

Winter 2004 Reflections Yoga as a Code for Living: The Yamas & the Niyamas

by Suzie Hurley

John Friend, the founder and developer of Anusara Yoga writes: *"The vision of Anusara is grounded in a Tantric philosophy of intrinsic Goodness. The absolute essence of everything is Supreme Consciousness (Shiva), which pulsates with pure Goodness. The Supreme is Self-existent, Self-aware, and vibrates with the highest Bliss (Satchidananda).*

Life is good. As the free and joyful, creative expression of the One, it is a blessing to be embodied in this life. Through this limited physical form, we are able to experience our Unlimited Being. Life is a magnificent gift of the Divine, not some sort of karmic punishment, nor something we need to transcend. Goodness is the absolute nature of the world. There is no intrinsic or absolute evil in the universe. Not one thing has a malevolent or evil essence. However, having free will, we are capable of errors, mistakes, and deliberate malevolence—moving out of alignment with the Divine in a way that creates suffering and harm."

Tantra yoga is a way to accelerate our growth, to increase our power and capacity to live fully and completely on every level of life. It is a therapeutic, physiological, and psychological process of shifting energy.

Tantra includes but is not limited to Patanjali's Eight Limbed Path of Classical Ashtanga Yoga. (The term "ashtanga" as used here, describes the Eight Fold path of Patanjali, not the term Patabi Jois uses to describe his vinyasa system of yoga.) Patanjali codified for the first time the Yogic Sutras or threads of knowledge passed down from teacher to student, about 2000 years ago. Sometimes called Raja (King) Yoga, Patanjali said there is a part of us that is unchanging, eternal, the witness to all we are, do and think. He then gave us an entire map for Self-Realization in 196 sutras. Interestingly enough, he doesn't really tell us what to do, but tells us what will happen when we make certain choices.

The Eight Limbs are: Yamas and Niyamas (the ethical guidelines that are considered to be the foundation for the other six limbs), Asana (posture), Pranayama, (breathing), Pratyahara (sensory withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (spiritual absorption or Unity Consciousness). All eight of the yogic disciplines detailed by Patanjali were intended as a uniform code for behavior and living which, if practiced properly, with discipline and non-attachment, would lead one to awakening, self-realization or enlightenment.

Let's take a deeper look at the first two limbs. The Yamas and Niyamas are great practical guidelines that help us to participate in the freedom of our lives.

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They help us to align our relationships to the world inside us and the world around us. These ethical precepts were observed and codified by wise people since the beginning of time as a way of bringing spiritual realization into a social context. There are many translations of the meanings but my personal favorites are Vimala McClure's "A Women's Guide to Tantra Yoga," and Donna Farhi's book, "Yoga, Mind, Body, & Spirit." I draw from both below.

The Yamas that are often translated as controls or restraints can be reframed in a more positive way as Healthy Behaviors or Acts of Integrity. Right conduct is the foundation of spiritual practice. The Yamas are characteristics that are central to any life lived in freedom.

1. **Ahimsa** is often translated as Non-Harming. It can be extended to kindness and compassion to oneself and others, not carrying grudges or hurting others, a state of living free from fear. It is living in a dynamic peacefulness that is prepared to meet all situations with a loving openness. Ahimsa means first of all, we take care of ourselves. We do no harm to our bodies. We choose not to indulge in self-destructive behaviors. We respect ourselves.
2. **Satya** or Non-Lying or Honesty is speaking the truth with a spirit of kindness and living an honest life. There is a commitment to the truth in thought, speech and action. It can be extended to becoming whole, and reclaiming the disowned parts of ourselves, for honesty is the only route to wholeness, which is the real perfection.
3. **Asteya** or Non-Stealing pertains not only to not taking things without permission, or taking credit for the work of others, but is also about withholding versus responding. How often are we confronted with a dilemma about withholding money, information or even love? In this way Asteya pertains directly to greed rather than being straightforward.
4. **Brahmacharya** has been traditionally referred to as sexual celibacy, but that is a very limited meaning. Its essence pertains more to respecting limits, including the limits of our bodily resources, and using moderation in all things, not only in sex, but food, exercise, work and recreational activities. The word itself means, "to follow God," or a spirit of Unity that pervades all things as Love.

Our Mission...

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

5. **Aparigraha** or Non-Possessiveness or literally not grasping, is being content with what one has with a grateful heart. This becomes more and more spontaneous as the mind begins to experience the effortless Being of the Self and we view the world from a more generous perspective.

