

Summer 2004 Reflections: Reflections on the Sound of OM

by Suzie Hurley

Here at Willow Street, our teachers begin and end our classes with the sound of OM. You may have wondered, and even asked, why we make this our practice. What is the significance of this short sound?

In the late 70's when I began practicing yoga, I didn't know much about why we chanted OM. But I did notice that it took my attention from my busy day to a quieter place inside, and that it relaxed my body and mind in a soothing way. I also didn't know much about energy and vibration back then, but I was aware of some subtle shift inside me on this level, especially at the end of class during our final OM. I felt lighter, less dense somehow, and more open. I also liked the ritual of it; it said, "Yes, this is the time I have chosen to honor my body/mind and spirit in a special way."

Some of my early teachers explained the sound of OM as the "Big Bang," the sound of creation when existence began. Other names for this are the Primordial Vibration, the First Word, and the Original Sound. OM is said to be the sound of the Sun, of Light, the sound of affirmation and assent. Though not related linguistically, there are Semitic counterparts that share similar meanings, such as the Hebrew "Amen", and Arabic's "Amin" which not only sound similar, but are also used to affirm, "so be it" and to open and close the ritual of prayer. I was always struck by the biblical passage of John 1:1 which reads, "In the beginning was the Word, and Word was with God, and the Word was God."

Modern science and the ancient teachings are agreeing more and more these days. We now know from Quantum Physics, as the earliest seers and rishis discovered through their meditations, that at our most essential level, you, I and all things are vibrating, pulsating energy. Mystics of all traditions have recounted their experience of this energy which is said to manifest in our awareness as a humming vibration around and within everything else. One of the first things I became aware of after meditating regularly twice a day for about a year was this constant humming sound that soon just seemed to become part of me.

A mantra is a mystic, sacred formula and when continually repeated, it has specific results as it awakens spiritual consciousness. When we chant the mantra OM with humility and respect, it quickly brings the mind to a quieter state and promotes a feeling of well-being, peace and rest. OM has a natural universal charm to which our hearts and minds resonate. And because all originated from this Primordial Sound, it is said to be OMniscient; because it is all powerful and almighty, it is also OMnipotent; and since it is everywhere, it is OMnipresent.

Though in common practice we use the word, "OM," in Sanskrit, the letters A and U form the sound O, and so it is often represented as AUM. AUM is a sound that contains all sounds, including the entire range of human sound. Since it contains all human sound, AUM connects us to all languages, all traditions, and all cultures, helping to bridge the gap of separation as it is the sound of all life.

One of my favorite explanations of AUM is found in the Manduka Upanishad which explains the four elements of AUM as a metaphor for the four states of consciousness. "A" (pronounced AH as in "father") resonates in the center of the mouth. It represents the material world we see in our normal waking state of consciousness, in which subject



and object exist as separate from one another. It corresponds to the first three chakras and can be felt at the base of the spine and deep in the pelvis and belly when chanted. The energy here is very stable and more dense. When we consciously guide the sound up our spine, it enhances the upward movement of energy, elevating our awareness.

The sound of "U" (pronounced as in "who") transfers the vibration to the back of the mouth, and represents the dream and astral states of consciousness. Object and subject become intertwined in awareness. Matter becomes more fluid and changeable. This is the inner world of dreams and imagination. Its vibration is felt at the heart and throat, the 4th and 5th energy centers.

The third element is "M", a humming sound made with the lips gently closed that resonates forward in the mouth and is felt throughout the head and brain in the 6th and 7th chakras. It represents the realm of deep, dreamless sleep and all that is unknown or beyond the understanding of the intellect, with neither an observing subject nor observed object. All are one and nothing; only pure consciousness exists, unseen and covered with darkness. Often called the cosmic night or the womb of the Divine Mother, it is the interval between cycles of creation. The trouble is, for most of us, in our "unawakened" state, we are unaware of this state of pure existence. We literally "sleep" through it. The ultimate is to enter this state when we're awake, so even when we're sleeping at night, we are aware of awareness. Yoga means "yoke" or "join." Through our practice we join our waking consciousness to its source of pure unfiltered awareness.

At the end of the three syllables of AUM is silence, the "unstruck" sound. Next time you chant OM, focus your awareness on the gap when the last humming vibrations of the "M" sound fade away. At that moment, between sound and silence, the veil is thinnest and our capacity for witness consciousness and expanded awareness is greatest.

In William Blake's words, "If the doors of perception were cleansed, everything would appear to man as it is: Infinite." OM is the sound of the Self in its most pure state, in which the observer merges with the observed into the still silent vibration of the One.

There are many other fascinating explanations of OM as well. The "A" is said to represent Brahma, the Lord of Creation. The "U" is the sustaining energy of the universe, and is manifested as Lord Vishnu, the energy of stability. And the "M" is represented by Shiva, the energy of dissolution and destruction, of transformation. These cycles of creating, preserving, and dissolving go on infinitely.

As we deepen our practice, both in class and at home, our direct experience of OM will reinforce our intellectual understanding. Simply remembering that chanting OM connects us to the universal energy, honors the yogic tradition, connects us to each other, and is both a blessing and a benediction on ourselves and all the world may be enough for now.

Namaste, and OM...



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.

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.

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.

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.

Lunchbreak & Early Morning Yoga are especially for those who want a good stretch and more energy for their mornings & afternoons. These classes are All Levels and will include the alignment principles of Anusara Yoga in a variety of poses. Breathwork and relaxation will be included.

