

FREE CLASSES—JANUARY 7-13

HOLIDAY WORKSHOPS

Directions to the Willow Street Yoga Center

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

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

By Metro: Take the Red Line to the Takoma Station. After exiting the station, continue on Carroll Avenue past the 7-11. Go two blocks along Carroll Avenue to 6930 (on the left).

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

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

These classes are offered to new students as an introduction to Willow Street and yoga. Upper level yoga classes, such as Yoga II, are for continuing 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. Jan. 7:

12:00-1:15
5:00-6:00
6:15-7:30

Beginning Yoga
Pranayama
Beginning Yoga

Kate
Moses
Moses

Tues. Jan. 8

7:15-8:15 am
11:30-12:45
4:30-5:45

Earlybird Yoga
Beginning Yoga
Yoga II
Beginning Yoga

Asya
Linda
Robin
Kate

Wed. Jan. 9:

8:00-9:15
12:30-1:45
12:30-1:30

Yoga II/III
Spiritual Belly Dance
Pilates Based Mat

Kate
Angel
Roberta

6:15-7:30
6:15-7:30
7:45-9:00

Beginning Yoga
Gentle Yoga
Beginning Yoga

Suzie
Rachel
Joe

Thurs. Jan. 10:

9:30-10:45
4:30-5:45
6:15-7:30

Women's Yoga
Beginning Yoga
Beginning Yoga

Robin
Joe
Kerry

7:45-9:00

Beginning Yoga

Suzie

Fri. Jan. 11:

10:00-11:15
12:00-1:00

Continuing Class
Restorative Class

Robin
Karin

Sat. Jan. 12:

9:30-10:45
10:00-11:00

Beginning Yoga
Pilates

Karin
Roberta

Sun. Jan. 13:

9:30-10:15
11:15-12:30
11:15-12:30

Beginning Yoga
Therapeutics
Beginning Yoga

Rachel
Kate
MaryJean

4:15-5:15

Teen Yoga

Kate

5:15-6:15

T'ai Chi

Eduardo

5:15-6:15

YogaRhythmics

Tiffany

7:00-8:15pm

Yoga for Pregnancy

Sara

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

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

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

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

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

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

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

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

Begin the New Year rested and in balance. By supporting the body with props we will alternately stimulate and relax the body to move toward harmony. Each pose creates a specific physiological response that is beneficial to health and can reduce the effects of stress-related disease and deep fatigue.



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

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Willow *Yoga* Center street of Takoma Park

Winter Session 2002

January 14-April 14

Winter 2002 Reflections:

Choices of the Heart

by Suzie Hurley

I am on my way home from Inner Harmony Retreat Center in southern Utah, after studying with John Friend for two weeks. I am a day late, having been rerouted since Washington-Reagan Airport is indefinitely closed. It is Sept. 16th, five days after the terrorist attack on the World Trade Center and the Pentagon, and most probably an attempt on the White House or Capitol. By the time you read this, there may well have been more violence and attacks to revenge our loss. As a piece of my own heart breaks, I am trying hard to use the science of Yoga I have studied over the last 25 years to make sense of this. I pray this isn't "old news" by now.

Osama bin Laden is quoted as saying, "Hostility toward America is a religious duty." This attack, as have countless through the ages, has been done in the name of God. Because of ignorance, blindness, and illusion, these people fervently believe they are doing God's will. How do we deal with this as a conscious

spiritual community trying to align, not misalign, with Nature? Perhaps, as my friend Eva Collins so aptly said, "This is where the spiritual rubber meets the road."

I look and find solace in some of the great sages of the past and present. Henry David Thoreau tells us that if we really want to end violence, we must explore deeply into the human psyche where the roots of violence lie. "As thousands pluck away at the leaves of the tree of evil, is there one who will hack away at its root?" Unless you and I dig out the roots of violence in our own minds, we will never find our way out of the chaos and rubble.

Nisargadatta Maharaj teaches us that "evil is the shadow of inattention." When we



INSIDE

- Yogawares, our new expanded retail store opens... see page 4 for details.
- Join us for a **free class!** See the schedule on the back cover.
- Our Winter Session Class and Workshop Schedule is the convenient 4-page pull-out insert in the center of this newsletter. Check it out!
- We welcome back **Rod Stryker** for a visit, March 15-17. See the special flyer inserted into this newsletter. Registration opens January 15th.
- Check out the class changes for the Winter Session, listed on page 2's sidebar.