The Niyamas can be described as Healthy Practices or observances. They constitute a code for living that fosters the spirit of the individual and has to do with the choices we make. They are the practical steps we can take to make our lives richer and more spirit-centered. In this way they support the Yamas.

1. **Saucha** traditionally means cleanliness which not only includes physical cleanliness but clarity of mind. You can have a clean house and a messy and cluttered mind, or a clear mind and a messy house—but not for long. To be clear, clean, simple and direct are aspects of saucha.
2. **Santosha** or contentment means accepting things and others as they are; having a sense of equanimity that is undistorted by expectation, need or fear. Mental ease and acceptance of self are marks of Santosha.
3. **Tapas** can be translated as fire, heat, brilliance or ardor. It can describe yoga as a process of transmutation that burns away the dross of ignorance. Self-discipline is remembering what we want and doing the practices to obtain our goals is tapas.
4. **Swadhyaya** or self-observation without judgment is a Niyama we can practice anywhere, and is one of the most effective ways of personal growth. It also refers to the study of scriptures to enhance self-knowledge, and to nourish the mind and personality with a positive and elevating influence.
5. **Ishwara Pranidhana** literally means to take shelter in the Supreme, a joyful surrender and devotion to one's concept of God or the Divine. The end result, the awakening of the finest levels of feeling, will eventually lead the devotee to appreciate the subtlest level of life.

As we apply the Yamas and Niyamas to our lives, I find it personally helpful to ask myself a few questions to get more clarity of where I need to put my attention. How does this ethic or practice apply to me in my relationship to myself? How does this particular ethic or practice apply to my behavior in relationship to others, and finally, how does it apply to my social and political decisions? It is a wonderful exercise to take one of the Yamas or Niyamas each week and just practice it for the entire week and journal about it each night. I've suggested to our teachers to use these ethical precepts as weekly themes for their classes in this coming winter session.

The Tantric philosophy, and therefore Anusara Yoga, is an all inclusive one that embraces every moment of our lives, and so our guiding principles of conduct are essential to reflect upon and study. To do the very best we can to apply these ethical guidelines to our lives and forgive ourselves when we don't, is the devoted practice of the true yogi.

Namaste and Love, 

asana levels and classes

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

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

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

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

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

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. **Each Vinyasa class level will follow the curriculum of its corresponding Yoga class level.**

Lunchbreak & Early Morning Yoga All Level classes for those who want a good stretch and more energy for their mornings & afternoons. The foundational alignment principles of Anusara Yoga, breathwork and relaxation will be included.

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

Teen Yoga for ages 13-18, empowers teenagers to become more self-aware and confident. The class promotes a sense of well-being while developing strength and flexibility. Breathing and relaxation techniques will also be taught.

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

Yoga for Special Conditions & Injuries is for those with limiting physical conditions (i.e. serious spinal problems, arthritis, heart problems, chronic and acute injuries) who need more individual attention. Class will move at a slower pace to optimize the potential for healing and improvement. All poses will be carefully modified for each student's needs and abilities. **This class may not be used as a make up.**

Therapeutics is for students with some yoga experience who are physically active and have injuries related to hips, knees, necks and shoulders. We use the Anusara principles to bring the body back into its optimal alignment, freeing energy and helping 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.

Yoga for Kids for ages 5-8 and 9-12, helps children learn techniques for greater concentration, reducing stress, and connecting to their bodies in a loving way. The breath will be emphasized to focus and quiet the mind. And it's FUN!

Pregnancy Yoga Practicing yoga during pregnancy is a natural way to develop the flexibility, concentration and strength needed during this transformative time. Through yoga, breath awareness, and relaxation, you will have opportunities to experience the special connection you have with your baby, while developing trust and confidence in your body's resources for birth. (Permission required from midwife or physician).

(continued on next page)

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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.

What to Bring to Class

Bring yourself with an empty tummy; wear your barefeet and a smile. Tee shirts, tanks, biking shorts, and tights/leggings are great. Avoid wearing baggy pants, as they prevent us from helping you with your knee and leg alignment. Leave your gum, perfume and worries outside the studio. We have changing rooms and all the yoga props you'll need. WSYC is a cell-phone free zone. Please respect our policy and turn yours off! Please be on time for class. Late arrivals may be turned away.