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 is a steady continuous flow of postures 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.

- **Vinyasa Flow I/II** is for students who have completed at least one session of Yoga I at WSYC and will follow our Yoga I/II curriculum.
- **Vinyasa Flow II** is for students who have completed at least one session of Yoga I/II, are familiar with the revolved poses and have a working knowledge of the Anusara principles. It will follow our Yoga II curriculum.
- **Vinyasa Flow II/III** is for students who have completed at least one session of Yoga II, and are prepared to deepen their inversions and backbends. It will follow our Yoga II/III curriculum.
- **Vinyasa Flow III** is for students who have completed at least one session of II/III and who can do handstand and Urdva Dhanurasana. It will follow our Yoga III curriculum.

Fusion Flow Reconnect and recharge through this Anusara alignment, tapas inducing, flow yoga experience. Sweat out a weeks' long accumulation of tension and stress. Through various musical and creative aspects we will be guided to step into the Universal Flow of Life! Kick start your weekend feeling grounded and free! Pre-requisite is one Yoga I session.

Cornerstones of Yoga Want to deepen your understanding of Hatha Yoga? Searching for Yoga's spiritual essence? Interested in learning Yoga history and philosophy? Cornerstones of Yoga is a joyful, dynamic

and often unpredictable exploration of Asana, Pranayama, Chanting, philosophy and ritual. Open your heart to limitless potential and experience your Self. Vinyasa Flow Yoga is a steady continuous flow of postures 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. Pre-Requisite: One session of Yoga I required.

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.

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 13-18 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 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 is a class where you come with your baby to stretch, strengthen and restore through yoga poses, breath awareness and relaxation. The focus will be on promoting a foundation of well being which encourages interaction, touch, and fun with your infant. Parent/Baby Yoga is also a great way to meet and connect with other new moms and babies. For infants not yet 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.

Yoga Nidra is a guided process which produces profound relaxation, makes the mind more conducive to meditation, and helps harmonize the two hemispheres of the brain. 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.

Alexander Technique The Alexander Technique is psycho-physical 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.

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.

Healing Modalities

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

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

John Hurley: 301-891-1332 Reconnective Healing Energy Work in Silver Spring.

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

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

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

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

about us



Suzie Hurley is the founder and Director of the Willow Street Yoga Center, which opened in 1994. A Senior Anusara Teacher and Teacher Trainer, and an Advanced 500 hour Kripalu teacher, Suzie has been teaching yoga since 1981. Her 27 years of yoga practice include 16 years of Iyengar study, principally with John Schumacher. She is a certified Phoenix Rising practitioner, and was formerly on their Teacher Training faculty. Suzie gives Anusara workshops and trainings nationally.



Amy Outman is an Affiliated Anusara yoga teacher. She has studied Iyengar and Ashtanga yoga, and continues to study Anusara under John Friend, Suzie Hurley and others. With two boys under the age of three, Amy left the corporate world to become a full-time Mom and yoga teacher. She LOVES teaching!



Anna Sullivan is an Affiliated Anusara teacher and Phoenix Rising practitioner. She began her study of yoga in 1995 and continues to be inspired by Jenny Otto. Anna cheerfully shares her love of Yoga and encourages her students to embrace their own true nature with honor and patience.



Cinema Wood is a graduate of the WSYC YTT program. She is inspired by her teacher Pandit Rajmani Tigonait and continues to study with senior Anusara Teachers. Cinema brings a sense of curiosity and devotion to her classes. She invites her students to travel in the healing currents of their true nature.



Elizabeth Cosgrove began her spiritual practice in yoga and meditation in 1974. She invites her students to celebrate in the awakening to freedom that Anusara can bring to yoga. A graduate of WSYC YTT and an Affiliated Anusara teacher, she continues to work toward certification, studying with Suzie Hurley, Jenny Otto, Desiree Rumbaugh and John Friend.



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 a Certified Anusara teacher 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.



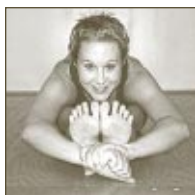
Joe Miller is a Certified Anusara teacher and continues to study with his principle teacher, John Friend. He is also certified in Kripalu Yoga and graduated as a Certified Therapeutic Massage Therapist from the New Mexico School of Natural Therapeutics.

From this, he brings a deep understanding of anatomy to his teaching. Joe's classes are witty and lighthearted, focusing on breath and alignment.



Karin Wiedemann is working towards Anusara Certification and has completed a Teacher Training with David Swenson in Ashtanga Yoga. She empowers her students to explore yoga off the mat by practicing breath, alignment and meditation in every day situations.

She specializes in teaching stress relief through yoga at corporations in downtown DC. Please see Karin's Urban Yoga website, www.urbanयोगastudio.com.



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.



Kathy Carroll, certified through WSYC YTT, has been Suzie Hurley's student for almost 20 years. Kathy is also a professor in a Master of Education program and a "One Brain" facilitator, assisting people to remove stress and restore choice in life. A teacher and

healer, Kathy helps students experience the joy that comes from integrating yoga into daily life.



Kelly Fisher has been practicing meditation and yoga since 1991. She is an Affiliated Anusara Yoga Teacher and a recent graduate of the WSYC Yoga Teacher Training program. Kelly's classes incorporate the alignment principles and core

strength to create a spirit of contentment and to increase her students' sense of well being.



