

willow street yoga

Summer Session 2003 • July 14–September 7

Summer 2003 Reflections: The Power of Love

by Denise Benitez

Recently, I heard a moving story about love. One of Mother Teresa's nuns had rescued an orphan during the war in the former Yugoslavia and brought him to an orphanage. This child was severely neurologically impaired, in such a way that his body was curled into fists, his face into a scowl. The nun sat by the child and began to stroke his body. She talked to the child and ran her hand down his back and arms, over his hands and across his head and face. It took quite a while, but the child's body began to relax and uncurl. His face smoothed out and he made eye contact with the nun and smiled.

I heard another story recently about the power of hate. In the 1960's a third grade teacher in the Midwest did an experiment on discrimination in her class. She told the children to divide themselves into two groups—brown-eyed children and blue-eyed children. Then she told them that the brown-eyed children were superior in every way. She told the blue-eyed children that they were not allowed to use the drinking fountain, or play on the swings. She impressed upon them that they were less smart, less well-behaved, and less attractive. Within hours, the blue-eyed children were fulfilling the prophecy and misbehaving more. They even performed significantly worse on spelling and math tests that they had found easy the previous day. They began to believe in their own lack of self-worth; they began to hate themselves.

In yoga philosophy, love is seen as a means of self liberation. One of my favorite sutras from Patanjali (II.33) states, "When harassed by doubt, cultivate the opposite mental attitude." This sutra reminds me of a statement I once read by a psychologist. "Sometimes in order to move out of depression or self-hatred, we have to force ourselves to think thoughts we really don't want to think." In other words, we have to train our minds, which can be like wild little puppies, to follow a more harmonious path.

I've pondered often why it is that, left to its' own devices, the mind will tend to entertain fear, judgment, and even hatred. My best conclusion at this point in time is that we are biologically wired to be constantly scanning our environment for threat. We are always aware, at some level, of protecting and sustaining the physical body, and of discovering our place in the



Denise Benitez is both a friend and Anusara colleague I met at Inner Harmony years ago. Last year she underwent serious brain surgery with an attitude of

courage and faith in the power of love. We all sent prayer beads and our love through e-mails and notes. She is now well and spreading her lovely light and peaceful radiance once again to all she meets. I was struck by her article on The Power of Love and asked her if I could reprint it for our WSYC newsletter. She replied she would be honored, so I am pleased to share it with you.

hierarchy of the pack. Who is strong, who is weak, and where do we fit in? I used to believe that we were hard-wired in this way, but no more. I believe, and have experienced that this wiring can be re-wired. We can learn to be more loving, and this is no small practice. This is the biggest practice there is, the most important, and the most difficult, way more difficult than even the deepest backbend.

Fortunately, yoga, along with many other mystical traditions, offers us a rich and long tradition of cultivating love. There are signposts and guidelines along the way. You don't have to start from scratch.

Let's say you have just taken your seat on your yoga mat. You close your eyes for a few minutes. Your mind immediately begin to spin out stories about how you're not so very good at yoga, and you think of that woman in class who can do anything with her body. A gorgeous yoga photo you recently saw pops into your inner vision—a man with his foot behind his head. You can't even put your foot to your chest. You notice that you're feeling suddenly tired.

Whoa! When harassed by doubt, (or lack of worth, or envy, or despair) cultivate the opposite mental attitude. How can you possibly do that, when every nerve fiber



in your brain seems occupied with confirming the story of your inferiority? It seems so Pollyanna, and anyway, impossible, to just "think good thoughts." And even the yoga sutras tell us that "Fear is present even for the sage." (II.9)

In the yoga tradition, we are given, from the great spiritual text the Bhagavad-Gita, the concept of bhakti yoga. The word bhakti means devotion or love, and this path is one that cultivates love in the human being.

The next time you find yourself feeling unworthy, or full of spite, or jealous, or distracted, you might try overwhelming these narrow energy forms with the expansive energy of love. How? The Bhagavad-Gita gives us nine suggestions on how to lead the reluctant heart to love through these practices of bhakti yoga.

First, you might try listening to or reading sacred scriptures, inspiring poetry, or the words of contemporary wisdom teachers. Second, listen to the singing of devotional songs to God, in any tradition (kirtan). Third, meditate on the form of the Divine being that has meaning to you, from Jesus to Buddha, from Wily E. Coyote to Mother Teresa. It's a powerful practice to imagine gazing into the eyes of this embodiment of love, and to allow a river of loving energy to flow into you. Fourth, keep this image of the Divine in your mind throughout your day. Fifth, create an altar or sacred place in your home and have a small daily ceremony before it. You can place shells and stones, photos of your

loved ones and teachers, gifts given to you in love, representations of real or mythical beings that have importance to you on this altar. Your daily ceremony may be as simple as bowing or lighting a candle, but it will ground you for the day ahead, or prepare you for peaceful sleep. Sixth, bow down to the grace of the earth, or the gifts of a teacher, or the gift of life. Touch your forehead to the floor to remind yourself to offer your life's actions to a larger purpose. Seventh, cultivate an intense yearning to become the best person you can be, to be a representation of the highest qualities of being human. Eighth, regard God or the Divine as a friend, so that your relationship with the Divine deepens in intimacy and becomes a natural part of you. Ninth, imagine yourself as a Divine and holy person, so that any separation between yourself and love at its' deepest is erased. You might try going through a day regarding each person you encounter with an infinite tenderness toward their struggles and challenges.

May these suggestions inspire you to cultivate love toward yourself, then toward your close friends and family, and then toward the larger world. This earth and all the people living here, desperately need your balanced and generous heart.

