children's Yoga teacher Karin Wiedemann for a fun-filled afternoon of yoga postures, games and songs. Children will learn poses that help them to let go of feelings of anger and sadness and begin to feel happier and more confident.

June 8: "Sun Salutations" with Maureen Clyne 1-3pm \$35

Sun Salutation (Surya Namaskar) creates Tapas—the internal heat that "burns" impurities from the system. Because it requires great skill to move smoothly and quickly through this asana series, we sometimes lose track of our alignment. This workshop will break Surya Namaskar down to examine and practice the alignment of each asana individually. With improved alignment, we'll increase our strength and stamina in its practice. Requirement: completed Yoga I

June 9: "Partner Yoga" with Joe & Karin 2-4:30pm \$35/person or \$60/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. Double your Yoga, double your fun! Open to all levels. Bring a partner or come alone.

June 15: "Asana, Chanting & Pranayama" with Robin Wienick 1-3pm \$30

Spend an afternoon exploring movement, sound, and silence with three different yogic practices - asana, chanting, and meditation. We'll explore how each of these practices leads us to a deeper internal stillness and allows us to connect with the heart. All levels of asana experience welcome, and it doesn't matter if you can't carry a tune!

TEACHER TRAINING WEEKENDS

YOGAWARES...THE SHOP AT WSYC

Anusara Teacher Training Weekends: Open to Advanced Students or budding teachers if space permits. Must do each weekend in its entirety.

1. May 3-5: Jenny Otto & Joe Miller
"Anatomy & Physiology With Focal Points"

Fri. 6:30-9:30
Sat: 10:00-5:00
Sun. 9:00-4:00
\$300

2. May 31-June 2: Suzie Hurley & Joe Miller
With Roberta Reeves
"Yoga And Ayurveda"

Fri. 6:30-9:30
Sat: 10:00-5:00
Sun. 9:00-4:00
\$300

3. June 28-30: Suzie Hurley & Moses Brown
"Meditation & Philosophy"

Fri. 6:30-9:30
Sat: 10:00-5:00
Sun. 9:00-4:00
\$300

Come browse our shop "Yogawares". We have one of the most extensive collections of yoga props, books, videos, CDs and great looking yoga apparel in the Washington Metro area. Watch for the arrival of our Spring line of Yogi Wear and City Lights apparel. (Sorry, no mail orders)

Store hours are Mon-Fri 10:00-8:30pm; Sat 10:00-2:00; Sun 10:00-2:00pm and 4:00-7:30pm.
Store questions: store@willowstreetyoga.com

Gift Certificates are available for items or classes and Visa and MasterCard are accepted for shop purchases. (No credit payments accepted for classes or workshops.)

"The most valuable gift one gets from yoga is being exactly where you are, fully awake and in the moment."

COSTS AND CLASS POLICIES

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*
- Normalized blood pressure*
- Improved glandular function*
- Rejuvenated joint function*
- Improved digestion and metabolism*
- Flexibility in mind & body*
- Increased joy and sense of well-being*

Session Dates 4/29/02-07/7/02

Registration

Priority Registration

Class size is limited so please register early. Current students may reserve a space until April 8th. After April 8th, all registrations, new and current, will receive equal consideration.

Costs for 10 week Spring Session

1.5 hr. classes	\$140.00
	(additional class: \$120./class)*
1 hr. classes	\$120.00

*If you purchase more than one 1.5 hr class, each additional class is \$120 plus the \$140 for the first class. There are no discounts for additional 1 hr. classes. Check schedule carefully.

Tuition Discounts

Seniors (65+)	-\$10.00
Early Bird Payment	-\$5.00 off tuition

if paid in one transaction prior to April 29th.

One tuition discount per student on a full session only. No discounts on drop-ins, workshops, or merchandise. The discount for Early Bird Payment is valid only when paying in one payment at the time of registration prior to the start of the session.

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. **We do not confirm registrations. We will contact you only if the class you request is full.** Only registrations for the full session are accepted through the first two weeks of class. Classes that are not full after the second week of class will accept students on a pro-rated basis through June 9th. 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 and check early to avoid missing a full workshop. Workshop cancellations must be received at least five 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 classes specifically for children and teens. Ages 16 and above may attend the regular classes at regular rates.

Refunds

We offer refunds to those students who discover they cannot attend classes. The \$30 deposit is non-refundable, even if you cancel registration prior to the beginning of the session. The schedule for refunds is as follows:

If refund request is received by:

The end of the first week of class:	100% of refundable tuition*
The end of the 2nd week of class:	75% of refundable tuition*
The end of the 3rd week of class:	50% of refundable tuition*
The end of the 4th week of class:	25% of refundable tuition*

* less \$30 deposit

No refunds are available after the end of the 4th week of class. Exceptions to this policy will not be made. By registering for a class, you agree to adhere to these policies. To receive a refund, please fill out a Refund Request Form available at the reception desk and ask your instructor or our staff to help you. In addition, you may phone in your refund request if you are unable to come in person. The refund is 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 is not registered in. Drop-ins are accepted (space permitting) at \$17 per class (or \$14 for the hour-long classes). For students registered in a current class, the drop-in price is \$12 per class. Registered students who are making up a class have priority over drop-ins. **See the instructor BEFORE dropping into any class to ensure there is space and to pay your fee.**

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. **Missed classes cannot be carried over to another session. Please, no make-ups during the first week of classes.**

Clothing, etc.

Wear comfortable clothes such as t-shirts with long shorts, bike shorts, tights or leggings. No baggy pants, please! They obscure leg alignment. Students should be barefoot in class. We have changing rooms available. Come to class on an empty stomach. Please, no perfumes or heavy jewelry. Cell phones and pagers must be turned off and left outside the yoga studio.

Weather/Emergency Cancellations

If classes are canceled 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. Canceled 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 and on the bulletin board outside the studios. Classes will be held on Memorial Day, May 27th. No classes will be held on July 4th.

Injuries/Physical Limitations

We have a wide range of classes to accommodate people with various physical conditions. It is the student's responsibility to let their teacher know before class about any physical problems or medical conditions.

Office Hours

We are staffed in our reception area during store hours. (Monday–Friday 10am-8:30 pm; Saturday 10 am-2 pm; Sunday 10 am-2 pm & 4 pm-7 pm)