Lucy Lomax, RYT, credits yoga with keeping her balanced in a frenetic world. She is an Affiliated Anusara instructor, teaching yoga since 1999. Her primary teacher is John Friend, and she continues to study with Jenny

Otto, Moses Brown, Suzie Hurley, and Joe Miller. Lucy infuses her teaching with enthusiasm and a sense of lightheartedness.



Lynn Matthews, RYT, is a Certified Anusara teacher. She is co-founder and co-director of Golden Heart Yoga in Annapolis. Lynn apprenticed with Jenny Otto and Suzie Hurley and continues to study with them. She

brings compassion, humor and encouragement to her teaching and enjoys teaching a wide variety of students.



Maria Hamburger is an Affiliated Anusara teacher. She continues to be inspired by her first yoga teacher, Suzie Hurley, as well as John Friend and other senior teachers. With her dance and movement background, and with great enthusiasm and clarity,

Maria helps her students find a place of love, acceptance and courage within each class.



Maureen Clyne is a certified 750 hour Yoga Research and Education Center Instructor, working towards Anusara Certification. Her beloved teachers include Sharon Gannon and David Life, John Friend and Georg Feuerstein, Ph.D. Maureen invites

students to open their hearts to their own limitless potential through a dynamic, accessible and often entertaining experience of the Yoga tradition.



Marion Griffin is both an Anusara and Kripalu certified teacher. Her first yoga teachers were Rikki Middleton and John Schumaker. She taught High School for 30 years, and is a painter with an MA in Arts Management.

With love, a smile and inspirational words Marion invites her students to look at and enjoy the deeper aspects of their yoga practice.



Molly Ciampa helps her students embrace their true selves through the practice of yoga. A one-time Hill Staffer working for the Senate Banking Committee, she taught fitness and yoga classes all over the DC area before finally finding her heart and

home in Anusara Yoga. She is an Affiliated Anusara Yoga Teacher and a graduate of the Willow Street YTT program.

Good Bye!

It is with sadness that we say goodbye to Sommer and Paul. They are moving to a quieter environment in North Carolina to pursue their yoga career and spiritual path. They have brought so much to Willow Street and we will miss them very much. The very best of luck to both of you.

Welcome!

We welcome Cinema Wood who will be taking over one of Paul's classes in Silver Spring and Kathy Carroll's Gentle class for the summer. Welcome also to Pat Blum who will be teaching a very Early Morning yoga class in Silver Spring this summer. Both have recently graduated from our WSYC Teacher Training Program.

And welcome to Willow Street's newest little yogini, Zoe Michelle who was born to Joe Miller and Amanda Mathias on March 20, the first day of Spring.



Moses Brown is a Certified Anusara Yoga Teacher and a designated Anusara Teacher Trainer. He believes that yoga should be a heart-opening experience that is supportive as well as empowering to the student. His teachings create an approach that is physically dynamic, mentally stimulating and therapeutic. Moses brings focus, concentration, and mindfulness to his classes, weaving them together with playfulness, joy and FUN!!!



Pat Blum, RYT, is a graduate of the WSYC YTT and studies here with Joe Miller, Suzie Hurley and Jenny Otto, and also with John Friend and Rod Stryker. Pat brings enthusiasm and compassion to her early morning class with the goal of assisting each individual in reclaiming their bodies, and opening their hearts both on and off the mat.



Preeti Rachel Greene, an Affiliated Anusara yoga teacher, is certified in Kripalu Yoga, Integral Yoga, and "Yoga of the Heart" (adapting Yoga for heart disease). She is also the yoga instructor for the Integrative Cardiac Health Project at Walter Reed AMC. Rachel inspires her students to honor their inner wisdom and experience the healing potential of their hearts.



Robin Carnes discovered yoga at age 18, and it has gradually become the center of her life. An Affiliated Anusara teacher, she studies with John Friend, Rod Stryker, 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, specializing in Yoga and Meditation for the childbearing years. She empowers her students to cultivate greater trust, confidence and ease during this transforming time of life. Sara holds a Masters degree in Dance Movement Therapy, is a Certified HypnoBirthing Childbirth Educator, and the mother of two boys.



Sheree Mullen's first yoga class was 21 years ago. She has a Masters in Health Education and has taught high school, college, and adults for over 20 years. She 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.



Susana Crespo is a graduate of WSYC YTT program and has studied under Suzie Hurley and John Friend, among others. Her teaching is full of enthusiasm for yoga's power to transform lives. Susi explores the Anusara principles of alignment with a sense of discovery, joy, and freedom. To her students she brings her encouragement, attention and humor.



Vivian Campagna continues to experience the same sense of inner joy, freedom and empowerment that captured her heart the first time she rolled out her mat. Vivian is a graduate of the WSYC YTT program and is working toward full Anusara Certification with guidance from her principal teachers Suzie Hurley and Kate Miller.



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



Julia Goodwin turned to Pilates to help achieve greater stability in her back and core muscles. She has a Masters in English, and has also studied voice, dance, boxing, and yoga. In 2003, she began studying with Roberta Stiehm, RSA Studio, L.L.C., and is certified to teach Pilates I.



Laura Delaney As an advanced certified Kripalu Danskinetics® and YogaRhythmics® instructor, Phoenix Rising yoga therapist and life-long yogini, Laura wholeheartedly believes that the inner life creates the outer. She encourages her students to move from the inside out, to follow the spontaneous creative impulses that rise, and to compassionately express their authenticity, vitality, and courage.