Denise Benitez is a Certified Anusara Yoga Teacher and is the founder of Seattle Yoga Arts in beautiful Washington state. You can contact her at yogaarts@mindspring.com.

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.

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.

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.

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.

The other systems of yoga that have most influenced our teaching are the Kripalu Center for Yoga and Health founded 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) are 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.

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.

- **Beginning Flow Class** is for new students who want an introduction to vinyasa yoga. No pre-requisites.
- **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.
- **All Levels Flow** is for students that have completed at least one session of Yoga I/II at WSYC.

Women's Yoga is an exploration of the chakras and how they relate to women's health and healing. Using breath work, asana, journaling and more, we will journey into creating balanced energy in these dynamic centers. Be prepared to go deep within to access your inner source of power and expression to promote a sense of balance and radiance that will affect your entire being.

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 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.

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 class for ages 5-8, and 9-12, that 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.

Teen Yoga is a class for ages 13-16 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 are also taught.

Pregnancy Yoga 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).

Parent/Baby Yoga promotes a foundation of well being for yourself and your baby by combining Yoga, breath awareness, movement and relaxation. Learn fun and creative ways to involve your baby, while increasing your own flexibility, strength, comfort and ease. For babies not yet actively crawling.

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.

Fusion Flow Reconnect and recharge through this Anusara alignment, tapas inducing, flow yoga experience. Sweat out a week long accumulation of tension and stress. Through various musical and creative aspects, we will be guided to step into the Universal Flow of Life! Pre-requisite is one yoga session.

Yoga Nidra is a guided process which produces profound relaxation, makes



The word yoga signifies 'union,' emergence. When the soul unites with Spirit, the union is described as yoga. This yoga is the goal of every truth seeker.

—Paramahansa Yogananda

the mind more conducive to meditation, and helps harmonize the two hemispheres of the brain. Subconscious blocks are removed, allowing you to manifest your life's goals more fully. Each student will formulate a sankalpa, or specific life goal, and work with it every class using Yoga Nidra (Yogic Sleep). By cultivating relaxation in the delicious state between waking and sleep, you can revitalize and step into your destiny.

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

Pilates II/III is for students who have completed level II Pilates, and want to progress further in their practice.

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.

Belly Dance Basics Sway, shimmy & vibrate! Let your inner feminine divinity emerge & play while your body becomes more flexible & lithe. The sensuous movements of belly dance come from learning how to isolate movements of the body. Step-by-step instructions will be given to make learning easy while enjoying great music. Together we will learn a simple choreography to dance with each other.

Alexander Technique Class The Alexander Technique is psychophysical approach to organizing movement for optimal efficiency and poise. Emphasis is on learning how to allow the spine to lengthen in activity and relearning primary movement patterns that occur developmentally in small children. This class will involve hands on as well as verbal instruction, and will allow for students to focus on individual problem areas, such as injuries, chronic pain or tension, or other concerns. Eduardo is a certified teacher and has completed a 3 year 1500 hour training in the Alexander Technique.

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 complements 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.

teacher feature—Sheree Mullen



My path to Yoga was long and it began with my mother. She learned Transcendental Meditation and then had our family learn it. I was 15. I have meditated off and on ever since. The first Yoga class I attended was over twenty years ago. It was part of a stress management course at the University of Maryland. I learned the Sun Salute and a few other poses. I thought of yoga as a physical exercise. In my 20's and 30's I did triathlons (swimming, running, biking), 100 mile bike rides, hiking, skiing, etc. I didn't think I had time for Yoga, although I did a lot of the postures as stretches. I remember thinking that I wanted to try yoga "someday" when I had time. Like many people, I thought yoga was just gentle stretching and I wanted my "workout"!

After my second daughter was born and stress levels were rising I asked my husband for some Yoga videos. I owned them for almost a year before I even looked at them! During the blizzard of 1996 while stuck at home with two small kids, I finally watched Kathy Smith and Rod Stryker's Power Yoga video and began a regular 3 times a week Yoga practice! Six months later I quit my job as the Training Specialist at the Hebrew Home of Greater Washington to stay home with my children. It was a huge adjustment and I came to depend on my practice for both physical and mental health. But even then I didn't really consid-

er it my spiritual practice. I took classes at the local YMCA and then attended a Yoga retreat and met four fabulous teachers: Sarabess Forester, Kathy Rowley, Hilary Blackman, and Simone Heurich. I began to study with Sarabess and that is when I began slowly to view my Yoga as a spiritual practice as well.

After the birth of my third daughter in 1998 I found WSYC through a friend. I had a bad hamstring attachment injury that Suzie immediately picked up on. (I kept thinking I needed to stretch more, making it worse!) I studied with John Friend when he came to WSYC. I loved the alignment principles and the spiritual heart of Anusara. I found my Yoga home.

I love teaching and I love yoga so it seemed like a natural progression to combine the two into a new career that fit nicely into family life. When Suzie began the first Teacher Training program I was interested but wasn't sure that I was ready. Some friends and I went on a Yoga retreat and during the retreat one of them had a dream in which she was told that I should teach Yoga. I took that as a sign to begin and so I did! My Yoga practice has evolved from exercise to a celebration of body, mind and spirit that nourishes all of me. I am grateful to all the teachers, students, family and friends who I learn from every day on this life journey.

about us



Suzie Hurley is the founder and Director of 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 includes 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.



