

willow street yoga

fall session 2014 sept 2 – dec 21 (16 weeks)

Community, Unity, and You

by Natalie Miller

A few months ago, on a Saturday afternoon, we held a kick-off meeting for our 30 Day Meditation Challenge. Even though it was a beautiful day on the verge of summer, we hoped a few people would show up.

Arriving students filled the studio with friendly conversation as they gathered props and chairs to fashion comfortable seats. Many of our regular students brought along neighbors and spouses new to Willow Street, and the warm exchange of greetings and introductions made us feel that the event was already a success.

Before we knew it, the room was full, and still filling. In the end, more than 90 people spent the beautiful last Saturday afternoon of May learning about different kinds of meditation, asking questions, and offering their own expertise. A wide array of participants—brand-new meditators alongside decades-long meditators, stay-at-home parents alongside world travelers, teachers alongside students—spent the next month committing to and reflecting upon daily practice. Even now, months later, people are still checking in, and still meditating.

As we saw it, the success of the Meditation Challenge arose from the participants' blend of shared commitment and diverse experience. This combination created a community of mutual inspiration and support, which is to us what's most special about Willow Street. As we come together with all our different circumstances and approaches, and we share our successes and struggles, we encourage one another to see all the different ways there are to be.

In the studio, we love that you, students and teachers, are everywhere on the spectrums of flexible to stable-bodied, healing to healthy, young to old, very beginner to very experienced. We know that this diversity in and of itself makes Willow Street both inspiring and supportive: being in such a cohesive array of celebrated difference makes it easier for us all to feel better simply being who and where we are.

We are so delighted by the various and extraordinary work you do in the world, and we love hearing about the ways that your practice helps you to be open, clear, and steady for your research, your teaching, your parenting, your service. We're continuing to explore new ways to strengthen the link between individual practice and community involvement—check out our workshops benefitting Crossroads Community Food Network (page 8), Rocklands Farm, and Shepherd's Table (page 2).

In the vibrant, dynamic communities of Takoma Park and Silver Spring, we want Willow Street to be both a landing and a launch pad. We create—both for you, and thanks to you—an atmosphere and offerings that are friendly and encouraging, so that being here both comforts and motivates.

In class, as in the Meditation Challenge, we see that at the heart of our collective endeavor is individual practice. It's each of us, evolving, building the strength and freedom to be more fully ourselves, and doing so for the benefit of everyone. The pages that follow are full of ways we'd love you to join us in doing just that.

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Heidi, Molly, and Erin, who make Willow Street such a lovely place to be.



willow
street yoga

fall session 2014

september 2 – december 21 (16 weeks)

▶ about

Willow Street Yoga Center is one of the DC area's most renowned yoga studios, with spacious studios in downtown Silver Spring and old town Takoma Park. We offer over 130 classes each week to students of all ages and experience levels.

Our rigorously trained faculty offer classes in sessions—like semesters—so they can help you progressively build skills, strength, and flexibility.

To accommodate your busy schedule, we have a generous make-up policy which allows you to make up missed classes in any other class that is appropriate for your level.

You can make up a missed class any time during the session—in advance of a planned absence, or after an unexpected one.

▶ admin staff

Joe and Natalie Miller ▶ co-directors
codirectors at willowstreetyoga dot com

Joy Kirstin ▶ administrative director
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6930 Carroll Ave., Suite 100
Takoma Park, MD 20912
■ 301.270.8038

Silver Spring Studio:
8561 Fenton Street
Silver Spring, MD 20910

website: willowstreetyoga.com
email: yoga at willowstreetyoga dot com

Directions to WSY

Our locations are very close to Red Line Metro stations in downtown Silver Spring and Takoma Park old town. Visit www.willowstreetyoga.com for complete directions and parking tips.



Mat and Prop Drive

Sept 2-14

Share the yoga love! Donate gently-used mats and other props to those who really need them. For every prop you donate, we'll give you 20% off a new prop in our boutique.

Donations will be distributed among local organizations teaching yoga to underserved populations as well as Willow Street's own program that brings yoga to public school teachers.

Donations will be accepted at both locations during store hours.



Rocklands Farm Yoga Adventure

Saturday, Oct 11 ▶ 10:00am-1:00pm

Getting to know our local farmers and how they do what they do is at the heart of the local food movement and truly inspiring. Join Maria and Natalie for a trip to Rocklands Farm to tour the farm's gardens and pastures, do some hands-on farm work and learn more about local agriculture. Maria and Natalie will lead an energizing outdoor yoga class in the midst of it all and we'll end the morning by nourishing ourselves with a delicious lunch of locally produced foods. Proceeds support Rocklands Farm.