Roberta Stiehm is a dancer, teacher, and yoga student living in Takoma Park. She has danced and taught Modern and Ballet professionally for 20 years, and danced and sang on Broadway. She is certified in "Authentic Pilates" and trains and certifies teachers in Pilates through her studio, RSA Studio.



workshop registration form—summer 2004

*Required field. Missing information will delay registration.

Name* _____

Address* _____

City* _____ State* _____

Zip* _____ Email* _____

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

Workshop _____ Day _____ Time _____ Instructor _____ Fee _____

Workshop _____ Day _____ Time _____ Instructor _____ Fee _____

Workshop _____ Day _____ Time _____ Instructor _____ Fee _____

Workshop _____ Day _____ Time _____ Instructor _____ Fee _____

Workshop _____ Day _____ Time _____ Instructor _____ Fee _____

Credit Card Payment _____ Total Fees _____

Visa / MC _____ Exp. Date _____ / _____

Signature _____ Name of cardholder if different from above (please print) _____

REGISTRAR USE ONLY

- Unless otherwise noted in advertising and on website, workshop cancellation requests must be received at least 72 hours before a workshop takes place in order to receive a refund. There is a \$5 cancellation fee unless otherwise noted.
- Please register early.
- We do not confirm workshop registration.
- Day-of workshop registrations must be paid by cash or check only.

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

Visit our website:
willowstreetyoga.com



summer class registration form—july 12–sept. 5, 2004

*Required field. Missing information will delay registration.

Name* _____

Address* _____

City* _____ State* _____

Zip* _____ Email* _____

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

Check if this is a NEW address. Check if you prefer NL by email.

Class & Level _____ Location Takoma Park Silver Spring _____ Day _____ Time _____ Instructor _____ Class Fee _____

Class & Level _____ Location Takoma Park Silver Spring _____ Day _____ Time _____ Instructor _____ Class Fee _____

Class & Level _____ Location Takoma Park Silver Spring _____ Day _____ Time _____ Instructor _____ Class Fee _____

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

Discount (only one discount applies and payments must be made in full)

- \$5.00 for paying in full and in one transaction prior to July 12, 2004
- \$20.00 for students (w/valid college ID) and seniors over 65
- 10% family discount (refer to p.iv of insert for "family discount")
- 10% AYTT discount (full registration only)

Payment Check No. _____ Cash _____
 Credit Card _____ Check box to charge only \$45 deposit.

Visa / MC _____ Exp. Date _____ / _____

Signature _____ Name of cardholder if different from above (please print) _____

REGISTRAR USE ONLY

- By registering for a class, you agree to adhere to our policies as outlined in this newsletter and on our website.
- To register, return this form along with payment in full or a \$45 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 25. After June 25, all registration, new and current, will receive equal consideration.

Class Costs:

1 1/4, 1 1/2 hr and 2 hour 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

Visit our website:
willowstreetyoga.com

free classes

July 5-July 11

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.

TAKOMA PARK CLASSES

Mon. July 5:

5:00-6:00pm	Pranayama	Moses
6:15-7:30pm	Beginning Yoga	Moses

Tues. July 6:

7:15-8:15am	Early Morning Yoga	Elizabeth
10:30-11:45am	Beginning Yoga	Sheree
12:00-1:15pm	Yoga II	Sheree
12:00-1:00pm	Lunchbreak Yoga	Maria
4:30-5:45pm	Yoga Nidra	Robin
8:00-9:00pm	Pilates I	Julia

Wed. July 7:

12:30-1:30pm	Pilates I	Roberta
12:30-1:45pm	Spiritual Belly Dance	Angel
4:30-5:45 pm	Yoga I/II	Lucy
6:15-7:30pm	Gentle Yoga	Rachel
7:45-9:00pm	Beginning Yoga	Joe

Thurs. July 8:

6:15-7:30 pm	Beginning Yoga	Lynn
6:15-7:30pm	YogaRhythmics®	Laura
7:45-9:00pm	Beginning Yoga	Suzie

Fri. July 9:

8:30-9:45am	Fusion Flow	Amy
10:00-11:15am	Yoga I/II	Amy
12:00-1:00pm	Yoga Nidra	Robin
5:30-6:45pm	YogaRhythmics®	Laura

Sat. July 10:

9:00-10:15 am	Beginning Yoga	Karin
10:45-12:00pm	Yoga II	Karin

Sun. July 11:

9:30-10:45 am	Yoga I	Vivian
11:15-12:30am	Beginning Yoga	Amy
4:30-5:30pm	Teen Yoga (ages 13-18)	Susana
6:15-7:15pm	Tai Chi	Eduardo

SILVER SPRING CLASSES

Mon. July 5:

12:00-1:00pm	Vinyasa Flow I/II	Maria
5:30-6:45pm	Yoga Nidra	Robin
7:30-8:30pm	Pilates I	Roberta

Tues. July 6:

6:15-7:30pm	Gentle Yoga	Vivian
6:15-7:30pm	Yoga I/II	Sheree
7:45-9:00pm	Yoga I	Susana
7:45-9:00pm	Vinyasa Flow II	Vivian

Wed. July 7:

6:45-7:45am	Early Morning Yoga	Pat
12:00-1:00pm	Gentle Yoga	Cinema
6:15-7:15 pm	Pilates I	Julia

Thurs. July 8:

10:30-11:45am	Level I/II	Sheree
12:00-1:00pm	Lunchbreak Yoga	Cinema

Fri. July 9:

4:30-5:45pm	Yoga I/II	Elizabeth
6:15-7:30pm	Vinyasa Flow II	Elizabeth

Sat. July 10:

10:00-11:15am	Beginning Yoga	Lucy
---------------	----------------	------

Sun. July 11:

10:45-12:00pm	Yoga I	Kelly
---------------	--------	-------



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

Return Service Requested

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

class schedule and workshops

summer session (8 weeks)—July 12–September 5

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

Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
monday				thursday			
12:00-1:30pm	Yoga I/II	Kate	2 <small>level change</small>	10:00-11:30am	Gentle Yoga	Sara	1B
4:30-6:00pm	Yoga I/II	Maria	2	12:00-1:30pm	Yoga II	Suzie	1A
4:30-5:30pm	Kids Yoga ages 5-8	Molly	1A	4:30-6:00pm	Yoga II	Joe	1A
5:00-6:00pm	Pranayama	Moses	1B	6:15-7:45pm	Yoga II/III	Suzie	1A
6:15-7:45pm	Yoga I/II	Moses	1A	6:15-7:45pm	YogaRhythmics®	Laura	2
6:15-7:45pm	Yoga III	Suzie	1B	6:15-7:45pm	Yoga I	Lynn	1B <small>new teacher</small>
6:15-7:45pm	Vinyasa Flow II/III	Joe	2	8:00-9:30pm	Yoga I	Suzie	1A
8:00-9:30pm	Yoga I	Moses	1A	8:00-9:30pm	Therapeutics	Kate	1B
8:00-9:30pm	Yoga I/II	Suzie	1B	8:00-9:30pm	Yoga I/II	Joe	2
8:00-9:30pm	Yoga II	Joe	2	friday			
tuesday				8:30-9:45am	Fusion Flow	Amy	2 <small>new teacher</small>
7:15-8:15am	Early Morning Yoga	Elizabeth	1B	10:00-11:30am	Yoga I/II	Amy	1A
10:30-12:00pm	Yoga I	Sheree	1A	12:00-1:00pm	Yoga Nidra	Robin	1A
12:00-1:00pm	Lunchbreak Yoga	Maria	1B	5:30-7:00pm	YogaRhythmics®	Laura	1B
12:15-1:45pm	Yoga II	Sheree	1A	5:45-7:15pm	Yoga I	Moses	1A
4:30-6:00pm	Yoga Nidra	Robin	1A	6:30-8:00pm	Yoga I/II	Joe	2
6:15-7:45pm	Yoga I	Kate	2	7:30-9:00pm	Yoga II	Moses	1A
6:15-7:45pm	Yoga II/III	Maria	1B	saturday			
6:15-7:30pm	Spec. Cond. & Injuries	Jenny	1A	7:45-8:45am	Vinyasa Flow II/III	Vivian	2 <small>new teacher</small>
8:00-9:30pm	Yoga II	Jenny	1A	8:00-9:30am	Yoga II/III	Elizabeth	1A <small>new teacher</small>
8:00-9:00pm	Pilates I	Julia	1B	8:45-9:45am	Pilates I	Roberta	1B
8:00-9:30pm	Yoga I/II	Kate	2	9:00-10:30am	Yoga I	Karin	2
wednesday				10:00-11:00am	Pilates II	Roberta	1A
8:15-9:45am	Yoga II/III	Elizabeth	2 <small>new teacher</small>	10:45-12:15pm	Yoga II	Karin	2
11:15-12:15pm	Pilates II	Roberta	1A	11:15-12:15pm	Pilates I	Roberta	1A
12:30-1:30pm	Pilates I	Roberta	1A	sunday			
12:30-2:00pm	Spiritual Belly Dance	Angel	2	9:30-11:00am	Yoga II	Molly	1A
1:45-2:45pm	Pilates II/III	Roberta	1A <small>new time</small>	9:30-11:00am	Yoga I	Vivian	2 <small>new teacher</small>
4:30-5:30pm	Kids Yoga ages 9-12	Molly	1A	9:30-11:00am	Yoga I/II	Amy	1B
4:30-6:00pm	Yoga I/II	Lucy	2 <small>new teacher</small>	11:15-12:45pm	Yoga I	Amy	2
6:15-7:45pm	Gentle Yoga	Rachel	1B	4:30-5:45pm	Teen Yoga ages 13-18	Susana	1A <small>new teacher</small>
6:15-7:45pm	Yoga I/II	Suzie	2	5:15-6:45pm	T'ai Chi	Eduardo	1B
6:15-7:45pm	Yoga II	Lucy	1A	7:00-8:30pm	Pregnancy Yoga	Sara	2 <small>new time</small>
8:00-9:30pm	Vinyasa Flow I/II	Molly	1B <small>new teacher</small>	7:00-8:30pm	Meditation (Free) **	Luisa/Dori	1A
8:00-9:30pm	Yoga III	Suzie	2				
8:00-9:30pm	Yoga I	Joe	1A				

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

*Sunday evening Insight Meditation classes 7:00-8:30pm: Luisa Montero-Diaz and Dori Langevin 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).