Amy Outman is an Affiliated Anusara yoga teacher. She teaches a dynamic and invigorating class focusing on the Universal Principles of Alignment and celebration of the heart. Amy has studied other styles of yoga including Iyengar and Ashtanga and she continues to study

under John Friend, Suzie Hurley and others. Amy uses her own experience with yoga to encourage her students to develop their own personal practice.



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.



Joe Miller is an Affiliated Anusara 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 graduated as a Certified Therapeutic

massage therapist from the New Mexico School of Natural Therapeutics. From this, he brings a deep understanding of anatomy to his teaching. Joe's classes are lighthearted with a focus on breath and alignment.



Karin Wiedemann was introduced to yoga by her mother as a way of relieving stress. She is working toward Anusara Certification and has completed a Teacher Training with David Swenson in Ashtanga Yoga. Karin empowers her students to explore yoga off the

mat by practicing breath, alignment and meditation in every day situations.



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.



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 many other wonderful teachers, including Suzie

Hurley, Carolyn Bluemle, Desiree Rumbaugh, and Rod Stryker.



Maria Hamburger is an Affiliated Anusara teacher and began her Yoga studies with Suzie Hurley. She continues to be inspired by her, as well as John Friend and other senior teachers. Maria helps her students find a place of love, acceptance and courage within each

class. She brings her dance and movement background to her classes, along with great enthusiasm and clarity.



Marion Griffin is both an Anusara and Kripalu certified teacher. For thirty years she taught Dance, Fitness and Health at Wootton High School in Montgomery County where she implemented and taught the only yoga program in the county. Her first yoga teachers were

Rikki Middleton and John Schumacher. Marion continues her love for yoga by studying with John Friend, Rod Stryker, Suzie Hurley and Moses Brown. With love, a smile and inspirational words Marion invites her students to look at and enjoy the deeper aspects of their yoga practice. (Marion is currently on leave from WSYC recovering from an accident. We hope to have her back soon).



Molly Ciampa is an Anusara Affiliated Yoga Teacher and a graduate of the Willow Street YTT program. After years in the fitness industry, she finally found her heart and home in practicing and teaching Anusara Yoga. Her intention is to help

her students grow to embrace their true selves and feel empowered through the practice of yoga.



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 them together with playfulness and fun.



Paul Sobin has devoted his life for the past several years to the practice and study of yoga. His main teacher and mentor has been Betsey Downing and he has studied with many of the top Anusara teachers including John

Friend. Paul's classes are playful and challenging and he enjoys co-teaching with his wife Sommer. Paul also enjoys serenading his two goofy dogs while learning to play guitar.

Man as animal is violent but as spirit is non-violent. The moment he awakes to the spirit within he cannot remain violent. Either he progresses toward ahimsa or rushes to his doom.

—Mahatma
Gandhi



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.



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.



Sara Shelley is an Affiliated Anusara teacher and has been teaching at Willow Street since 1999. She specializes in Yoga and Meditation for the childbearing years, and empowers her students to cultivate greater trust, confidence and ease during this transforming time of life. Sara also holds a Masters degree in Dance Movement Therapy, is a Certified HypnoBirthing Childbirth Educator, and the mother of 2 boys.



Sheree Mullen attended her first yoga class 21 years ago. She has a Master's in Health Education and has taught high school, college, and adults for over 20 years. She is the mother of three, and credits her (relative) sanity to her yoga practice. Sheree is an Affiliated Anusara teacher and continues to study with Suzie Hurley, John Friend and others.



Sommer Parris-Sobin has been a devoted yogini since 1999. Betsy Downing has been her main teacher and mentor. Sommer continues her study with John Friend and many other Anusara instructors. She took a year long sabbatical to train and deepen her understanding and practice of yoga. She is currently working toward Anusara Certification. She also loves dogs and chocolate!



Adrienne Hamcke Wicker is a certified KripaluDanskinetics/ YogaRhythmics® instructor. She believes whole-heartedly in Gabrielle Roth's notion that, "If you have a body, you are a dancer." She invites you to play with, learn from, discover, and set free the dancer within.



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 and other martial arts since 1990. Eduardo is also a Certified Alexander Technique Teacher and Massage Therapist and is trained in Craniosacral Therapy and Reiki. Eduardo's classes are geared toward health, improving coordination and balance, and rediscovering our innate potential for poise in movement.



Judy Rose "Aziza" Siebert has been a certified Trager® Movement Education practitioner since 1996. She has many years of dance experience and taught jitterbug workshops for 9 years. For the last 3 years she has focused on Middle Eastern dance with her teachers Artemis & Angel. She began teaching belly dance at Willow Street in June 2002.



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.



Tiffany Montavon is a certified Kripalu YogaRhythmics® instructor. Her experience with social, folk, and modern dance, cathartic movement, and yoga have all led to the belief that dance is indeed a healing art. She is committed to creating safe and deepening experiences in which people can explore and express themselves through sacred intention, creative free dance, and guided movement.

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.



workshop registration form—summer 2003

(Please fill out all information and print clearly)

Name _____

Address _____

City _____ State _____

Zip _____ Email _____

Phone (H) (____) _____ (W) (____) _____

Workshop	Day	Time	Instructor	Fee
_____	_____	_____	_____	_____

Workshop	Day	Time	Instructor	Fee
_____	_____	_____	_____	_____

Workshop	Day	Time	Instructor	Fee
_____	_____	_____	_____	_____

_____ Total Fees

Credit Card Payment

Visa / MC _____ Exp. Date ____/____/____
 Signature _____

- All workshop registrations must be accompanied by payment in full.
- Workshop cancellations requests must be received at least 48 hours before a workshop takes place in order to receive a refund.
- Please register early to avoid missing a full workshop.
- We do not confirm workshop registration.
- Day-of workshop registrations must be paid by cash or check.