(more details online)

Karma Yoga at Shepherd's Table

Saturday, Dec 6 ▶ 8:45am-12:00pm

In the spirit of compassion and community, join Natalie to help prepare and serve brunch at Shepherd's Table, a non-profit organization in downtown Silver Spring that provides meals, social services, and medical support to those in need. We'll do a little yoga to get energized and centered in the beginning. This is a great opportunity to give back to our community and spend some off-the-mat time with each other.

All levels welcome, ages 14+. All proceeds to Shepherd's Table.

(more details online)



Living Yoga

Engaging Philosophy, Establishing Practice

w/**Natalie Miller and Joe Miller**

Dive into the heart of yoga with Joe and Natalie Miller, and fellow dedicated practitioners, for Willow Street's next immersive study program—intended to help us all weave yoga more thoroughly into everyday life.

Our project offers two touchstones to focus our studies and hone our intentions:

- ▶ the *Bhagavadgita*, a seminal text of the yoga tradition that has inspired, soothed, and challenged its readers for centuries;
- ▶ a shared commitment, with individualized work, to establish regular, personal practice.

As Douglas Brooks describes it, the *Bhagavadgita* “is a response to moral chaos; a guide for the perplexed; and a prolonged meditation on the nature of God, the immortality of the Self, and the practical needs of everyday life.” Together, we will work through the *Gita*'s 18 chapters one by one, both through discussion in weekly class as well as in weekend workshops with Professor Brooks and Matthew Remski.

While our study of the *Gita* will inspire us to see life's challenges in new ways, our shared commitment to developing personal practice will help us to face them.



“The *Bhagavadgita* is a response to moral chaos; a guide for the perplexed; and a prolonged meditation on the nature of God, the immortality of the Self, and the practical needs of everyday life.”

Asana and meditation practices in weekly class will be devoted to helping students understand the anatomy of practice, especially basic sequencing and energetics.

Each student will have one private session with either Joe or Natalie, to design and/or develop their personal practice, and weekend workshops with Noah Mazé and María Cristina Jiménez will open new avenues of practice for every yogi.

Finally, our optional Facebook group will offer students a place to stay in touch, ask questions, share progress, and give and receive community support.

Living Yoga programs coalesce Willow Street's greatest strengths: excellent classroom experience, world-class visiting teachers, and a vibrant, dedicated community of like-hearted souls. This Living Yoga is ideal for any yogi wanting to take their understanding and practice of yoga to a new depth: whether you're considering Yoga Teacher Training, or simply seeking a way to bring the power and peace you find in yoga more fully into your life.

Logistics: All program registrations include 20 weekly classes (meeting Thursday nights, 6:15-7:45pm in Takoma Park) as well as one private consultation with Joe or Natalie, to be scheduled during the course of the program. Full program registration includes the 4 program weekend workshops; students may also elect to enroll with a 3- or 2-workshop registration. Participants may register for additional classes at Willow Street with the discounted multi-class rate. See full pricing options online.

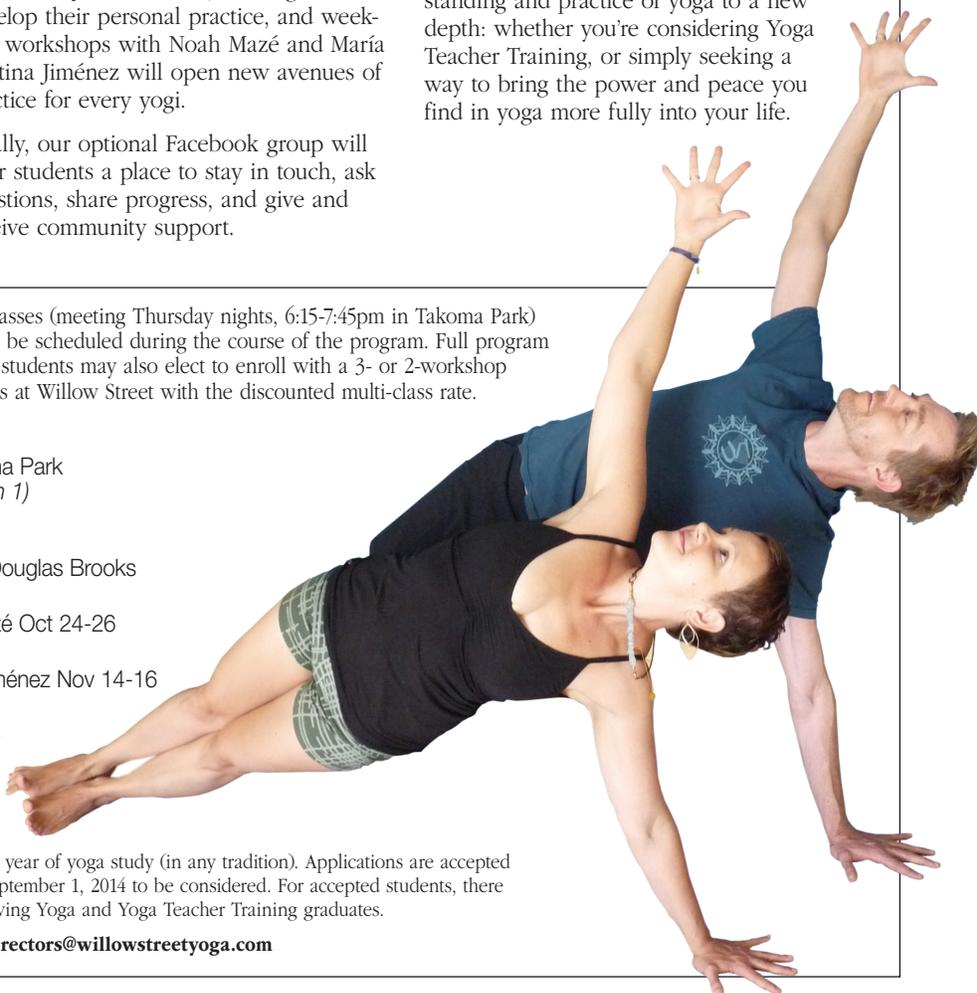
- ▶ **Weekly class: Thursdays**, 6:15-7:45pm in Takoma Park
Sept 11-Feb 4 (no class on Nov 27, Dec 25, or Jan 1)