YogaRhythmics® is the expression of yoga through dance. It draws from the roots of yoga to develop awareness and acceptance of body and self, using a synergy of creative movement, breathwork, and rhythm to open and energize the seven major energy centers or chakras. All bodies are welcome.

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

Fusion Flow Reconnect and recharge through this Anusara flow yoga experience. Sweat out a week's 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! Prerequisite is one Yoga I session.

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

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

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

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

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

teacher feature—Elizabeth Cosgrove

I grew up in the heart of Washington DC at a time when racial segregation and blatant racial discrimination were still common practice. In the spring of 1968, I watched the inner city burn from my bedroom window; I was 12. The people were in riotous protest of the assassination of Martin Luther King Jr. The magnitude of this historical moment drew me inward to its core. An encampment was established on The Mall that stretched from the Lincoln Memorial to the Washington Monument; it was aptly named "Resurrection City." About 2500 campers, mostly African Americans and Native Americans led an ongoing protest against poverty and inequality even as their conditions at the site became so dire as to pale next to their real life poverty.

My mother led me through throngs of people offering her support and friendship, making it so easy for me to feel safe in opening up to all of these strangers. As she guided me in the art of loving kindness, I saw how she draped her warmth over everyone and somehow made these inhospitable conditions feel cozy.

I joined an ashram at 18 practicing Raja Yoga. My days were filled with meditation, service (I was a potter and helped support the community with my wares), and nightly satsangs. My first Hatha Yoga teacher Maha Laksme, taught me that yoga was totally play and fun, youth and energy had me flying with her song. I never met another teacher like her that so expressed the utter joy of yoga until I met Suzie Hurley. She has been my loving guide on my journey to fulfill my desire and bliss to serve as a yoga teacher.

Yoga teaches us self-love and acceptance first, and then moves our energy powerfully outward, connecting us all together to our true nature. "The quiet and secret world of the eternal is the soul.

When we love and allow ourselves to be loved, we begin more and more to inhabit the kingdom of the eternal. Fear changes into courage, emptiness becomes plentitude and distance becomes intimacy."

I am grateful to all of my teachers, my mother, Guru Maharajji, my husband of 29 years, Suzie Hurley, John Friend, and more for giving me the tools to help support change and growth in my life and the courage through study and training to share the knowledge of this ancient art and science of self-transformation.



about us



Suzie Hurley** is the founder and Director of the Willow Street Yoga Center, which opened in 1994, and has been teaching yoga since 1981. Along with her extensive Anusara training she is an Advanced 500 hour Kripalu teacher. Her 28 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+ retired from hectic corporate life and world travel to become a full-time Mom and yoga teacher. She has studied Iyengar and Ashtanga yoga, and now primarily focuses on deepening her understanding of Anusara yoga. Her 2 boys under the age of three keep her busy. She LOVES teaching!



Cinema Wood is a graduate of the WSYC YTT program. She is inspired by her teacher Pandit Rajmani Tigunait and continues to study with senior Anusara Teachers. Cinema loves to travel, especially to Pow Wows and sacred sites. She invites her students to travel in the healing currents of their true nature.



Elizabeth Cosgrove+ began her spiritual practice in meditation and yoga in 1974. With a background in art and design, she guides her students to a heightened awareness of their innate beauty through artistic expression. An Anusara Affiliated teacher and a graduate of WSYC YTT and AYTT, her training in therapeutics and nurturing style, create a safe environment to explore the powerful mystery of yoga.



Jenny Otto** has been studying yoga since 1987 and Anusara Yoga since 1995. She has been developing and teaching wellness and exercise programs (including back care classes) for over 25 years. She brings both warmth and humor to teaching, as well as detailed knowledge in working with injuries and special conditions. She is the Co-founder and Co-director of Golden Heart Yoga Center in Annapolis.



Joe Miller* continues his Anusara 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.



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 Stiehms, RSA Studio, L.L.C., and is certified to teach Pilates 1 mat.



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.urbanyogastudio.com.



Kate Miller* playfully incorporates her dance background and her knowledge of anatomy and therapeutics into her classes. She is committed to her continuing study of Anusara yoga and philosophy and bringing this fully into her teaching. Her intention is to guide her students into a practice that allows them to discover greater sensitivity, awareness and harmony within themselves.



Kathy Carroll,+ an Anusara Affiliated teacher, has been Suzie Hurley's student for almost 20 years. She is a professor in a MEd program, a writer of educational books and musical CDs, and a Vibrational Kinesiologist. 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. A recent graduate of the WSYC YTT program, she left her day job at NPR this year to teach yoga full time. 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.