6930 Carroll Ave.
Suite 100
Takoma Park MD
20912
301.270.8038
Fax: 301.270.8045
willowstreetyoga.com



summer class registration form—july 14–september 7

(Please fill out all information and print clearly)

Name _____

Address _____

City _____ State _____

Zip _____ Email _____

Phone (H) (____) _____ (W) (____) _____

Check if this is a NEW address. Check if you prefer NL by email. Check if you'd like to be added to our email group.

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

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

Kids/Teen	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____

Discount (only one discount applies)

- \$5.00 for paying in full and in one transaction prior to July 14, 2003
- \$20.00 for students (w/valid college ID)
- \$20.00 for seniors over 65
- 10% family discount (refer to p.iv of insert for "family discount")
- 10% YTT and Anusara Immersion discount (full registration only- refer to p. iv of insert for details)

_____ Discount
_____ Total Fees

Credit Card Payment Check box to charge only \$30 deposit.

Visa / MC _____ Exp. Date ____/____/____
 Signature _____

- By registering for a class, you agree to adhere to our policies stated on page iv of the insert.
- To register, return this form along with payment in full or a \$30 non-refundable deposit to WSYC. Balance is due the first day of class or your registration will be canceled. Registration will not 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 June 15. After June 15, all registration, new and current, will receive equal consideration.

Class Costs:

1 1/4 and 1 1/2 hr classes:	
1st Class	\$120.00
2nd Class	\$104.00
1 hr classes:	\$104.00
Kids/Teen Yoga classes	\$68.00

6930 Carroll Ave.
Suite 100
Takoma Park MD
20912
301.270.8038
Fax: 301.270.8045
willowstreetyoga.com

free classes

July 7-13

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.

Mon. July 7

4:15-5:00 pm	Kids Yoga ages 5-8	Molly
5:15-6:00 pm	Kids Yoga ages 9-12	Molly
5:00-6:00 pm	Pranayama	Moses
6:15-7:30 pm	Beginning Yoga	Moses

Tues. July 8

10:30-11:45 am	Beginning Yoga	Sheree
12:00-1:15 pm	Yoga II	Sheree
4:30-5:45 pm	Yoga Nidra	Robin
6:15-7:45 pm	Beginning Yoga	Kate

Wed. July 9

12:30-1:45 pm	Spiritual Belly Dance	Angel
7:45-9:00 pm	Beginning Yoga	Joe
7:45-9:00 pm	Intermediate Yoga	Karin

Thurs. July 10

9:30-10:45 am	Women's Yoga	Sommer
10:00-11:15 am	Gentle Yoga	Sara
6:15-7:30 pm	Beginning Yoga	Sommer
7:45-9:00 pm	Beginning Yoga	Suzie
7:45-9:00 pm	Therapeutics	Kate

Fri. July 11

8:30-9:45 am	Fusion Flow	Paul
10:00-11:15 am	Continuing Class	Robin

Sat. July 12

7:45-8:45 am	Intermediate Flow	Sommer
9:00-10:15 am	Beginning Yoga	Karin

Sun. July 13

11:15-12:30 pm	Beginning Yoga	Amy
11:15-12:30 pm	All Levels Flow	Sommer & Paul
4:00-5:00 pm	Alexander Technique	Eduardo
4:30-5:45 pm	Yoga for Pregnancy	Sara
4:30-5:30 pm	Teen Yoga	Sommer
5:15-6:30 pm	T'ai Chi	Eduardo



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

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class schedule and workshops

summer session (8 weeks)—july 14–sept 7

monday

Time	Class	Instructor	Studio
8:00-9:30 am	Yoga II	Molly	1A <small>sub for summer only</small>
10:15-11:45 am	Yoga I/II	Kate	2
12:00-1:30 pm	Yoga I	Kate	2
12:15-1:15 pm	Pilates I	Roberta	1A
1:30-2:30 pm	Pilates II/III	Roberta	1A
4:30-6:00 pm	Yoga I/II	Joe	2
4:15-5:00 pm	Kids Yoga ages 5-8	Molly	1A
5:15-6:00 pm	Kids Yoga ages 9-12	Molly	1A
5:00-6:00 pm	Pranayama	Moses	1B
6:15-7:45 pm	Yoga I/II	Moses	1A
6:15-7:45 pm	Yoga III	Suzie	1B
6:15-7:45 pm	Advanced Flow	Joe	2
8:00-9:30 pm	Yoga I	Moses	2
8:00-9:30 pm	Yoga I/II	Suzie	1A
8:00-9:30 pm	Yoga II	Kate	1B

tuesday

Time	Class	Instructor	Studio
10:30-12:00 pm	Yoga I	Sheree	1A
12:00-1:00 pm	Lunchbreak Yoga	Maria	1B
12:15-1:45 pm	Yoga II	Sheree	1A
4:30-6:00 pm	Yoga Nidra	Robin	1B
6:15-7:45 pm	Yoga I	Kate	2
6:15-7:45 pm	Yoga II/III	Sommer	1A
6:15-7:30 pm	Spec. Cond. & Injuries	Jenny	1B
8:00-9:30 pm	Yoga II	Jenny	2
8:00-9:30 pm	Advanced Flow	Kerry	1B
8:00-9:30 pm	Yoga I/II	Kate	1A