*"We must BE the
change we wish to
see in the world"*

– Mahatma Gandhi

Class Changes

We've heard your suggestions:

*Yoga II at a 4:30 time
slot...on Tuesdays.*

*Kids 5-8 class happens the
same time as Yoga I-II for
Adults on Mondays.*

*Spiritual Belly Dance on
Wednesdays now starts
at 12:30pm*

*Jenny Otto returns and
teaches two classes on
Tuesday evenings.*

*We wish Maureen Clyne well
in her new endeavors.*

*Check the Class Schedule
Insert carefully*

ignore our essential Divine nature and mistakenly identify with the individual ego, we will act out of fear, anger and greed. In turn, these actions give rise to the pain referred to as "evil."

One of our Willow Street teacher's, Maureen Clyne expands on this: "The basis of all violence is hatred. Hatred arises from "separateness" or "otherness" - the belief that "I" am different from "You" - that "We" are different from "Them". Eventually "Otherness" becomes qualified: "different from" becomes "We are Good, They are Bad". Such qualification breeds superiority for "Us" and contempt for "Them". Superiority and contempt become arrogance and hatred. Arrogance and hatred lead to domination and subjugation through force and violence.

Maureen continues, "Yoga teaches that we are not defined by our external manifestations. We are not our race, religion, gender, ethnic group, hair color, economic class, our successes, our failures, our bank accounts, our cars, or our stock portfolios. We are defined by our Soul. Yet even our individual Soul is not separate from other individual Souls. Our Soul is in fact One with the Divine. Our Soul, and all our fellow Souls, are God."

Christianity teaches us to "see the eyes of Christ in others". We see our True Self reflected in those around us. If only we as a society could develop what Ram Dass calls "Soul Awareness": the ability to know that we are all Souls and that no one is separate or different from the other. We are all One in this "Nameless Essence".

According to Yogic tradition, all Gods, regardless of religious/spiritual tradition, are the same God. It doesn't matter what name you use to identify God - be it Allah, Yahweh, God, Christ, the Goddess, Divine Mother, Shiva, Brahma, any one of the deities in polytheistic traditions,—all are the same Divine Entity. The various names are labels for what is in essence Nameless, and simply represent different manifestations of God. As Lord Krishna tells Arjuna in the Bhagavad Gita:

"Those who worship other gods with faith and devotion also worship me Arjuna, even if they do

not observe the usual forms. I am the object of all worship, its enjoyer and Lord."

Likewise, there is no "one", "true" "only", or "right" religion or spiritual path, because they are all Right. "Truth is One, paths are many".

As teachers and students of Yoga, as conscious Americans, we have a choice of how to respond to this. Violence and non-violence both have their roots within each of us. We can look inside ourselves, deeply exploring our feelings and beliefs, to find those parts of our hearts that are cloaked in fear, that want to act out of self-hatred, revenge and violence rather than self-love and compassion.

Deepok Chopra eloquently writes, "None of us will feel safe again behind the shield of military might and stockpiled arsenals. There can be no safety until the root cause is faced. In this moment of shock I don't think anyone of us has the answers. It is imperative that we pray and offer solace and help to each other. But if you and I are having a single thought of violence or hatred against anyone in the world at this moment, we are contributing to the wounding of the world."

The answer according to yoga science is to creatively transform our own outrage, anger and fear into conscious choices which reflect the wise and good counsel of our discriminative faculty, the *budhi*. If we are able to do this in the midst of every relationship, we will, individually and collectively, begin to establish real peace and good will for all. We can choose to be part of the healing or part of the perpetuation of the anger and violence. My heart remains open to Peace.

I leave you with a final quote from Mahatma Gandhi:

"When I despair, I remember that all throughout history, the way of truth and love has always won. There have been tyrants and murderers and for a time they seem invincible, but in the end they always fall. Think of this ALWAYS."