silver spring studios—856 I Fenton Street, Silver Spring, MD 20910

Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
monday				thursday			
12:00-1:00pm	Vinyasa Flow I/II	Maria	1 <i>new teacher</i>	10:15-11:45am	Yoga I/II	Sheree	1
5:30-7:00pm	Yoga Nidra	Robin	2	12:00-1:00pm	Lunchbreak Yoga	Cinema	1 <i>new class</i>
5:30-7:00pm	Yoga I	Kate	1	4:30-6:00pm	Yoga I	Maureen	2
7:30-8:30pm	Pilates I	Roberta	1	5:30-6:45pm	Spec. Cond. & Injuries	Jenny	1
7:30-9:00pm	Yoga II	Kate	2	6:15-7:45pm	Cornerstones of Yoga	Maureen	2
tuesday				friday			
8:15-9:15am	Pilates I/II	Roberta	1 <i>level change</i>	4:30-6:00pm	Yoga I/II	Elizabeth	1
10:30-11:30am	Parent/Baby	Sara	1	6:15-7:45pm	Vinyasa Flow II	Elizabeth	1 <i>new teacher</i>
12:00-1:30pm	Yoga I/II	Kate	1 <i>new time</i>	saturday			
6:15-7:45pm	Gentle Yoga	Vivian	2	8:30-10:30am	Yoga II*	Marion	1
6:15-7:45pm	Yoga I/II	Sheree	1 <i>new teacher</i>	10:00-11:30pm	Yoga I	Lucy	2 <i>new teacher</i>
8:00-9:30pm	Yoga I	Susana	1	10:45-12:15am	Yoga I/II	Marion	1
8:00-9:30pm	Vinyasa Flow II	Vivian	2 <i>new teacher</i>	sunday			
wednesday				9:00-10:30am	Yoga I/II	Kelly	1
6:45-7:45am	Early Morning Yoga	Pat	1 <i>new class</i>	10:45-12:15pm	Yoga I	Kelly	1
12:00-1:00pm	Gentle Yoga	Cinema	2				
6:00-7:30pm	Yoga I/II	Kate	1				
6:15-7:15pm	Pilates I	Julia	2 <i>new teacher</i>				
7:45-9:15pm	Yoga I	Kate	1				
7:30-9:00pm	Pregnancy Yoga	Sara	2 <i>new time & day</i>				

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

* 2 hr Yoga II with Marion is for strong Level II students and above. Class will include asana, meditation, pranayama and yoga nidra.

anusara immersion

With Kate Miller—begins September 2004

The Anusara Immersion is a four-weekend experience that allows students to deepen their understanding of Anusara Yoga. This program is an opportunity to cultivate more knowledge and experience the teachings in a more profound way. As a group we will create a greater sense of community where all individuals can offer their own unique gifts to the experience.

The Anusara Immersion is for everyone. It is designed for students of all levels who want to deepen their practice, as well as for those students contemplating teacher training. Its comprehensive nature offers teachers the opportunity to expand their experience and knowledge of the principles and practice of Anusara Yoga.

Certified Anusara Yoga Teacher **Kate Miller** will explore and expand on the fundamental practices of Asana, Pranayama and Meditation, as well as introduce the topics of Ayurveda, the Chakras, Anatomy, Therapeutics and more. One weekend will be dedicated to the teachings of Tantric Philosophy with Professor Douglas Brooks.

Dates: Sept 4-5, Oct 2-3, Nov 6-7, Dec 4-5

Times & Location:

Saturdays 10-12:30 & 2-5 in Takoma Park,
Sundays 10-12:30 & 2-5 in Silver Spring

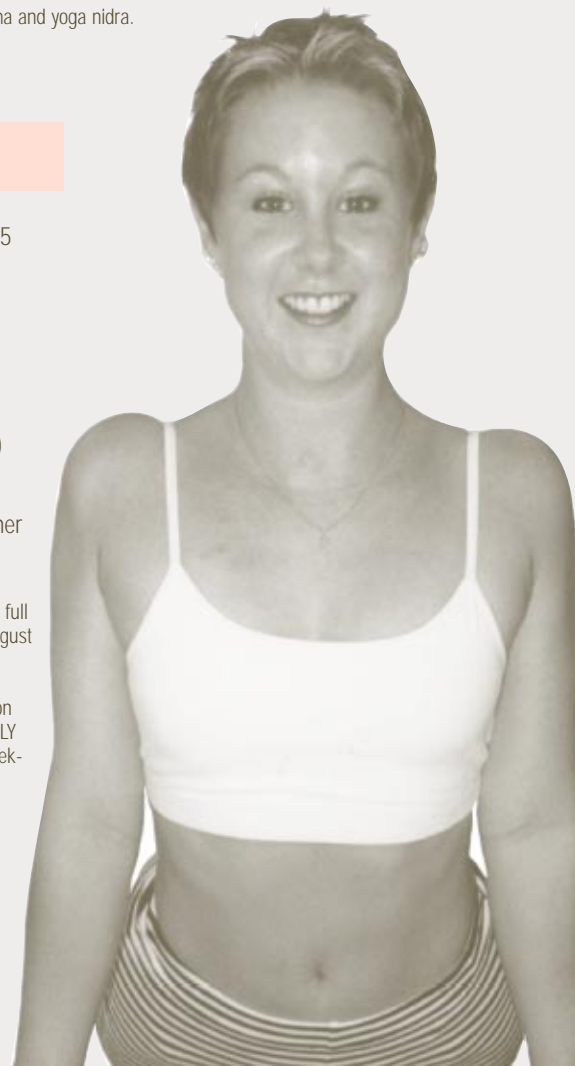
Registration/Cost:

- \$600 For all four weekends (\$400 for teachers and former Immersion students)
- \$165 Per individual weekend
- \$110 Per weekend for teachers and former Immersion students

* A non-refundable deposit of \$100 is required for full tuition. The balance is due to the Registrar by August 27. Any late registrations will be charged a \$25 administration fee. A 10% discount will be given toward WSYC yoga classes for the Fall registration for students who are paid in full. This applies ONLY to students who are enrolled in the ENTIRE 4 weekend Immersion program.