wednesday

Time	Class	Instructor	Studio
8:15-9:45 am	Yoga II/III	Kate	2
8:30-10:00 am	Yoga I/II	Molly	1A
11:15-12:15 pm	Pilates II	Roberta	1A
12:30-2:00 pm	Spiritual Belly Dance	Angel	2
12:30-1:30 pm	Pilates I	Roberta	1A
4:30-6:00 pm	Yoga I/II	Karin	1A
6:15-7:45 pm	Gentle Yoga	Rachel	1B
6:15-7:45 pm	Yoga I/II	Suzie	2
6:15-7:45 pm	Yoga II	Kate	1A
8:00-9:30 pm	Intermediate Flow	Karin	1B
8:00-9:30 pm	Yoga III	Suzie	2
8:00-9:30 pm	Yoga I	Joe	1A

thursday

Time	Class	Instructor	Studio
9:30-11:00 am	Women's Yoga	Sommer	2
10:00-11:30 pm	Gentle Yoga	Sara	1B <small>new time</small>
12:00-1:30 pm	Yoga II	Suzie	1A
12:00-1:30 pm	Advanced Flow	Kate	1B
4:30-6:00 pm	Yoga II	Joe	1A
6:15-7:45 pm	Yoga II/III	Suzie	1A
6:15-7:45 pm	YogaRhythmics®	Robin	2
6:15-7:45 pm	Yoga I	Sommer	1B
8:00-9:30 pm	Yoga I	Suzie	1A
8:00-9:30 pm	Therapeutics	Kate	1B <small>new time, Yoga 2 cancelled</small>
8:00-9:30 pm	Yoga I/II	Kerry	2

friday

Time	Class	Instructor	Studio
8:30-10:00 am	Fusion Flow	Paul	2
10:00-11:30 am	Yoga I/II	Robin	1A
10:30-11:30 am	Parent-Baby Yoga	Sara	1B
12:00-1:30 pm	Pregnancy Yoga	Sara	1B
5:45-7:15 pm	Yoga I	Moses	1A
6:30-8:00 pm	Yoga I/II	Joe	2
7:30-9:00 pm	Yoga II	Moses	1A

saturday

Time	Class	Instructor	Studio
7:45-8:45 am	Intermediate Flow	Sommer	2
8:00-9:30 am	Yoga II/III	Kerry	1A
8:45-9:45 am	Pilates I	Roberta	1B
9:00-10:30 am	Yoga I	Karin	2
10:00-11:00 am	Pilates II	Roberta	1A
10:45-12:15 pm	Yoga II	Karin	2
11:15-12:15 pm	Pilates I	Roberta	1A
12:30-2:00 pm	Belly Dance Basics	Aziza	2

sunday

Time	Class	Instructor	Studio
9:30-11:00 am	Yoga II	Molly	1B
9:30-11:00 am	Yoga I	Rachel	2
9:30-11:00 am	Yoga I/II	Amy	1A
11:15-12:45 pm	Yoga I	Amy	1B
11:15-12:45 pm	All Levels Flow	Sommer & Paul	2
4:00-5:00 pm	Alexander Technique	Eduardo	1B
4:30-5:45 pm	Teen Yoga ages 13-16	Sommer	1A
4:30-6:00 pm	Pregnancy Yoga	Sara	2
5:15-6:45 pm	T'ai Chi	Eduardo	1B
7:00-8:30 pm	Meditation (Free)*	Luisa/Lynn	1A

*Sunday evening Insight Meditation classes 7:00-8:30pm: Luisa Montero-Diaz and Lynn Kelly lead an open class designed to guide individuals toward establishing and developing a meditation practice in the vipassana tradition. Each evening includes a short chant, meditation period, and the introduction and discussion of a part of the teachings of the Buddha. The classes rely on your free-will donations (dana).



summer workshops

CHAKRA ROCK! (Formerly Community YogaRhythmics®) with Tiffany & Adrienne on the 2nd Sunday of each month 6:30-7:30, \$10

June 8 - with Tiffany

July 13 - with Adrienne

Aug 10 - with Adrienne

Come for an hour long moving journey through the chakras (7 major energy centers of the body). YogaRhythmics® is a delightful synthesis of yoga and dance, rooted in the yogic philosophy of moving from the inside out. The instructor leads simple movements, which allow you to explore the different energies in your body, and life, thus promoting a more harmonious body/mind connection. YogaRhythmics® fosters creativity, body awareness and freedom. End your weekend with a little dance, a little yoga, and whole lot of fun! All bodies welcome.

Sat. July 19: Alexander Technique Workshop with Eduardo Cortina 1:00-4:00, \$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 has completed a three year 1500 hour training in the Alexander Technique and is a certified teacher. This workshop is meant to be an introduction to the Alexander Technique Principles and how they apply to every day living.

Sun. July 27: Your Shoulders — How to Release, Strengthen and Increase their Range of Motion with Jeanne Feeney 1:00-4:00, \$45

This workshop will focus on the shoulder girdle and how its health and alignment can enhance your yoga practice as well as everyday movement. Through the somatic work of Body-Mind Centering,™ we will learn about the shoulder, arm, wrist and hand, and discover how they support one another and lever into the whole body for better resiliency and stability. Using anatomy study, yoga postures, and hands-on bodywork, we will embody the power of the upper body and let it improve your yoga practice.

Jeanne Feeney has a private bodywork practice and is a certified practitioner of Body-Mind Centering™ in Takoma Park, MD. Learn more about her at her website: www.movementlaboratory.com.