Laura Delaney, a Takoma Park native, is an advanced certified YogaRhythmics/ Kripalu DansKinetics instructor, Phoenix Rising yoga therapist and life-long yogini. She wholeheartedly believes that the inner life creates the outer. Laura encourages her students to follow the spontaneous creative impulses that rise, and to compassionately express their authenticity, vitality, and courage.



Lucy Lomax, RYT,+ credits yoga with keeping her balanced in a frenetic world. She retired early from the Federal Government to be a yoga teacher. Believing that yoga is a metaphor for life, she teaches the importance of moving from a position strength and inner wisdom of the body/mind. Lucy infuses her teaching with a sense of lightheartedness and enthusiasm.



Lynn Matthews, RYT,* continues her study of Anusara yoga with senior teachers Suzie Hurley, Jenny Otto and others. She brings compassion, humor and encouragement to her teaching and enjoys teaching a wide variety of students. She is co-founder and co-director of Golden Heart Yoga in Annapolis.

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Maria Hamburger⁺ continues to be inspired by her first yoga teacher, Suzie Hurley, as well as John Friend and other senior teachers. She danced and performed professionally for many years prior to teaching yoga. With great enthusiasm and clarity, Maria helps her students find a place of love, acceptance and courage within each class.



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



Molly Lee⁺ helps her students embrace their true selves through the practice of yoga. She began her professional career as a Hill Staffer. Molly taught fitness and yoga classes all over the DC area before finally finding her heart and home in Anusara Yoga. Molly is a graduate of the WSYC YTT program.



Moses Brown** 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 AYTT and continues her Anusara studies with dedication. She is a life-long teacher and a lover of adventure and travel. 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.



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 Mat through her studio, RSA Studio.



Robin Carnes⁺ discovered yoga at age 18, and it has gradually become the center of her life. Her work, pre-yoga, was as a management consultant with major organizations. Robin is also a certified Kripalu DansKinetics and YogaRhythmics instructor. She invites students to explore the power of movement rooted in sacred intention.



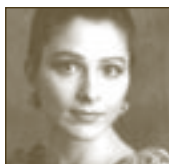
Sara Shelley⁺ specializes in Yoga and Meditation for the childbearing years. She empowers her students to cultivate greater trust, confidence and ease during this transforming time of life. Sara holds a Masters degree in Dance Movement Therapy, is a Certified HypnoBirthing Childbirth Educator, and the mother of 2 boys.



Sheree Mullen⁺ took her first yoga class 21 years ago. She has a Masters in Health Education and has taught high school, college, and adults for over 20 years. She is the mother of three young girls, and credits her (relative) sanity to her yoga practice. Sheree continues her Anusara study with Suzie Hurley, John Friend and others.



Susana Crespo is a graduate of WSYC YTT program. 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.



Theresa Notare began her Pilates training in the 1970s with Carola Trier, a student of Joseph Pilates and has practiced the Pilates Method ever since. In 2000 Theresa began to privately train with Roberta Stiehm, RSA Studio, L.L.C. Theresa received her certification in Pilates Mat, levels I and II by RSA Studio.



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.



Carol Garfinkle signed up for the first Pilates class at WSYC in 1998 and has been studying with Roberta ever since. An avid rock climber, long-time social dancer, and occasional dance teacher, Carol first turned to Pilates to improve her posture. Her "day job" involves writing for museum exhibits.



Kathy O'Rourke, RYT, luckily discovered yoga while pregnant with her son 4 years ago. It taught her to slow down, savor the present moment, breathe and to infuse every moment with loving kindness. She is grateful for the continued guidance, support and inspiration of the Willow Street kula and is a 2001 YTT graduate.