Workshop options

- ▶ **Advice and Dissent in the *Bhagavadgita*** with Douglas Brooks
Sept 26-28 (full weekend plus asana)
- ▶ **Embodying the Wisdom of Yoga** with Noah Mazé Oct 24-26
(all practice sessions: Fri eve–Sun morn)
- ▶ **Empowered Therapeutics** with María Cristina Jiménez Nov 14-16
(full weekend)
- ▶ **New Lenses for Yoga Philosophy and Practice**
with Matthew Remski Jan 16-17 (*Gita* sessions
plus asana: Fri eve–Sat eve)

The Living Yoga Program is open to students with at least one year of yoga study (in any tradition). Applications are accepted and evaluated on a rolling basis, and must be submitted by September 1, 2014 to be considered. For accepted students, there is a payment plan available. Discounts available to previous Living Yoga and Yoga Teacher Training graduates.

To apply or inquire further, please email Natalie and Joe: codirectors@willowstreetyoga.com



so many options! where to begin?

class **schedule** silver spring ▶ week **days**

We have offerings for every body, at every experience level.

Our **weekly classes** (pages 4-5) last the duration of the session (16 weeks) and help you progressively build strength and skill.

- ▶ Register for the class(es) that best fits your schedule—when you register, you're more likely to be consistent.
- ▶ Yes, you may make up missed classes (anytime before Dec 21, either location, any level appropriate for you).
- ▶ Yes, you may drop in (but it's a little pricier than registering).
- ▶ Yes, you may join after the session is underway (as long as your teacher agrees); we'll pro-rate for you!

Our **six-week specials** (pages 6-7) offer six weeks of extra-specialized instruction.

- ▶ Beginners' specials are a great way to see if yoga, Pilates, or meditation works for you.
- ▶ Register for the whole special (sorry, no pro-rating—but you can join in the second or third week).
- ▶ Yes, you may make up missed classes (anytime before Dec 21, in any class appropriate for you).
- ▶ Yes, you may drop in (unless otherwise indicated in the special's description).

I'm new to Yoga or Pilates. Where do I begin?

We suggest Yoga I, Pilates I or one of our six-week specials for beginners.

I'm recovering from an injury, and/or my doctor recommended Yoga. What's appropriate for me?

If you're just getting active or working on regaining mobility, try our Gentle or Gentle/Therapeutic options. Otherwise, any beginner suggestions are a great place to start.

I'm returning to Yoga after a hiatus. Where do I fit in?

Yoga I/II is a great place to get back into it, unless you feel a complete Yoga I refresher is in order.

I've done Yoga for years, but I'm new to Willow Street.

Yoga I/II (or, for very dedicated students, Yoga II) will help you get a feel for our particular style and alignment instruction. You can always transfer to another level if that seems best.

I want to take a weekly class, but travel for work.

Our generous make-up policy gives you all the benefits of an ongoing class (the teacher gets to know you; you make visible progress as each class builds on the last) with maximum flexibility for your schedule. You may make up any missed classes in any other comparable class, all session long.

Can I try a class before committing?