Sat. August 2: “Patanjali’s Raja Yoga with Tyagan Scott Attaway” or “I’ve read *Don’t Sweat the Small Stuff* - Now What?” 1:00-4:00, \$45

In the Yoga Sutras, the sage Patanjali taught that yoga means complete mastery over the mind. Yoga postures, or asanas, are but one of the eight limbs (ashtanga) that Patanjali prescribed to attain this goal. Patanjali’s timeless wisdom can show us how to take yoga off the mat, in order to attune to our true selves, relieve stress and tension, and be more open and giving to others. Although the essence of life is change, the inner essence of each of us is limitless joy. In this workshop, we will use a flowing (vinyasa) physical yoga practice as a supportive, yet challenging, springboard to explore all eight limbs of yoga. These include ethical precepts (such as truthfulness and nonviolence, both toward ourselves and others), pranayama, concentration, and meditation.

Sun. August 3: Yoga & Pranayama for Asthma with Sheree Mullen 1:00-4:00, \$45

If you teach people with asthma or have it yourself, this workshop is for you.

- Discover poor breathing habits you may have (even if you don’t have asthma)
- Learn and practice the 6 pranayama techniques safe for asthma
- Learn which pranayama techniques to avoid
- Practice Barbara Benagh’s 5 exercises for asthma
- Learn and practice yoga asana’s recommended for asthma

Fri. August 22: Centering Prayer Introductory Workshop with Sandy Casey-Martus 9:00am-3:30pm, \$65

Centering Prayer is a contemporary form of the prayer of the heart, the prayer of simplicity, the prayer of faith. It’s source is the Divine Presence within, and as a method facilitates opening to that Presence. Centering Prayer fosters the contemplative attitudes of listening and receptivity thus facilitating intimacy with God. The fruits of Centering Prayer are manifest in daily life with the gradual unfolding of the theological virtues of faith, hope and love. These, in turn, support the spontaneous capacity to love and serve God and neighbor.

The **Rev. Sandra Casey-Martus** is an adjunct professor of pastoral theology at the Episcopal Seminary of the Southwest, a member of the Contemplative Outreach, Ltd. National Retreat Service Team and a certified Centering Prayer instructor. She also serves as Vicar of St. Francis of the Tetons Episcopal Church in Alta, Wyoming.

Dr. Douglas Brooks Lectures

- **Fri. September 5: Tantric & Anusara Philosophy \$40**
- **Sat. September 6: The Essentials of the Bhagavad Gita: Teachings and Interpretations in the Rajananka Tradition, a 2-Part Lecture—Part 1: 1:00-4:00pm, Part 2: 6:00-8:30pm, \$80 for both parts**

Dr. Douglas Brooks is among the world’s leading scholars of Hindu Tantrism and the esoteric traditions of the Goddess. He received his Masters and Ph.d from Harvard University’s Center for the Study of World Religions where he studied with several of the world’s leading scholars of Sanskrit and Indian studies. Dr. Brooks is the author of several scholarly books on Hinduism and Tantra, and is currently Professor of Religion at the University of Rochester in Rochester, New York.

yoga teacher training

Anusara Teacher Training Weekends: Open to advanced students or budding teachers if space permits.

June 27-29: Deepening the Anusara Principles in Practice with Suzie and Jenny, \$300

Fri: 6:30-9:30 pm, Sat: 10:00 am-5:30 pm, Sun: 9:00 am-4:15 pm

July 25-27: Anatomy & Physiology with Focal Points with Joe and Jenny, \$300

Fri: 6:30-9:30pm, Sat: 10:00am-5:30pm, Sun: 9:00am-4:15pm

August 22-24: Yoga and Ayurveda with Joe and guest teacher, Roberta Reeves, \$300

Fri: 6:30-9:30pm, Sat: 10:00am-5:30pm, Sun: 9:00am-4:15pm

September 26-28: Philosophy of Yoga with Joe and guest teacher, Doug Keller, \$300

Fri: 6:30-9:30pm, Sat: 10:00am-5:30pm, Sun: 9:00am-4:15pm



September 9-12: Evening Satsangh with Shanti Mayi 7:00-9:00

Sat. & Sun. September 13 & 14: Afternoon Satsangh with Shanti Mayi 1:00-3:00

Suggested Donations: \$10

ShantiMayi is a realized Master of the Sacha lineage. The Sacha lineage works to transform the consciousness of the planet. Shanti Mayi offers satsangh at her guru Hans Raj Maharajji's ashram, Sacha Dham, in Rishikesh, India from December through March each year. The rest of the year she travels Europe, Australia, and America giving satsangh.

Shanti Mayi, the 1st American Guru of this lineage, was born and raised in Akron, Ohio and has 3 grown children and 4 grandchildren. In fact, it was in a U.S. factory where she experienced a profound enlightenment and experienced the Oneness of all beings. Since then she has devoted her life to the awakening of all beings — for the last 14 years has been traveling around the world, opening hearts and minds. Emanating eternal Silence and boundless Love, Shanti Mayi invites you over and over again — with compassion, humor, warmth, and directness — to give up all your ideas and come to your heart. As she says, "Love is the only Resolution. . . honestly."

Sat. September 20: Flow (Vinyasa) Workshop with Karin Wiedemann 10:45-12:45, \$30

Celebrate the beginning of Autumn with a purifying and invigorating flow class. This class will emphasize movement over instruction and poses that are linked by the breath. This will in turn generate heart in your body and allow you to go deeper into each pose. This class is best suited for students that have completed at least one semester of Yoga 1/2.