Namaste,



WHAT IS YOGA

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

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



WORKSHOP REGISTRATION FORM—WINTER 2002

(please fill out all information and print clearly)

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

Workshops

- February 3: Yoga Workshop for Kids 5-8 with Karin** \$15
- February 10: Beginning Ashtanga Workshop with Karin** \$35
- February 16: GET HIP with Kate Miller** \$45
- February 17: PartnerYoga Workshop with Karin & Joe**
 \$30 a person \$50 a couple
- February 23: TENSEGRITY with Eduardo** \$65
- February 24: UNLEASH Your Creative Nature with Marion** \$45
- March 3: BE THE CHANGE with Robin Carnes** \$40
- March 15-17: Rod Stryker Workshops**
See enclosed flyer for Registration Form.
- April 6: Bend Over Backwards with Kate Miller** \$45
- Teacher Training Weekends:** (if space permits)
- Jan. 26-27—9:00-4:00 pm: Languageing From the Heart with Suzie Hurley, Jenny Otto, Moses Brown & Joe Miller.** \$250
- Feb. 22-24: Pranayama & Introduction to the Principles of Muscle Energy and Organic Energy with Breath Integration with Moses Brown, Joe Miller & guest teacher, Doug Keller** \$300
- March 22-24: Principles of Anusara Yoga. Suzie Hurley & Jenny Otto** \$300

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

Total Number of Workshops: _____

Total Workshop Fees: _____

(Separate checks for each workshop)

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



WINTER CLASS REGISTRATION FORM—JANUARY 14-APRIL 14

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

(please fill out all information and print clearly)

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

	Teacher	Class/Level	Day/Time <i>(circle one)</i>	Class Length <i>(check one)</i>	Fee
Class 1 - first choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$182 1 hr for \$156	
alternative choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$182 1 hr for \$156	
Class 2 - first choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$182 1 hr for \$156	
alternative choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$182 1 hr for \$156	

Discount (please check only one discount)
 \$5.00 for paying in full and in one transaction prior to January 14, 2002
 \$10.00 for seniors over 65

Discount _____
Total Class Fee _____

- Please read all policy information before completing this form on page iii of the insert**
- To register for classes, return this form along with a \$30 nonrefundable deposit to WSYC. Balance is due the first day of class or your space is forfeited. Registrations cannot be accepted by telephone.
- WSYC does not confirm registrations. You will be contacted only if the class you select is full.
- Current students may reserve a space until December 20. After December 20, all registration, new and current will receive equal consideration.
- Pro-rated registration for fewer than 13 classes are accepted only after January 27.**
- WSYC accepts cash, checks, and money orders only (no credit cards). You must submit separate checks for classes and workshops payable to: Willow Street Yoga Center

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ASANA LEVELS AND CLASSES *(cont.)*

Reminder

Current students may reserve a space until December 20th. All registrations, new and current students, will receive equal consideration after that date.

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

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

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

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

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

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

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

Yoga for Kids is a playful class that helps children learn techniques for greater concentration, reducing stress, and connecting to their bodies in a loving way as well as using the breath to focus and quiet the mind.

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

Therapeutic Massage

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 calmness to the mind, relaxing the entire being. We offer therapeutic massage through two therapists who practice here 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 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.

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

Anusara Yoga is a uniquely integrated approach to Hatha Yoga, developed by John Friend. In **Anusara**

Yoga, the flowering of the human spirit powerfully blends with the precise science of biomechanics.

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

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

ABOUT US

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

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

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

Marion Griffin is an Anusara Certified teacher as well as a Kripalu Certified teacher. Marion taught Phys. Ed. in Montgomery Co. where she implemented the only yoga program in the county. She has studied extensively with Suzie Hurley of Willow Street, and with John Schumacher, Director of Unity Woods. Marion continues to study with John Friend and is an inspiration to all those she touches. We wish to congratulate Marion Griffin on her recent Anusara Certification.

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

Preeti Rachel Greene is certified in Integral and Kripalu traditions and also in "Yoga of the Heart," adapting Yoga for cardiac disease. Practicing since

1989, she also studies the Anusara system of Yoga. Rachel teaches at Holy Cross Hospital, and is the Stress Management Instructor for the CADRe (Coronary Artery Disease Reversal) Program at Walter Reed Army Medical Center. Her gentle, compassionate nature combined with skillful technique attract many to her classes and workshops.

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

Robin Carnes is an Affiliated Anusara yoga teacher. She discovered yoga at age 18, and it has gradually become the center of her life. Having graduated from the WSYC TT Program, she continues to study with John Friend and Suzie Hurley. Robin is also a certified Kripalu DansKinetics and YogaRhythmics instructor. She invites students to learn from their bodies and to explore the power of movement rooted in sacred intention.