Most classes (space permitting) welcome drop-ins. Come 10 minutes early to pay at the front desk.

our teachers

Willow Street is a world-renowned yoga school and as such, our highly trained faculty both take and teach trainings in specialties such as Yoga Therapeutics, Meditation, Pranayama, Ayurveda, Yoga Philosophy and the Art of Teaching. We host stellar guest visitors (both local teachers and well-known international visitors) and also offer an ongoing and rigorous authentic mat Pilates program. All instructor bios may be viewed on our website.

class **silver spring** schedule

8561 Fenton Street, Silver Spring, MD 20910

Monday

10:30am-12:00pm	Yoga II	Maria	1
6:00pm-7:00pm	Pilates II	Roberta	2
6:15pm-7:45pm	Yoga I	Suzie	1
6:15pm-7:30pm	Yoga & Meditation: Holiday Prep	Tom	3
6:30pm-7:45pm	Yoga & Meditation: Balancing Mind	Tom	3
7:30pm-8:30pm	Pilates I	Karen	2
7:45pm-8:45pm	Pilates for Very Beginners	Jessica	3
8:00pm-9:00pm	Yoga to Improve Your Posture	Sheree	1
8:00pm-9:00pm	Twists & Revolved Poses (I/II+)	Sheree	1

Tuesday

7:30am-8:30am	Yoga II	Sheree	1
8:00am-9:00am	Pilates II	Roberta	2
9:45am-10:30am	Seeds! Yoga (crawlers-2 yrs)	Ylla	2
10:00am-11:30am	Yoga I	Kelly	1
10:45am-11:30am	Sprouts! Yoga (2-4 yrs)	Ylla	2
11:45am-1:00pm	Yoga I/II	Kelly	1
5:30pm-6:45pm	Aligned Vinyasa + Pranayama	Natalie	3
6:15pm-7:45pm	Gentle/Yoga I	Rick	1
6:15pm-7:30pm	Yoga I/II	Sheree	2
7:15pm-8:30pm	Yoga Basics for Stress Relief	Natalie	3
7:45pm-9:00pm	Pregnancy Yoga	Sarah	2
8:00pm-9:00pm	Care for Your Core	Carrie	1
8:00pm-9:00pm	Yoga for Happier Shoulders	Carrie	1

Wednesday

6:30am-7:30am	Yoga I/II	Pat	1
7:45am-8:45am	Pilates I/II	Jessica	1
10:00am-11:30am	Yoga I/II	Maria	1
10:00am-11:30am	Yoga II/III	Carrie	2
5:00pm-6:00pm	\$10 Open Yoga	YTT**	1
6:00pm-7:30pm	Yoga II	Daisy	2
6:15pm-7:15pm	Hips + Hamstrings (I/II+)	Tara	1
6:30pm-8:00pm	Asana & Meditation for Athletes	Philip	3
7:30pm-9:00pm	Yoga I	Tara	1
7:45pm-9:15pm	Yoga I/II	Daisy	2

Thursday

6:15am-7:15am	Aligned Vinyasa Flow	Philip	2
7:15am-8:15am	Yoga I	Sheree	2
7:30am-8:30am	Pilates I	Jessica	1
7:30am-8:30am	Yoga I/II	Philip	2
10:00am-11:30am	Yoga I/II	Sheree	1
6:00pm-7:15pm	Yoga for Special Conditions & Injuries*	Jenny	2
6:15pm-7:15pm	Pilates I	Cecilia	3
6:15pm-7:15pm	Yoga I/II	Morgan	1
7:30pm-9:00pm	Body Balance Yoga II	Jenny	2
7:30pm-8:30pm	Pilates I/II	Cecilia	3
7:30pm-8:45pm	Yoga for Big, Bodacious Bodies	Lizzie	1

Friday

6:30pm-7:45pm	Yoga I/II	Jarrad	2
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silver spring ▶ week **end**

Saturday

8:30am-10:00am	Yoga I/II	Maria	1
10:15am-11:45am	Yoga I	Maria	1
11:00am-12:30pm	Pregnancy Yoga	Daisy	2
1:00pm-2:00pm	Aligned Vinyasa Flow	Daisy	2
2:15pm-3:30pm	Postnatal Yoga	Daisy	2

Sunday

8:30am-10:30am	Yoga II	Natalie	1
9:30am-11:00am	Yoga I	Lizzie	2
10:45am-12:15pm	Yoga I/II	Natalie	1
11:15am-12:45pm	Arm Balances are Awesome	Lizzie	2
11:15am-12:30pm	Inversions (I/II+)	Lizzie	2

six-week specials \ round one: ▲ \ round two: ◻ \ **kids' offerings:** 🌸

*Special Conditions and Living Yoga classes cannot be used for make-ups or drop-ins

**Mixed-level, drop-in only; taught by select graduates of our Teacher Training

takoma park ▶ week **days**

Monday

11:30am-12:30pm	Pilates II/III	Roberta	1A
12:00pm-1:30pm	Yoga I/II	Paula	2
12:45pm-1:45pm	Pilates I/II	Roberta	1A
4:30pm-6:00pm	Yoga II	Maria	2
6:15pm-7:45pm	Yoga I/II	Rick	2
6:15pm-7:45pm	Yoga II/III	Anna	1B <small>new class</small>
6:15pm-7:15pm	Yoga for a Healthy Back	Joe	1A <small>new class</small>
7:30pm-9:00pm	Yoga I	Joe	1A
8:00pm-9:00pm	Gentle/Restorative Yoga	Elizabeth	1B <small>new class</small>
8:00pm-9:30pm	Yoga II	Rick	2