** Certified Anusara Teacher and Teacher Trainer

* Certified Anusara Teacher

+ Affiliated Anusara Teacher

*Be the first on
your block to
secure a spot in
your favorite class
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free classes— January 3–January 9

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

TAKOMA PARK CLASSES

Mon. Jan. 3:

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

Tues. Jan. 4:

7:00-8:15am	Early Morning Yoga	Elizabeth
10:30-11:45pm	Yoga I	Sheree
12:00-1:15pm	Yoga II	Sheree
6:15-7:30pm	Beginning Yoga	Kate
8:00-9:00pm	Pilates I	Julia

Wed. Jan. 5:

10:00-11:15am	Yoga for the Yogini	Cinema
12:30-1:30pm	Pilates I	Roberta
4:30-5:45pm	Gentle Yoga	Cinema
7:45-9:00pm	Yoga I	Joe

Thurs. Jan. 6:

10:00-11:15am	Gentle Yoga	Sara
6:15-7:30 pm	Yoga I	Lynn
6:15-7:30pm	YogaRhythmics®	Laura
7:45-9:00pm	Yoga I	Suzie

Fri. Jan. 7:

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. Jan. 8:

9:00-10:15 am	Yoga I	Karin
10:45-12:00pm	Yoga II	Karin
11:15-12:15pm	Pilates I	Roberta

Sun. Jan. 9:

9:30-10:45 am	Yoga I	Vivian
11:15-12:30am	Yoga I	Amy
4:30-5:30pm	Teen Yoga (ages 13-18)	Susana
4:30-5:45pm	Pregnancy Yoga	Sara

SILVER SPRING CLASSES

Mon. Jan. 3:

10:30-11:45am	Vinyasa Flow I/II	Maria
5:00-6:00pm	Yoga Nidra	Robin
5:30-6:45pm	Beginning Yoga	Kate
7:30-8:30pm	Pilates I	Roberta

Tues. Jan. 4:

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. Jan. 5:

6:30-7:30am	Early Morning Yoga	Pat
12:00-1:15pm	Gentle Yoga	Kathy C.
6:15-7:15pm	Pilates I	Theresa
7:30-8:45pm	Pregnancy Yoga	Kathy O.
7:45-9:00pm	Beginning Yoga	Kate

Thurs. Jan. 6:

10:15-11:30am	Yoga I	Cinema
10:15-11:30pm	Yoga I/II	Sheree
12:00-1:00pm	Pilates I	Carol
4:30-5:30pm	Kids Yoga (ages 5-8)	Molly
6:15-7:30pm	Yoga I	Susana

Fri. Jan. 7:

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

Sat. Jan. 8:

10:00-11:15am	Yoga I	Lucy
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Sun. Jan. 9:

9:15-10:30am	Yoga I/II	Kelly
10:45-12:00pm	Yoga I	Kelly



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Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
monday				thursday			
12:00-1:30pm	Yoga I/II	Kate	2	10:00-11:30am	Gentle Yoga	Sara	1B
11:30-12:30pm	Pilates II/III	Roberta	1A level/time change	12:00-1:30pm	Yoga II	Suzie	1A
12:45-1:45pm	Pilates I	Roberta	1A level/time change	12:00-2:00pm	Vinyasa Flow III	Kate	2
4:30-6:00pm	Yoga II	Maria	2	4:30-6:00pm	Yoga II	Joe	1A
4:45-5:45pm	Kids Yoga ages 5-8	Molly	1A time change	6:15-7:45pm	Yoga II/III	Suzie	1A
5:00-6:00pm	Pranayama	Moses	1B	6:15-7:45pm	YogaRhythmics®	Laura	2
6:15-7:45pm	Yoga I/II	Moses	1A	6:15-7:45pm	Yoga I	Lynn	1B
6:15-7:45pm	Yoga III	Suzie	1B	8:00-9:30pm	Yoga I	Suzie	1A
6:15-7:45pm	Vinyasa Flow II/III	Joe	2	8:00-9:30pm	Therapeutics	Lynn	1B
8:00-9:30pm	Yoga I	Moses	1A	8:00-9:30pm	Yoga I/II	Joe	2
8:00-9:30pm	Yoga I/II	Suzie	1B	friday			
8:00-9:30pm	Yoga II	Joe	2	8:30-9:45am	Fusion Flow	Amy	2
tuesday				10:00-11:30am	Yoga I/II	Amy	1A
7:00-8:15am	Early Morning Yoga	Elizabeth	1B time change	10:30-11:30am	Parent/Baby Yoga	Sara	2
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
6:15-7:45pm	Yoga I	Kate	2	6:30-8:00pm	Yoga I/II	Joe	2
6:15-7:45pm	Yoga II/III	Maria	1B	7:30-9:00pm	Yoga II	Moses	1A
6:15-7:30pm	Spec. Cond. & Injuries**	Jenny	1A	saturday			
8:00-9:00pm	Pilates I	Julia	1B	7:30-8:30am	Vinyasa Flow II/III	Vivian	2 time change
8:00-9:30pm	Yoga II	Jenny	1A	8:15-9:45am	Yoga II/III	Elizabeth	1B time change
8:00-9:30pm	Yoga I/II	Kate	2	8:45-9:45am	Pilates I/II	Roberta	1A level change
wednesday				9:00-10:30am	Yoga I	Karin	2
10:00-11:30am	Yoga for the Yogini	Cinema	2 new class	10:00-11:00am	Pilates II	Roberta	1A
11:30-12:30pm	Pilates II	Roberta	1A time change	10:45-12:15pm	Yoga II	Karin	2
12:45-1:45pm	Pilates I	Roberta	1A time change	11:15-12:15pm	Pilates I	Roberta	1A
4:30-6:00pm	Yoga I/II	Lucy	2	sunday			
4:30-6:00pm	Gentle Yoga	Cinema	1B time change	9:30-11:00am	Yoga II	Molly	1B
4:45-5:45pm	Kids Yoga ages 9-12	Molly	1A	9:30-11:00am	Yoga I	Vivian	2
6:15-7:45pm	Yoga I	Joe	1A new class	9:30-11:00am	Yoga I/II	Amy	1A
6:15-7:45pm	Yoga I/II	Suzie	2	11:15-12:45pm	Yoga I	Amy	2
6:15-7:45pm	Pregnancy Yoga	Lucy	1B new class	4:30-6:00pm	Pregnancy Yoga	Sara	2
8:00-9:30pm	Vinyasa Flow I/II	Elizabeth	1B new teacher	4:30-5:45pm	Teen Yoga ages 13-18	Susana	1A
8:00-9:30pm	Yoga III	Suzie	2	7:00-8:30pm	Meditation (Free)*	Luisa/Dori	1A
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).