Kate Miller is a Certified Anusara Yoga Teacher. Kate playfully incorporates her dance background and her knowledge of anatomy and therapeutics into her classes. Her intention is to guide her students into a practice that allows them to discover greater sensitivity, awareness and harmony within themselves.

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

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

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

Yeah Marion

We wish to congratulate Marion Griffin on her recent Anusara Certification.

Benefits of Yoga

Marked reduction in overall stress
Improvement in quality of sleep
Muscle toning and strengthening
Increased energy and vitality
Improved circulation

Yoga Center and is continuing her training with John Friend and Suzie Hurley.

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

Sara Shelley rediscovered yoga at WSYC in 1997 and has been a devoted student ever since. She is currently completing a year long Anusara Teacher Training program at Health Advantage Yoga Center while continuing to develop her special interest in women's health and childbirth preparation. Sara has been teaching pre-natal and post-natal classes at Willow Street since 1999 where she seeks to empower women with the heartfelt benefits of yoga.

Roberta Stiehm is an artist and teacher living in Takoma Park. She was a concert dancer in both modern dance and ballet for 15 years. Roberta teaches at the MD Youth Ballet and ACS/The Shakespeare Theatre. She is certified in Authentic Pilates in NYC. With a broad background in dance,

voice, stretch and conditioning, Roberta brings a wealth of experience to her work.

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

Tiffany Montavon 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.

TEACHER FEATURE

Kate Miller

How did you first get into yoga Kate?

I had a Yogic/Christian Mystic meditating hatha yoga teacher for a mother! (you might know her... she runs a very hip yoga center!)....as you may imagine she must have had some small influence on me. She taught me how to meditate at the age of five and proceeded to get me initiated in Transcendental Meditation as well. Growing up, I would step in and out of meditation practice but for the most part was too consumed with my love of dance where the focus was perfection, not acceptance.

In college I started experiencing a separateness within myself that scared me. I moved the feelings into my choreography in dance which was very successful for those watching in the audience but still left me feeling outside myself. Having read a few books on the subject of spirituality and doing a few precarious illegal substances... I knew what I needed wasn't outside myself. I needed to look within and be with myself. Long sittings were way too big a task at this point in my sadhana so I started to incorporate some hatha yoga into my practice. I experienced the centeredness I needed and was still able to be active. I loved it!

Do you still dance? Yes, but mostly in my living room.

What's your favorite movie? The Black Stallion or The Color Purple.

How long have you been teaching yoga? I received my first certification in 1996 but didn't feel like my feet were big enough to step into the shoes of a teacher until 1998. I'm glad I didn't rush into it too fast. I think people are taking teaching Yoga a bit too lightly these days. It's a big responsibility.

Who are the most important people in your life?

Everyone. There hasn't been any one who has walked into my life that hasn't had something to offer or to teach me.

What was the best cup of tea you ever had? A cup of yak butter tea on a mountain side in Tibet. I didn't care for the tea as much as I enjoyed sitting with the little Tibetan Nun who offered it to me. Not having a common language we spent our time together just smiling and laughing.

What is your intention as a yoga teacher? My intention as a yoga teacher is to guide my students into a deeper trust and understanding of themselves... to open to their own hearts.

What has been the hardest thing to learn in your yoga practice?

My teacher John Friend will often say the more we can soften the more we can move into the current of Grace. This is a hard one. To soften means we have to be vulnerable, take off our armor and completely trust in something greater than ourselves —hard to do if you've been hurt or experienced betrayal of any kind. I know from my own experience the more defenses I build up around myself the more distance I create between me and the people around me. I wouldn't say I've mastered this one.

...As for an asana.. I think Shoulder-stand is an absolute *#!^+* to practice!

COSTS AND CLASS POLICIES

Session Dates: January 14-April 14, 2002

Registration

Priority Registration

Class size is limited so please register early. Current students may reserve a space until December 20th. After December 20th, all registrations, new and current, will receive equal consideration.

Costs for 13 week Winter Session

1.5 hr. classes	\$182.00
	(additional class: \$156/class)*
1 hr. classes	\$156.00

*If you purchase more than one 1.5 hr class, each additional class is \$156 plus the \$182 for the first class. There are no discounts for additional 1 hr. classes. (check schedule carefully)

Tuition Discounts

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

(if paid in one transaction prior to January 14th)

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

Registration

To register for a class, complete the registration form and enclose a \$30 non-refundable deposit or payment in full. Phone registrations are not accepted. The balance is due on the first day of class. **We do not confirm registrations. We will contact you only if the class you request is full.** Only registrations for the full session are accepted through the first two weeks of class. Classes that are not full after the second week of class will accept students on a pro-rated basis through March 10th. After that time, students may come to classes on a drop-in basis. New Yoga I students are not accepted after the third week of class.