Tuesday

9:45am-11:15am	Yoga I	Sheree	1A
10:00am-11:30am	Healing and Rejuvenation	Philip	1B
11:15am-12:15pm	Itsy Bitsy Baby	Michelle	2 <small>new class</small>
4:30pm-5:30pm	Aligned Vinyasa Flow	Rick	1B
4:30pm-5:30pm	Trees! (4-7 yrs)	Ylla	1A <small>new teacher</small>
6:15pm-7:45pm	Yoga I/II	Suzie	1A
6:15pm-7:45pm	Yoga II/III	Maria	2
6:45pm-7:45pm	Pilates II	Jessica	1B
8:00pm-9:00pm	Pilates I/II	Jessica	2
8:00pm-9:15pm	Break Through to Yoga II	Maria/Suzie	1A <small>new teacher</small>

Wednesday

10:15am-11:45am	Yoga I/II	Bitia	2
11:30am-12:30pm	Pilates II	Roberta	1B
12:00pm-1:30pm	Gentle/Yoga I	Kathy	1A
12:00pm-1:00pm	Yoga I	Bitia	2
12:45pm-1:45pm	Pilates I	Roberta	1B
2:00pm-3:00pm	Gentle Pilates	Roberta	1A <small>new class</small>
4:30pm-5:30pm	Teens Yoga (13-16 yrs)	Paula	1B <small>new class</small>
5:00pm-6:00pm	Tweens Yoga (8-12 yrs)	Rebecca	1A <small>new class</small>
6:00pm-7:15pm	Gentle/Therapeutics Yoga	Joe	2
6:15pm-7:45pm	Yoga II	Suzie	1A
6:30pm-7:45pm	Yoga I	Elizabeth	1B
7:30pm-9:00pm	Yoga I/II	Joe	2
8:00pm-9:00pm	Pilates I	Jessica	1A
8:00pm-9:30pm	Yoga III	Suzie	1B

Thursday

10:00am-11:30am	Gentle/Yoga I	Carrie	1A
10:30am-12:00pm	Yoga II	Suzie	2
4:30pm-6:00pm	Asana & Meditation (I/II+)	Joe	2 <small>new studio</small>
5:30pm-6:30pm	Restorative Yoga Happy Hour	Tara	1A <small>new class</small>
6:15pm-7:45pm	Living Yoga (private)	Joe/Natalie	2
6:15pm-7:45pm	Pregnancy Yoga	Carrie	1B
6:45pm-7:45pm	Aligned Vinyasa Flow	Tara	1A
8:00pm-9:30pm	Yoga I	Tara	1A
8:00pm-9:30pm	Yoga I/II	Carrie	2
8:00pm-9:30pm	Yoga II	Daisy	1B

Friday

7:15am-8:30am	Yoga I/II	Natalie	1A
9:45am-10:30am	Seeds! Yoga (crawlers-2-yrs)	Rebecca	2 <small>new class</small>
10:00am-11:15am	Aligned Vinyasa Flow	Francesca	1A <small>new class</small>
10:45am-11:30am	Sprouts! Yoga (2-4 yrs)	Rebecca	2
12:00pm-1:30pm	Aligned Vinyasa Flow: Intermediate/Advanced	Francesca	2
7:00pm-8:15pm	LifeForce Yoga: Mood Support	Amy	2 <small>new class</small>
7:30pm-9:00pm	Yoga II	Bitia	1A

takoma park ▶ week **end**

Saturday

8:00am-8:45am	Pilates II/III	Roberta	1A
9:00am-10:00am	Aligned Vinyasa Flow	Tara	1B
9:00am-10:00am	Pilates II	Roberta	1A
9:00am-10:30am	Yoga I/II	Joe	2
10:15am-11:15am	Pilates I/II	Roberta	1A
10:15am-11:45am	Yoga II	Tara	1B
10:45am-12:15pm	Yoga I	Joe	2
11:30am-12:30pm	Pilates I	Roberta	1A
12:00pm-1:30pm	Yoga Basics for Beginners	Tara	1B <small>new class</small>
1:00pm-2:00pm	Yoga Nidra for Better Sleep	Melissa	1A <small>new class</small>