**Special Conditions and Injuries cannot be used as a make-up class.

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

Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
monday				thursday			
10:30-12:00pm	Vinyasa Flow I/II	Maria	1	10:00-11:30am	Yoga I	Cinema	2 new class
5:00-6:00pm	Yoga Nidra	Robin	2 time change	10:15-11:45am	Yoga I/II	Sheree	1
5:30-7:00pm	Yoga I	Kate	1	12:00-1:00pm	Pilates I	Carol	2 new class
6:15-7:15pm	Pilates II	Roberta	2 new class	4:30-5:30pm	Kids Yoga ages 5-8	Molly	2 time change
7:15-8:45pm	Yoga II	Kate	2	5:30-6:45pm	Spec. Cond. & Injuries**	Jenny	1
7:30-8:30pm	Pilates I	Roberta	1 new class	6:15-7:45pm	Yoga I	Susana	2
tuesday				friday			
8:15-9:15am	Pilates I/II	Roberta	1	4:30-6:00pm	Yoga I/II	Elizabeth	1
10:30-11:30am	Parent/Baby Yoga	Kathy O.	1 new teacher	6:15-7:45pm	Vinyasa Flow II	Elizabeth	1
12:00-1:30pm	Yoga I/II	Kate	1	saturday			
6:15-7:45pm	Gentle Yoga	Vivian	2	8:00-10:00am	Yoga II/III*	Marion	1
6:15-7:45pm	Yoga I/II	Sheree	1	10:15-11:45am	Yoga II	Marion	1
8:00-9:30pm	Yoga I	Susana	1	10:15-11:45am	Yoga I	Lucy	2 time change
8:00-9:30pm	Vinyasa Flow II	Vivian	2	sunday			
wednesday				9:00-10:30am	Yoga I/II	Kelly	1
6:30-7:30am	Early Morning Yoga	Pat	1	10:45-12:15pm	Yoga I	Kelly	1
12:00-1:30pm	Gentle Yoga	Kathy C.	2				
4:30-5:45pm	Teen Yoga ages 13-18	Kate	1				
6:15-7:45pm	Yoga I/II	Kate	1				
6:15-7:15pm	Pilates I	Theresa	2				
7:30-9:00pm	Pregnancy Yoga	Kathy O.	2				
8:00-9:30pm	Yoga I	Kate	1				

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

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

**Special Conditions and Injuries cannot be used as a make-up class.

winter workshops

For complete workshop descriptions and info on our workshop leaders visit our website willowstreeyoga.com or pick-up a flyer at the studio.