Workshop Policies

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

Policies for Children

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

Refunds

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

If refund request is received by:

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

* less \$30 deposit

No refunds are available after the end of the 4th week of class. Exceptions to this policy will not be made. By registering for a class, you agree to adhere to these policies.

To receive a refund, please fill out a Refund Request Form available at the reception desk and ask your instructor or our staff to help you. In addition, you may phone in your refund request if you are unable to come in person. The refund is based on the date the form is received rather than the date of the last class attended.

Coming to class

Drop Ins

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

Make-ups

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

Clothing, etc.

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

Weather/Emergency Cancellations

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

Holidays

Classes will be held as usual on all holidays unless specifically announced in class and on the bulletin board outside the studios. Classes will be held on Easter, March 31st.

Injuries/Physical Limitations

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

Office Hours

We are staffed in our reception area during store hours. (Monday-Friday 10am-8:30 pm; Saturday 10 am-2 pm; Sunday 10 am-2 pm & 4 pm-7 pm) Visit our website at www.willowstreeyoga.com for all the information that's in the newsletter.

Benefits of Yoga

Corrected posture and body alignment

Rejuvenated joint function

Improved digestion and metabolism

Flexibility in mind & body

Increased joy and sense of well-being

CLASS SCHEDULE AND WORKSHOPS—JANUARY 14-APRIL 14

WINTER 2002 SCHEDULE IN ALL 3 STUDIOS

MONDAY

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

TUESDAY

Time	Class	Instructor	Location
7:15-8:15 am	All Levels	Asya	▲
11:30-1:00 pm	Yoga I	Linda	●
1:15-2:45 pm	Yoga II	Linda	●
4:30-6:00 pm	Yoga II	Robin	●
6:15-7:45 pm	Yoga I	Kate	✿
6:15-7:45 pm	Yoga II	Marion	●
6:15-7:45 pm	Spec. Cond. & In.	Jenny	▲
8:00-9:30 pm	Yoga II/III	Jenny	▲
8:00-9:30 pm	Intermediate Flow *	Kerry	✿
8:00-9:30 pm	Yoga I	Kate	●

WEDNESDAY

Time	Class	Instructor	Location
8:00-9:30 am	Yoga II/III	Kate	●
8:30-10:00 am	Yoga I/II	Karin	▲
11:15-12:15 pm	Pilates Mat II	Roberta	●
12:30-2:00 pm	Spiritual Belly Dance	Angel	▲
12:30-1:30 pm	Pilates Mat I	Roberta	●
4:30-6:00 pm	Yoga I/II	Karin	●
6:15-7:45 pm	Gentle Yoga	Rachel	▲
6:15-7:45 pm	Yoga I	Suzie	✿
6:15-7:45 pm	Yoga II	Marion	●
8:00-9:30 pm	Easy Flow*	Karin	▲
8:00-9:30 pm	Yoga III	Suzie	✿
8:00-9:30 pm	Yoga I	Joe	●

*See page 4 for prerequisites.

THURSDAY

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

FRIDAY

Time	Class	Instructor	Location
10:00-11:30 am	Yoga I/II	Robin	●
12:00-1:30 pm	Pregnancy Yoga	Sara	✿
12:00-1:30 pm	Restorative Class	Karin	▲
1:45-2:45 pm	Mothering Moves	Sara	▲
5:30-7:00 pm	Yoga I	Moses	●
6:30-8:00 pm	Yoga I/II	Joe	✿
7:15-8:45 pm	Yoga II	Moses	●

SATURDAY

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

SUNDAY

Time	Class	Instructor	Location
9:30-11:00 am	Yoga II	Kate	●
9:30-11:00 am	Yoga I	Rachel	✿
9:30-11:00 am	Yoga I/II	Mary Jean	▲
11:15-12:45 pm	Yoga I	Mary Jean	▲
11:15-12:45 pm	Therapeutics	Kate	●
4:15-5:15 pm	Teen Yoga	Kate	▲
5:15-6:45 pm	T'ai Chi	Eduardo	●
5:15-6:45 pm	YogaRhythmics	Tiffany	✿
7:00-8:30 pm	Pregnancy Yoga	Sara	✿
7:00-8:30 pm	Meditation (Free)**	Luisa/Lynn	●

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

KEY

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



WINTER WORKSHOPS

**Sunday, February 3, 2:00-3:30: Yoga Workshop for Kids 5-8 with Karin
Cost: \$15 per child**

Come join certified children's yoga teacher Karin Wiedemann for an afternoon of yoga poses, breath and meditation. This workshop will introduce kids ages 5-8 to the benefits of yoga through games, songs and yoga postures. This workshop is open to kids only!