Sunday

8:30am-10:00am	Asana & Meditation for Courage	Philip	1B <small>new teacher</small>
9:15am-10:30am	Yoga I/II	Sheree	1A
9:30am-11:00am	Yoga II	Maria	2
10:15am-11:30am	Healing and Rejuvenation	Philip	1B <small>new class</small>
10:45am-12:00pm	Yoga I	Sheree	1A <small>new teacher</small>
12:00pm-12:45pm	Little Families	Ylla	2 <small>new class</small>
1:00pm-2:00pm	Aligned Vinyasa Flow	Natalie	2
1:00pm-2:00pm	Trees! (4-7 yrs)	Amy/Ylla	1A <small>new teacher</small>
1:00pm-2:00pm	Tweens Yoga (8-12 yrs)	Amy/Rebecca	1B <small>new teacher</small>
2:15pm-3:30pm	Postnatal Yoga	Natalie	2
2:30pm-3:30pm	Teen Yoga for Young Men	Philip	1B <small>new class</small>
2:30pm-3:30pm	Teen Yoga for Young Women	Rebecca	1A <small>new class</small>
4:00pm-5:30pm	Pregnancy Yoga	Michelle	1A
4:00pm-5:30pm	Yoga I/II	Michael	1B
7:00pm-8:30pm	Vipassana Meditation	imcw.org	1A

we are always available to help you choose a class: call or email us!

important class registration dates

- Fri, Aug 8** ▶ registration opens
- Tues, Sept 2** ▶ first day of Fall Session
- Sun, Sept 28** ▶ last day for refunds
- Sun, Dec 21** ▶ last day of Fall classes and last day for make-ups

important info

- wear comfortable workout clothing** not too baggy, please, and **bare feet**
- we have all the props you need, including mats** if you don't have your own, they're free for you to use
- all studios have changing rooms** please take valuables into the practice space with you
- classes & workshops start on time** late arrivals may be turned away
- class schedule subject to change** see our website for updates
- please limit potential distractions for classmates** like cellphones, chatting during class and strong perfumes

six-week specials

► visit willowstreetyoga.com for registration policies

▲ Fall Six-week Specials: Round One: September – October

Yoga & Meditation:

Balancing Mind

w/Tom Forhan ► Silver Spring

Mondays, Sept 15-Oct 20 / 6:30-7:45pm

At times we find ourselves heavy with inertia, or stimulated and energized, or calm and peaceful. These states reflect the gunas, or qualities of mind. Recognizing and working with these qualities helps us understand and balance our minds, and leads us to make better choices. Each session includes pranayama, asana, and meditation. *(Level I/II + suggested, but open to students with one full session of Level I)*

Yoga to Improve Your Posture

w/Sheree Mullen ► Silver Spring

Mondays, Sept 15-Oct 20 / 8:00-9:00pm

We build strength in the back, balancing with space and flexibility in the chest, shoulders, and side body. A variety of poses counteract the hunch that our daily activities encourage. Variations given to make poses accessible to all students. *(one session of Level I)*

Itsy Bitsy Yoga for Babies 🌸

w/Michelle Cohen ► Takoma Park

Tuesdays, Sept 16-Oct 21 / 11:15am-12:15pm

Learn calming, nurturing ways to enhance bonding, improve baby's sleep and support baby's development. Babies enjoy yoga on their backs, tummies, or held in loving arms. Meet other parents, get support, and learn about baby's emerging personality. Most of the yoga is for baby, and adults learn breathing and relaxation techniques as well. *(6wks to almost crawling, with parent/caregiver; no experience necessary)*

Yoga Basics for Stress Relief

w/Natalie Miller ► Silver Spring

Tuesdays, Sept 16-Oct 21 / 7:15-8:30pm

An introductory class that empowers students to use yoga's myriad stress-relieving techniques. Each class includes a balanced, calming yoga practice to encourage bodily ease, simple breath training to clear busy minds, and guided relaxation to invoke a meditative state. *(no yoga experience necessary; everyone welcome)*

Care for Your Core

w/Carrie Ganz ► Silver Spring

Tuesdays, Sept 16-Oct 21 / 8:00-9:00pm

Sing your belly a love song! Find your center and awaken your inner fire. When you use

your deep core to move, your breath is better, balance is easier, and yoga poses that were challenging become more accessible. Expect a full spectrum of practice with a special emphasis on strengthening your center. *(Level I/II+)*

Gentle Pilates

w/Roberta Stiehm ► Takoma Park

Wednesdays, Sept 17-Oct 22 / 2:00-3:00pm

A Pilates class for people who are delicate in some areas of the body—for example, the neck, back, or shoulders—and who need to be cautious in any exercise program. We use modifications and props to ensure optimum safety. Seniors welcome and encouraged! *(no experience necessary)*

Restorative Yoga Happy Hour

w/Tara Lemerise ► Takoma Park

Thursdays, Sept 18-Oct 23 / 5:30-6:30pm

Looking for the perfect after-work "cocktail" of rest and relaxation? Come use blocks, blankets, and bolsters in fully supported postures to help you clear out the stress, tension, and unwanted resistance remaining from your workday. Leave feeling refreshed, renewed, and completely revitalized. *(no experience necessary; drop-ins welcome)*