Takoma Park

Sat, Feb 5	Adult-Child Adventure – For Kids 4-8 with Molly Lee	1-2:30pm	\$25 per adult & child
Sat, Feb 5	Preparation for Childbirth, a Couples Yoga Workshop with Sara Shelley	1-4pm	\$75 couple/\$40 individual
Sat, Feb 12	Anatomy of Yoga through Loops & Spirals with Jenny Otto	2-4:30pm	\$35
Sat, Feb 26	Restorative Workshop with Karin Wiedemann	1-3:30pm	\$35
Sat, Mar 5	Freedom From Food – A Yogic Approach to Eating with Amy Outman	1-4pm	\$45
Sat, Mar 5	Spring Cleaning: Level I/II Extended Class with Sommer & Paul	1-3pm	\$30
Sat, Mar 5	Spring Cleaning: Level II Extended Class with Sommer & Paul	3:30-5:30pm	\$30
Sun, Mar 6	Pranayama & Yoga for Asthma with Sheree Mullen	1-5pm	\$55
Sun, Mar 6	Spring Cleaning: Level II Extended Class with Sommer & Paul	1-3pm	\$30
Sat, Mar 12	The Power of Rest: An Introduction to Yoga Nidra with Robin Carnes	1:30-4pm	\$35
Sat, Mar 19	Spring Ahead into your own Creative Home Practice with Marion Griffin	1-4pm	\$45
Sat, Mar 26	The Transformative Power of Yoga Nidra, an Advanced Yoga Nidra Practice with Robin Carnes	1:30-3:30pm	\$30
Sun, Apr 3	Set Your Sails: a Therapeutic Shoulder Workshop with Kate Miller	1-4pm	\$45
Sat, Apr 9	Alexander Technique Workshop with Eduardo Cortina	1-4pm	\$45
Sat, Apr 9	Yoga for Fertility with Sara Shelley	1-3:30pm	\$40 per person

Silver Spring

Sun, Feb 13	Massage for Couples & Friends with Eduardo Cortina	1-4:30pm	\$150 couple
Sat, Feb 19	Enlivening the Divine through Anusara Yoga & Meditation with Suzie Hurley	1-4pm	\$45
Sun, Feb 20	Meno-More-Focus Workshop with Suzie Hurley & Jane Fryer	2-5pm	\$45
Sat, Mar 12	Prenatal Yoga Teacher Training with Lucy Lomax & Sara Shelley	1:30-5:30pm	\$85

special events

Anusara Teacher Training Weekends

Open to Advanced Students or budding teachers if space permits.
 Cost: \$325. for entire weekend. **Registration only available in person, by fax, or by mail.**

Fridays in Silver Spring Studios 6:30-9:30pm
 Saturdays in Takoma Park Studios 10am-5:30pm
 Sundays in Silver Spring Studios 9am-4:30pm

January 28-30: Anusara: The Big Picture – Components of Teaching an Unforgettable Anusara Class with Suzie, Moses, Jenny, & Joe

February 25-27: The Anusara Universal Principles of Alignment with Jenny & Joe

March 18-20: Pranayama in the Anusara Tradition with Suzie & Moses

April 15-17: Anatomy & Physiology with Focal Points with Jenny & Joe

Anusara Jamaica Yoga Vacation

February 5-12
 with Suzie Hurley & Moses Brown
 Join us on the majestic cliffs of Negril, Jamaica, renowned as a small relaxed resort on one of the Caribbean's most beautiful islands. Negril itself has a spectacular coastline including a world famous seven-mile white sand beach. It is a wonderful place to unwind and reconnect with Spirit. Negril is vibrant, brought alive by the climate, the Jamaican people, their music and love. All invite us into the exotic rhythm of this abundant island. Please see the brochures or the website for more information and registration form. **Registration only available in person, by fax, or by mail.**

Rod Stryker: Prana is the Force of Life, Teacher Training and Workshop

Dates: April 11-15
Location: St. Michael's Church, 805 Wayne Ave, Silver Spring, MD
Prices: \$550 full workshop, \$50 per morning
Times: mornings – 9:00am-12:00pm; afternoons – 1:30-5:30pm
Registration: Online registration is preferred. You will receive an immediate confirmation that you can print out. (Note: we do not confirm workshop registrations made off-line).