Sunday, February 10, 2:00-4:30: Beginning Ashtanga Workshop with Karin—Cost: \$35.

What distinguishes Ashtanga Yoga from other forms of yoga is its unique movement/breathing system, or vinyasa. Movement through the sequence of poses is responsible for producing heat, which, in turn produces sweat. The sweat is both cleansing and purifying, releasing toxins, thereby alleviating fatigue, stress, depression, muscle atrophy and illness. All participants must have completed at least two semesters of Yoga Level 2 in order to attend. Bring a towel, a smile, and plan to sweat!

**Saturday, February 16, 1:00-4:00: GET HIP with Kate Miller, Certified Anusara Teacher
Cost: \$45.**

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 we will move slowly and mindfully through yoga asanas that help unlock old patterns in the body and learn new ways of creating more freedom in the hips, hamstrings and lower back. This workshop will be highly therapeutic. The pelvis is the center of our body. When the pelvis is in balance the rest of the body can sing the rewards.

**Sunday, February 17, 2:00-4:30: Partner Yoga Workshop with Karin and Joe
Cost: \$30 a person or \$50 a couple.**

Partner Yoga creates an opportunity to explore an interdependent partnership. We will playfully focus on finding balance and support as we deepen our awareness and tune in to our partner. We will also explore new poses not offered in our partner workshops previously. Open to all levels. Bring a partner or come alone.

Saturday, February 23, 1:00-5:00: TENSEGRITY: A New Model for Understanding the Optimal Function of the Human Body with Eduardo—Cost: \$65.

Whether you are into yoga, T'ai Chi, dance, running, or any other movement discipline, understanding Tensegrity will change your practice for the better. Tensegrity is a dynamic support system that exists in every living thing, from the microscopic level of cells to how our whole body supports itself in gravity. In this workshop we will gain a basic understanding of the Tensegrity model of human structure and function— how it makes us feel light and poised when operating well, and how stressors interfere with the Tensegrity system leading to discomfort and injury.

Sunday, February 24, 1:00-4:00: UNLEASH Your Creative Nature with Marion—Cost: \$45.

Come laugh and play..... tap into your creative source.....use your favorite yoga asanas while exploring the infinite possibilities of the creative process. In this workshop we will explore and play with ways to create and support your own home yoga practice.

Sunday, March 3 from 1:00-4:30: BE THE CHANGE: Spiritual Activism from the Inside Out with Robin Carnes—Cost: \$40.

Have you noticed a call to deepen your spiritual practice since last September? Do you also find yourself feeling more anxious, fearful and tight? By facing directly into these uncomfortable emotions we can learn to connect with others through our pain, begin to notice where and how we shut down, and to cultivate compassion for all beings. Thus, our spiritual practice informs our actions in the world. This workshop will present simple, practical tools for opening our bodies and hearts, especially when we want to protect ourselves. From this more awakened, spacious place, we can, as Gandhi put it, "be the change we want to see in the world".

Saturday, April 6, 1:00-4:00: Bend Over Backwards to Open Your Heart with Kate Miller—Cost: \$45.

Backbends allow us to experience greater freedom in our body. Using Anusara principles of alignment we can balance the strength and flexibility in our shoulders as well as stabilize and strengthen our lower back and hips. Backbending also increases breath capacity and alleviates any dullness or fatigue in the body. This workshop is open for all levels. Each student will be supported wherever they are in their practice of backbends. It's sure to be a blast!

Dressing Room Switch

In an effort to create less commotion as classes end and begin and to give women more space to change, the 1st floor main studio dressing rooms will switch places. Beginning with the Winter Session, women will use the room near our side entrance and men will use the room near the lobby door.

TEACHER TRAINING WEEKENDS

Open to Advanced Students or budding teachers if space available. Must do each weekend in its entirety.