Yoga for Big, Bodacious Bodies

w/Lizzie Hubbard ► Silver Spring

Thursdays, Sept 18-Oct 23 / 7:30-8:45pm

Contrary to what the magazines may suggest, yoga is NOT just for women who are a size zero. In fact, the yoga tradition teaches: *You are already perfect just the way you are right now.* Embrace your curves, take up the space you deserve, and enjoy being in the miraculous body that you have. Join us for an accessible, size-friendly beginners' yoga class with plenty of props, modifications and a body-positive attitude. *(no experience necessary)*

LifeForce Yoga: Mood Support

w/Amy Weaver ► Takoma Park

Fridays, Sept 19-Oct 24 / 7:00-8:15pm

LifeForce Yoga offers tools to meet and manage mood, including depression, anxiety and the effects of trauma as we make our way through life's everyday challenges and joys. We focus on learning practical asana, pranayama, mudras, mantra, meditation and iRest Yoga Nidra for regular self-care. Find out more at yogafordepression.com. *(all levels)*

Postnatal Yoga

w/Daisy Whittemore ► Silver Spring

Saturdays, Sept 20-Oct 25 / 2:15-3:30pm

Dear mothers of babies and toddlers: we know (from experience) that you can really use some quality me-time. Enjoy the company of other new mamas and a whole 75min focused on replenishing your strength and serenity. Simple yoga helps rebalance your body, focusing on easing tight shoulders and hips and fortifying upper back and core muscles, and always includes restful restoratives. *(mothers 6wks-2yrs post-partum; beginners and drop-ins welcome)*

Arm Balances are Awesome

w/Lizzie Hubbard ► Silver Spring

Sundays, Sept 21-Oct 26 / 11:15-12:45pm

Arm balances are some of the most physically and mentally demanding postures. They require powerful arms, a strong core, open hips, balance, grace, and mental focus. And they frequently end with you falling flat on your face, having a laugh about it, then picking yourself up off the floor and trying again. In other words, they're good practice for life. Learn physical conditioning and alignment to cultivate killer arm-balances. *(Level II+; no major injuries)*

Teen Yoga for Young Women 🌸

w/Rebecca Gitter ► Takoma Park

Sundays, Sept 21-Oct 26 / 2:30-3:30pm

Yoga works from the outside in—it is a physical practice that affects mood, helps to manage stress, and empowers us beyond the mat. Teen women interested in exploring the mind-body connection will enjoy a balanced practice that both challenges and calms body and soul. Please bring a journal or paper to each class. *(13-17yrs; beginners and drop-ins welcome)*

Teen Yoga for Young Men 🌸

w/Philip Bender ► Takoma Park

Sundays, Sept 21-Oct 26 / 2:30-3:30pm

Yoga is for men. Period. For centuries, young men have turned to yoga to enhance physical fitness, improve mental clarity and find a deeper connection to life. It's no wonder it is favored today by great athletes and highly creative minds, from LeBron James to Russell Brand. Do yoga and tap into your profound power, stamina, creativity, and focus. *(13-17yrs; beginners and drop-ins welcome)*

explore a new aspect of practice experience new parts of yourself

● Fall Six-week Specials: Round Two: October – December

Yoga & Meditation: Holiday Prep

w/Tom Forhan ▶ Silver Spring
Mondays, Oct 27-Dec 8 (no class 11/24)
6:15-7:30pm

The bright promises of the holiday season can be overcome by darker days, stress, over-indulgence, and feelings of isolation. With a mix of asana, breath-work, meditation, restoratives and yoga nidra we'll create positive energy and clarity, focus on realistic expectations, and enjoy true relaxation to carry you beyond the holidays and into the New Year. (Level I/II + suggested, but open to students with one full session of Level I)

Pilates for Very Beginners

w/Jessica Sloane ▶ Silver Spring
Mondays, Oct 27-Dec 8 (no class 11/24)
7:45-8:45pm

A steady introduction to the basic Pilates sequence. Learn fundamentals of breath, rhythm, flow and the power of the core to prepare to move seamlessly into Pilates I.

Twists & Revolved Poses (I/II+)

w/Sheree Mullen ▶ Silver Spring
Mondays, Oct 27-Dec 8 (no class 11/24)
8:00-9:00pm

Twists and revolved poses benefit the internal organs that clean our bodies and disperse toxins, calming and centering us. Twisting and spiraling conveys the spiritual essence of life—we must anchor to aspire! (Level I/II+; no disk issues, major shoulder problems, or pregnancy beyond 1st trimester)

Yoga Basics for Stress Relief

w/Natalie Miller ▶ Silver Spring
Tuesdays, Oct 28-Dec 9 (no class 11/25)
7:15-8:30pm

An introductory class that empowers students to use yoga's myriad stress-relieving techniques. Each class includes a balanced, calming yoga practice to encourage bodily ease, simple breath training to clear busy minds, and guided relaxation to invoke a meditative state. (no yoga experience necessary; everyone welcome)