Sat. September 20th: Restorative Yoga Workshop with Karin Wiedemann 1:00-3:00, \$30

This workshop will help you to relieve stress and restore your body and mind through exploring a series of passive poses. By supporting your body with various props, you will alternately stimulate and relax your body to move toward a more balanced state. Each pose creates a specific physiological response which is beneficial to your health and will reduce the effects of stress related diseases and deep fatigue. This workshop is open to all levels. Beginners are welcome!

the anusara immersion

The Anusara Immersion with Kate Miller. The Anusara Immersion is a six weekend experience for students of all levels to take a deeper step into the teachings of Yoga. This program is an opportunity to cultivate more knowledge and power, experiencing the teachings in a more profound way.

Certified Anusara Yoga teacher, **Kate Miller** will lead the practices of Asana, Pranayama, Meditation and discussions on Ayurveda, Anatomy/Therapeutics, the Chakras and more. There will be a special weekend on the teachings of Tantric Philosophy with Professor Douglas Brooks. Participants will also enjoy evenings of chanting and satsang .

Students registered for the full Anusara Immersion will be offered an additional 10% discount for taking two or more classes a session at Willow Street Yoga Center for the duration of the Immersion. Join the Immersion and take your practice to a new level!

Dates: Sept 5-7, Oct.3-5, Oct 31-Nov. 2, Dec. 5-7, Jan 16-18, Feb. 20-22

Schedule: Friday 7-9:30pm, Saturday 1-4pm & 6-8:30pm, Sunday 1-4pm

Cost: • \$825 for all six weekends, paid in full by September 5th. 10% class discount applies for Fall and Winter sessions.

- \$165 for individual weekends. NO CLASS DISCOUNT APPLIES to those registered for less than the entire 6 weekends.

To Register: Send or charge a non-refundable deposit of \$100.00 to Willow Street Yoga Center, 6930 Carroll Ave. Suite 100, Takoma Park, MD 20912

suzie's travel schedule

- July 18-20:* **Anusara Workshop in East Hampton, LI**
Call John Seelye at 631-329-0172 or email: john@yoga-at-hayground.com
- September 19-21:* **Anusara Weekend Workshop in Asheville, NC**
Contact Mark Stevens at: 828-684-1084 or go to: www.Awakening-Heart.com
- September 25-28:* **Anusara "Opening to Grace" at Kripalu in Lenox, MA**
Call Kripalu Center at 800-741-7353
- October 3-5:* **Anusara Workshop in Driggs, ID**
Call JoAnne Lucey at Bodywise Yoga at 208-354-2871 or email at jlhands@pdt.net
- October 25-31:* **Anusara Teacher Training with Suzie, Betsey Downing & Jenny Otto at Fayetteville, AR**
Call Betsey at 941-907-9006 or email Betsey@GardenofTheHeartYoga.com
- November 7-9:* **Anusara Fall Beach Retreat in Rehoboth, DE**
Email Suzie at suzikali@aol.com or contact Willow Street Yoga Center at 301-270-8038 or willowstreetyoga.com

Time	Class	Instructor
monday		
8:00-9:30am	Yoga II	Molly
10:15-11:45am	Yoga I/II	Kate
12:00-1:30pm	Yoga I	Kate
12:15-1:15pm	Pilates I	Roberta
1:30-2:30pm	Pilates II/III	Roberta
4:30-6:00pm	Yoga I/II	Joe
4:15-5:00pm	Kids Yoga ages 5-8	Molly
5:15-6:00pm	Kids Yoga ages 9-12	Molly
5:00-6:00pm	Pranayama	Moses
6:15-7:45pm	Yoga I/II	Moses
6:15-7:45pm	Yoga III	Suzie
6:15-7:45pm	Advanced Flow	Joe
8:00-9:30pm	Yoga I	Moses
8:00-9:30pm	Yoga I/II	Suzie
8:00-9:30pm	Yoga II	Kate
tuesday		
10:30-12:00pm	Yoga I	Sheree
12:00-1:00pm	Lunchbreak Yoga	Maria
12:15-1:45pm	Yoga II	Sheree
4:30-6:00pm	Yoga Nidra	Robin
6:15-7:45pm	Yoga I	Kate
6:15-7:45pm	Yoga II/III	Sommer
6:15-7:30pm	Spec. Cond. & Injuries	Jenny
8:00-9:30pm	Yoga II	Jenny
8:00-9:30pm	Advanced Flow	Kerry
8:00-9:30pm	Yoga I/II	Kate
wednesday		
8:15-9:45am	Yoga II/III	Kate
8:30-10:00am	Yoga I/II	Molly
11:15-12:15pm	Pilates II	Roberta
12:30-2:00pm	Spiritual Belly Dance	Angel
12:30-1:30pm	Pilates I	Roberta
4:30-6:00pm	Yoga I/II	Karin
6:15-7:45pm	Gentle Yoga	Rachel
6:15-7:45pm	Yoga I/II	Suzie
6:15-7:45pm	Yoga II	Kate
8:00-9:30pm	Intermediate Flow	Karin
8:00-9:30pm	Yoga III	Suzie
8:00-9:30pm	Yoga I	Joe
thursday		
9:30-11:00am	Women's Yoga	Sommer
10:00-11:30pm	Gentle Yoga	Sara
12:00-1:30pm	Yoga II	Suzie
12:00-1:30pm	Advanced Flow	Kate
4:30-6:00pm	Yoga II	Joe
6:15-7:45pm	Yoga II/III	Suzie
6:15-7:45pm	Yoga Rhythmics®	Robin
6:15-7:45pm	Yoga I	Sommer
8:00-9:30pm	Yoga I	Suzie
8:00-9:30pm	Therapeutics	Kate
8:00-9:30pm	Yoga I/II	Kerry
friday		
8:30-10:00am	Fusion Flow	Paul
10:00-11:30am	Yoga I/II	Robin
10:30-11:30am	Parent-Baby Yoga	Sara
12:00-1:30pm	Pregnancy Yoga	Sara
5:45-7:15pm	Yoga I	Moses
6:30-8:00pm	Yoga I/II	Joe
7:30-9:00pm	Yoga II	Moses