* For single weekend registrations, a \$25 non-refundable deposit is included in the prices quoted.

Obtain a registration form at the studios or online at willowstreetyoga.com.



summer workshops—see next page for new workshop refund policy

Takoma Park Campus - TP
Silver Spring Campus - SS

Sat July 24: The Power of Rest - A Yoga Nidra Workshop with Robin Carnes 3-5:30pm \$35—TP

Yoga Nidra is a profoundly healing, transformative, ancient practice in which we learn to relax deeply on every level of your being. It releases tension and is more restful than conventional sleep – four times more restful. In addition, Yoga Nidra is a powerful tool for communicating with and training the deepest levels of your consciousness. We do this by formulating a sankalpa (resolution) regarding something we want to bring forth more fully in our lives. Research indicates that Yoga Nidra enhances creativity and vitality, as well as being an effective treatment for illnesses ranging from depression to asthma to heart disease. By cultivating relaxation in the delicious state between waking and sleep, you can revitalize yourself in just a few hours. This workshop is designed for anyone curious about Yoga Nidra, and experienced practitioners. It is open to anyone regardless of yoga experience. We will begin with a brief overview of the practice, continue with a few minutes of gentle stretching to warm and unwind the body and then, for a full hour, the instructor will guide you through a Yoga Nidra session.

Sat July 31: Backbends: the Key to the Heart with Maureen Clyne 1-3pm \$30—TP

The soul resides in the heart. We also connect with the universal spirit through the heart, the seat of compassion. Backbends provide a key to this divine doorway by releasing tightness in the upper chest, the heart center and by strengthening back muscles. This expands the heart and we open ourselves to a deeper, richer and more authentic experience of life. Join Maureen in a focused exploration of backbends and discover the blissful key to your own true Self.

Sun Aug 1: Alexander Technique Workshop with Eduardo Cortina 1-4pm \$45—TP

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.

Sat Aug 7: Massage for Couples or Friends with Eduardo Cortina 1-4:30pm \$150 per couple —SS

Workshop limited to 6 pairs, please register early. This workshop will introduce a variety of massage techniques for your partner or friend. We will cover basic Swedish technique, trigger points,

Reiki, and some deep tissue applications. Eduardo teaches T'ai Chi, is a certified Massage Therapist, Alexander Technique Teacher and Reiki level III. Please bring shorts for men, and two piece bathing suit for women or equivalent (what you are comfortable with). Tables, oil or cream, and sheets for draping will be provided. If you have questions call Eduardo at 301-806-6633 or e-mail cortinae@juno.com.

Sun Aug 8: Beginner Therapeutic Hip Opening Workshop with Kate Miller 12:30-3pm \$35—SS

Join Kate Miller for an afternoon of yoga practice with a focus on the hips. As we get older, the hips are one of the first areas to tighten and close down, blocking our creative and sensual energy. In this workshop, Kate will guide us through slow movements and mindful yoga asanas that help unlock old patterns in the body and learn new ways of creating more freedom in the hips, legs, and lower back. This workshop will be highly therapeutic and be a great practice for those suffering from lower back, hip, and knee issues. The pelvis is the center of our body and when it is in balance, the rest of the body can sing the rewards!

Sun Aug 8: Advanced Hip Opening Workshop - Awakening the Core with Kate Miller 4-6:30pm \$35—SS

Kate Miller will lead a strong, yet introspective practice on opening the hips. Using the Anusara principles of alignment, students will be able to tune into the subtler ways of integrating and opening this major physical hub of creativity and desire. This workshop is geared towards strong students who have a no major lower back, hip or knee injuries.

Sat Aug 14: Here Comes the Sun Salutation! with Maureen Clyne 1-4pm \$45—TP

Celebrate the Sun with an exploration of Sun Salutation - the ancient practice that awakens

our own inherent solar energy. In Sun Salutation, we "flow" through a series of specific poses that we coordinate with mindful breathing. We will begin the workshop with a discussion of Sun Salutation's symbolic meaning and myriad benefits - physical, emotional, psychological and spiritual. Next we will examine and practice each Asana individually. Finally we bring it all together for a dynamic practice to deepen our awareness and celebrate the source of all life - the Sun. Handouts included.

Sat Aug 21: Cloud Nine Intuition-A Workshop with Althea Hughes Wills 1-4pm \$45—TP

Have you ever had a "hunch" that came true? Have you ever had mystical experiences that you've kept secret? Would you simply like to make better decisions? If you said "yes" to any of these questions, then plan to attend this workshop. Intuition is known as the "sixth sense." It is as real and practical as the five senses of touch, taste, sound, smell, and sight. For most people, it is a skill that can be developed. By using Kundalini Yoga and meditation, you will learn how to strengthen your intuitive muscles that can help you live your best life. 25 page handout included.

Sun Aug 29: Abs and Arm Balances with Sheree Mullen 1:30-4:30pm \$45—TP

Astound your Friends! Be Challenged! Develop your core strength! But MOSTLY come have FUN in Sheree's ABS & ARM BALANCES workshop. We will cover a wide range of arm balances with variations and end our class with an extra long restorative savasana. This workshop is for fun-loving students at level I/II and above, and for teachers who want to further their practice and teach arm balances.

suzie's travel schedule

June 18-20

Anusara Workshop in Charlottesville, VA.