Registration Options:

- \$550 for full workshop - **Registration opens December 8, 10:00 am.** Note: any paper registrations received before this date **will be returned.** Please do not send or drop off your paper registration until December 8, 2004.
- \$50 per morning - **Registration opens February 9, 10:00 am.** Note: any paper registrations received before this date **will be returned.** Please do not send or drop off your paper registration until February 9, 2005.

Refund policy: Workshop cancellation requests must be received by **March 31, 2005**, in order to receive a refund. **All refunds are subject to a 20% non-refundable administrative fee.** Refund policies are firm! Please register early and try out our new on-line registration system!

Description: This five-day practice and Teacher Training Intensive is open to all interested students. Designed to enrich dedicated practitioners, aspiring teachers, or those already teaching, the training consists of two parts: open morning practices – for all dedicated practitioners (participation in the training is not required) and afternoon training sessions.

suzie's travel schedule

January 21-23: Anusara Weekend Workshop in Northhampton, MA
 Contact Sara Rose at 413.585.YOGA (9642) or email sara@yoga-sanctuary.com, www.yoga-sanctuary.com

February 5-12: Yoga Vacation in Negril, Jamaica with Suzie and Moses Brown
 Contact WSYC at 301.270.8038 or www.willowstreetyoga.com

February 25-27: Anusara "Opening to Grace" at Kripalu in Lenox, MA.
 Contact Kripalu Center at 800.741.7353

March 11-13: Anusara Weekend Workshop in Charlotte, (Lake Norman), NC.
 Contact Kelley Akin at 704.655.9642 or email yogasong@aol.com

April 9-10: Anusara Weekend Workshop in New York City
 Contact Phil at Yoga Mandali at 212.473.9001 or email info@yogamandali.com

Online registration is preferred—willowstreetyoga.com

workshop registration form—Winter 2005

**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

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

class registration costs and policies—13-Week Winter Session: 1/10/05 – 4/10/05

How to Register

Registration opens December 8 at 10:00am. **We strongly suggest registering online if possible.** Online registration provides you with immediate confirmation that you have secured your spot in class. Register online by January 18 and receive a \$5.00 discount on your online class registration. Student and Senior discounts are redeemable online. Register online at www.willowstreeyoga.com.

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

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

Class Costs

1.25, 1.5, 2 hr. classes	\$195 (\$15 per class) (additional class \$169/class)*
1 hr. classes	\$169 (\$13 per class)
Kids/Teen classes	\$110.50 (\$8.50 per class)

*When an individual registers for more than one 1.25-2 hr. class, subsequent classes of the same length at \$169 each. This subsequent class reduction is not applicable to 1 hr. classes.

Tuition Discounts

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

Policies for Kids & Teens

We ask that children under the age of 16 attend classes specifically designed for their age group. Ages 16 and above may attend adult classes. See our website for children's class policies.

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

Refunds

Refunds are calculated based on the time the request is received by the Registrar, not the day of the last class attended. **Tuition cannot be carried over to a later session.** Refunds are given according to the following schedule: 1st week of classes - 100% less \$45 administrative fee, 2nd week - 75%, 3rd week - 50%, 4th week - 25%. No refunds are given after the 4th week. Refunds are issued by check and may take up to 6 weeks. **Please note: Refund Policies are Firm!**

Receipts

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

Drop-ins

Drop-in students are accepted (space permitting) at \$20 for a non-registered student, and \$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.**

Class Cancellations

If classes are canceled due to inclement weather or an emergency, there will be an announcement on the Center's voice mail 2 hours or more before the class is scheduled to begin. Classes will be held on all holidays unless specifically announced. Cancelled classes will either be rescheduled or you will receive a voucher. WSYC reserves the right to cancel a class 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

Online registration is strongly encouraged. Please register early as workshops fill up quickly! Unless otherwise noted in advertising or on our website, a full refund (less a \$5 cancellation fee) is given if the Registrar receives 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. 37

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

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

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

directions to willow street yoga center

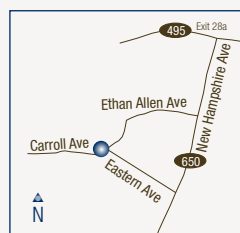
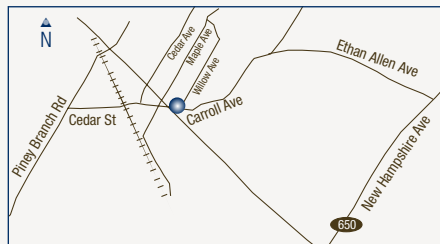
Takoma Park Studio

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.