costs and class policies

Time	Class	Instructor
saturday		
7:45-8:45am	Intermediate Flow	Sommer
8:00-9:30am	Yoga II/III	Kerry
8:45-9:45am	Pilates I	Roberta
9:00-10:30am	Yoga I	Karin
10:00-11:00am	Pilates II	Roberta
10:45-12:15pm	Yoga II	Karin
11:15-12:15pm	Pilates I	Roberta
12:30-2:00pm	Belly Dance Basics	Aziza
sunday		
9:30-11:00am	Yoga II	Molly
9:30-11:00am	Yoga I	Rachel
9:30-11:00am	Yoga III	Amy
11:15-12:45pm	Yoga I	Amy
11:15-12:45pm	All Levels Flow	Sommer & Paul
4:00-5:00pm	Alexander Technique	Eduardo
4:30-5:45pm	Teen Yoga ages 13-16	Sommer
4:30-6:00pm	Pregnancy Yoga	Sara
5:15-6:45pm	T'ai Chi	Eduardo
7:00-8:30pm	Meditation (Free)	Luisa/Lynn

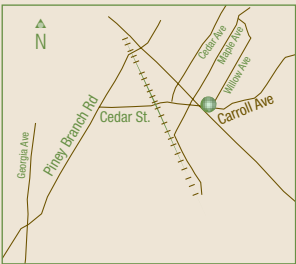
Directions to Willow Street Yoga Center

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

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



Session Dates 7/14/03 – 9/7/03

Registration

Priority Registration

Class size is limited. Students are encouraged to register early. Current students may reserve a space until **June 15**. After **June 15**, all students, new and current, will receive equal consideration.

Costs for 8-week Summer Session

1.25 -1.5 hr. classes	\$120.00 (\$15.00 per class) (additional class \$104.00/class)*
1 hr. classes	\$104.00 (\$13.00 per class)
Kids/Teen classes	\$68.00 (\$8.50 per class)

* Register for more than one 1.5 hr class and subsequent classes are \$104 each. This discount is not applicable to 1 hr. classes. Check schedule carefully.

Tuition Discounts*

All discounts are only available through first week of classes.

Students (with a valid college ID) and Seniors (65+)	\$20.00
Family	10% off
Early Bird Payment (must receive prior to 7/14)	-\$5.00
YTT and Anusara Immersion students**	10% off

* **Only one discount applies.** No discounts for drop-ins, workshops, or merchandise. Early Bird Payment is valid only when paying in full prior to the first day of classes. Family discount is applicable to spouses/domestic partners, parents/guardians & kids living at the same address and registered for classes during the same session. **Families must turn in registrations and payment together to receive the discount.**

**Anusara Immersion students must register for two classes to receive discount. Discount only available to those registered for the entire program.

To Register

Registrations are processed on a first-come, first-served basis in person, by mail, or by fax (301.270.8045). Phone registrations are not accepted. To register for a class, complete the registration form and enclose payment in full or a \$30 non-refundable deposit. WSYC accepts cash, check, money order, Visa or Mastercard. If you register by fax, you must pay by credit card. **The balance is due the first day of class, or your registration will be canceled.** We will only contact you if the class you signed up for is full. No news is good news!

Workshop Policies

All workshop registrations must be accompanied by payment in full. Early registration is strongly encouraged, as workshops fill up quickly! Workshop refund requests must be received 48 hours before a workshop takes place to receive a full refund.

Policies for Children

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.

Refunds

We offer refunds to those students who discover they can not attend classes. The \$30.00 deposit is not refundable. Refunds are given according to the following schedule: during the first week of classes 100%, during the second week of classes 75%, during the third week of classes 50%, during the fourth week of classes 25%. No refunds are given after the fifth class. Please speak with a WSYC staff member to arrange for your refund. **Tuition can not be carried over to a later session.**

Coming to class

Drop-ins

Drop-in students are accepted (space permitting) at \$20.00 for a non-registered student, and \$15 for registered students, and for hour-long classes. **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 below. 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.**

What to 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. Avoid wearing baggy pants, as they prevent us from helping you with your knee and leg alignment. Also, please 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.**

Studio Cancellations

If classes are canceled due to inclement weather or an emergency, there will be an announcement on the Center's voice mail, **mailbox #35**, two hours or more before the class is scheduled to begin. Classes will be held as usual on all holidays unless specifically announced. Canceled classes will either be rescheduled or you will receive a voucher.

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.

Reception and Store Hours

Monday-Friday: 10:00am –2:00pm and 4:00pm-8:30pm;
Saturday and Sunday: 10:00am-1:00pm.

Willow Street Yoga Center Administrative Staff

Mary Romagnolo - Office Manager

mary@willowstreeyoga.com - 301.270.8038 ext. 14

Denise Lyons - Administrative Assistant

denise@willowstreeyoga.com - 301.270.8038 ext. 11

Melissa Grillot - Registrar

melissa@willowstreeyoga.com – 301.270.8038 ext. 15

Geneva Moss - Store Manager

geneva@willowstreeyoga.com – 301.270.8038 ext. 16

Amy Maloney - Work-Study Coordinator

amy@willowstreeyoga.com – 301.270.8038 ext. 38

Phil Bender - Webmaster, etc.

webmaster@willowstreeyoga.com