Call Chris Tucker at 434-296-1005 or email vashrinks2@earthlink.net

Aug. 6-9

Anusara "Opening to Grace" at Kripalu in Lenox, MA.

Call Kripalu Center at 800-741-7353

October 1-8

Anusara Yoga Vacation in Umbria, Italy with Suzie and Jane Fryer

For information and registration, visit yogatrip.com or call Jane Fryer at 800-760-5099

October 21-24

Anusara Workshop at the Kripalu Yoga Teachers Conference, Lenox, MA.

Call Kripalu Center at 800-741-7353

November 12-14

Annual Anusara Beach Retreat in Rehoboth, DE.

Contact Suzie at suzicali@aol.com or visit www.willowstreeyoga.com

class registration costs and policies—8-Week Summer Session: 7/12/04 – 9/5/04

Class Costs

1.25, 1.5, 2 hr. classes	\$120 (\$15 per class) (additional class \$104/class)*
1 hr. classes	\$104 (\$13 per class)
Kids/Teen classes	\$68 (\$8.50 per class)

*When an individual registers for more than one 1.25-2 hr. class, subsequent classes of the same length are \$104 each. This discount is not applicable to 1 hr. classes.

Tuition Discounts*

All discounts require full payment and are only available through the first week of classes. Only one discount applies per person.

Early Bird Payment (must receive prior to 7/12)	-\$5.00
Students (with valid college ID) and Seniors (65+)	-\$20.00
Family	10% off

*Only one discount applies, for full tuition registration only. 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 all registrations and full payment together to receive the discount.**

How to Register

Registrations are accepted at the studios, 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 \$45 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 do not confirm registrations. We will contact you only if the class you request is full. No news is good news!

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.

See our website for children's class policies.

Drop-in's are NOT accepted for FULL children's classes. Please check the website or call before dropping in!

Refunds

Refunds are calculated based on the time the cancellation request is received, not the day of the last class attended, less the \$45 non-refundable deposit. **Tuition cannot be carried over to a later session.** Refunds are given according to the following schedule: 1st week of classes, 100%; 2nd week, 75%; 3rd week, 50%. No refunds are given after the third week. Refunds are issued by check and may take up to 4 weeks. **Please note: Refund Policies are Firm!**

Receipts

If you require a receipt for classes, make a written request to the Registrar during the current session (include your mailing address) and allow up to 6 weeks for processing.

Drop-ins

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

Make-ups

Missed classes can be made up at either location, 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, but arrive early and check in with the instructor. **Missed classes cannot be carried over to another session.**

Studio Cancellations

If classes are cancelled due to inclement weather or an emergency, there will be an announcement on the Center's voice mail 2 hours or more before the class is scheduled to begin. Classes will be

held as usual on all holidays unless specifically announced. Cancelled classes will either be rescheduled or you will receive a voucher. WSYC reserves the right to cancel a class when the required minimum enrollment is not met. Earliest notification will be given and students may choose a refund, or transfer to another class.

Injuries/Physical Limitations

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

Workshop Registration

Fill out the registration form and enclose payment in full. Early registration is strongly encouraged as workshops fill up quickly! Unless otherwise noted in our advertising or on our website, full workshop refunds (less a \$5 cancellation fee) are given if we receive your cancellation request more than 72 hours before the beginning of the workshop.

Willow Street Yoga Center Administrative Staff

Suzie Hurley-Director
suzikali@aol.com 301.270.8038 ext. 38

John Hurley-Marketing Manager
jfhurley@comcast.net

Mary Romagnolo-Office Manager
mary@willowstreetyoga.com 301.270.8038 ext. 14

Denise Lyons-Administrative Assistant
denise@willowstreetyoga.com 301.270.8038 ext. 11

Joy Kirstin-Registrar
joy@willowstreetyoga.com 301.270.8038 ext. 15

Caitlin Carty-Student Services Manager
caitlin@willowstreetyoga.com 301-270-8038 ext. 16

Phil Bender-Webmaster, Etc.
phil@willowstreetyoga.com

directions to willow street yoga center

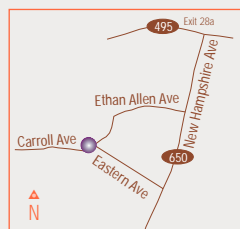
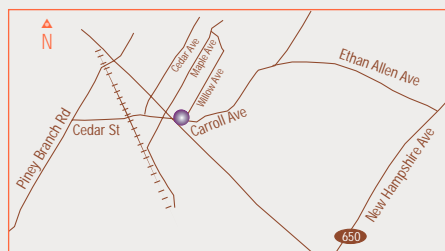
Takoma Park Studio

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 3.5 miles, turn right on Ethan Allen Ave/ MD-410. Ethan Allen becomes Carroll Ave/MD-195. In town, turn right to continue on Carroll Ave. to 6930 (on the right) across from the CVS.



Silver Spring Studio

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

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

From Downtown: Take 16th Street to the DC Line. At the DC Line (traffic circle), take a right on Colesville Road. Go about half a mile on Colesville Road, make a right on Fenton Street to 8561.

From Beltway: Take exit 30 (Colesville Road/US 29) south toward Silver Spring. Continue on Colesville Road for about 1.7 miles, take a left on Fenton Street.

Closest Parking: Parking garage, Spring St. & Colesville Rd. 1 block North of Fenton St.