1. JANUARY 26-27, 9:00-4:00 pm: Languaging From the Heart with Suzie Hurley, Jenny Otto, Moses Brown & Joe Miller—Cost: \$250.

Asana Practice both Sat. and Sun. morning with focus on Heart Oriented Languaging. Afternoons will include discussion and exercises on The 3 A's, Optimal Blueprint, and Finding the Teacher in You.

2. FEBRUARY 22-24: Pranayama & Introduction to the Principles of Muscle Energy and Organic Energy with Breath Integration with Moses Brown, Joe Miller & guest teacher, Doug Keller—Cost: \$300

Fri. 6:30-9:30: Asana Practice with Moses
Sat. 9-12: Anatomy of the Breath with Joe
Sat. 1-4: Teaching Basic Beginning Pranayama with Doug
Sun. 9-12: Asana Practice with Joe
Sun. 1-4: Teaching Pranyama with Doug

3. MARCH 22-24: Principles of Anusara Yoga with Suzie Hurley & Jenny Otto—Cost: \$300.

Fri. 6:30-9:30: Asana Practice with Loops and Spirals with Jenny
Sat. 9-12: Teaching and discussion of Level I Poses in Asana Practice with Loops and Spirals with Suzie.
Sat. 1-4: Anatomy of Loops and Spirals with Jenny
Sun. 9-12: Review of Loops and Spirals with partners. Asana Practice focusing on teaching Level 1 poses with Suzie.
Sun. 1-4: Seeing and Observing Bodies with Jenny.

SUZIE'S TRAVEL SCHEDULE

Suzie's 2002 Travel Schedule

January 18-20 Anusara Weekend Workshop in York, PA. Call Rich Mauro at 717/846-5191 or email Maurocc@aol.com

February 1-5 Anusara Teacher Training in Charlotte (Lake Norman), NC. Call Kelley Akin at 704/655-9642 or email at yogasong@aol.com

March 8-12 Anusara mini Yoga Teacher Training (prep for Level 1) Albany Kripalu Yoga Center, NY Call: 518/454-9642 or email ksullivan@akyc.org

April 5-7 Anusara Weekend Workshop in Asheville, NC. Call Mark Stevens & Nancy Tarlow at 828-684-9607 or email atdede1298@yahoo.com

April 13-20 Anusara Teacher Training with Suzie Hurley, Betsey Downing and Jenny Otto at Inner Harmony Retreat Center. Call Dodie at 1-800-214-0174 or email dodie@ihretreat.com. Visit Inner Harmony at www.innerharmonyretreat.com

OUR NEW STORE 'YOGAWARES' AT WSYC

We're proud to announce the opening of our new shop, Yogawares. We have one of the most extensive collections of yoga props, books, videos,

CDs and great looking apparel in the Washington Metro area. **Store hours are: Mon.-Fri., 10:00-8:30 pm, Sat: 10:00-2:00, Sun: 10:00-2:00 pm & 4:00-7:30 pm**

We welcome our new store staff: Amy, Peggy, Randy and Ben and a huge thank you to Karin, our store manager, and Sue, Business Administrator for all they've done to get Yogawares up and running.

We also owe a big debt of gratitude to Penny Diamante, for her generosity in consulting and training.

As our way of saying thanks for your support over the years, the shop will celebrate with a 7 year Anniversary Sale—10% off everything in the shop for the week of Dec. 10-16.

We accept cash, checks and credit cards for store items only (not yoga classes).



ASANA LEVELS AND CLASSES

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

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

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

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

Yoga for Special Conditions & Injuries is for those who have physical conditions (serious spinal problems, arthritis, heart problems, chronic and acute injuries for example), and that 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 and drop-ins are not accepted.

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, heart-related conditions, etc.

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.

T'ai Chi—The central principle of T'ai 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 yang style T'ai Chi.

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

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

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

Pregnancy Yoga—Practicing yoga during pregnancy is a natural way to develop the flexibility, concentration, and strength needed during this transformative time. Through the use of gentle yoga, breath work, 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 is required from your midwife or physician.

Mothering Moves—Drawing from principals of dance, yoga, relaxation, and infant development, moms will be given opportunities to move and experience their changing bodies with greater comfort, confidence and ease. Mothering Moves provides a supportive atmosphere in which you will connect with other new moms, enhance your body image, and learn ways to encourage your baby's development. (For babies not yet crawling)

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

Reminder

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