Yoga for Happier Shoulders

w/Carrie Ganz ▶ Silver Spring
Tuesdays, Oct 28-Dec 9 (no class 11/25)
8:00-9:00pm

Our busy lives can increase our bodies' neck and shoulder tension, but with shoulder therapeutics and mindful practice, we can shift into an easier, healthier way of being. Our bodies interpret muscle tension as stress, so shoulder-opening practice is great way to lower stress levels and promote healing. Practice includes breath work and restoratives. (all levels)

Break Through to Yoga II

w/Suzie Hurley and Maria Hamburger
▶ Takoma Park
Tuesdays, Oct 28-Dec 9 (no class 11/25)
8:00-9:15pm

If you've been feeling ready but a little intimidated to move on up to Yoga II, this is the course for you! We'll help you build strength, confidence, and familiarity with the basics of the Yoga II repertoire: revolved poses, plank-chaturanga-cobra, and (of course) an intro to inversions. You'll enter 2015 fired up and ready to go! (one session of Level I/II)

Yoga for Big, Bodacious Bodies

w/Lizzie Hubbard ▶ Silver Spring
Thursdays, Oct 30-Dec 11 (no class 11/27)
7:30-8:45pm

Contrary to what the magazines may suggest, yoga is NOT just for women who are a size zero. In fact, the yoga tradition teaches: *You are already perfect just the way you are right now.* Embrace your curves, take up the space you deserve, and enjoy being in the miraculous body that you have. Join us for an accessible, size-friendly beginners' yoga class with plenty of props, modifications and a body-positive attitude. (no experience necessary)

LifeForce Yoga: Mood Support II

w/Amy Weaver ▶ Takoma Park
Fridays, Oct 31-Dec 12 (no class 11/28)
7:00-8:30pm

LifeForce Yoga offers techniques for managing mood and empowered self-care. We come together each week to increase our comfort level with each tool in the LFY toolbox, including meditation, mantra, mudra, simple asana, and yoga nidra. Journaling will support us on our journey toward consistent home practice. Find out more about LFY at yogafordepression.com. (some LFY experience helpful but not required; all levels)

Yoga Basics for Beginners

w/Tara Lemerise ▶ Takoma Park
Saturdays, Nov 1-Dec 13 (no class 11/29)
12:00-1:30pm

Discover how yoga helps you to build strength and flexibility in your mind, body and spirit. Intended both for very beginners and occasional or lapsed practitioners, this course familiarizes students with alignment principles, key yoga postures, and fundamentals of yogic breathing. (everyone welcome)

Yoga Nidra for Better Sleep

w/Melissa Lindon ▶ Takoma Park
Saturdays, Nov 1-Dec 20 (no class 11/29 & 12/13)
1:00-2:00pm

Exercise your civic duty and cast a vote for your well-being! Discover how practicing "yogic sleep" regularly over a few months can trim down your stress levels and improve your bottom line of vitality. No class on Dec 13; 6th and final class on Dec 20. (everyone welcome)

Inversions (I/II+)

w/Lizzie Hubbard ▶ Silver Spring
Sundays, Nov 2-Dec 14 (no class 11/30)
11:15am-12:30pm

Inverted postures offer an abundance of physiological benefits: increased mental clarity, improved circulation, hormonal balance, alleviating depression and insomnia reduction, improving digestion, and bolstering the immune system. Oh, and did we mention that they're crazy fun? Learn to practice handstand, headstand, forearm-stand, and shoulder-stand safely, sensibly, and playfully. (Level II+; no major injuries)

Little Families 🌸

w/Ylla Bishop ▶ Takoma Park
Sundays, Nov 2-Dec 14 (no class 11/30)
12:00-12:45pm

Little Families is for tykes 2-4yrs and their caregivers, with younger siblings welcome to join in the fun! Tykes learn yoga through games, repetitive routines, and opportunities for social interaction, all supported by caregiver participation. Tykes learn to relieve frustration, improve motor skills, and increase attention span by actively following directions. A lovely way for your family to enjoy an activity together! (no experience necessary; register once per family)

Postnatal Yoga

w/Natalie Miller ▶ Takoma Park
Sundays, Nov 2-Dec 14 (no class 11/30)
2:15-3:30pm

Dear mothers of babies and toddlers: we know (from experience) that you can really use some quality me-time. Enjoy the company of other new mamas and a whole 75min focused on replenishing your strength and serenity. Simple yoga helps rebalance your body, focusing on easing tight shoulders and hips and fortifying upper back and core muscles, and always includes restful restoratives. (mothers 6wks-2yrs post-partum; beginners and drop-ins welcome)

fall workshops

for full pricing information and descriptions, visit online

takoma park

Sun: Sept 14, Oct 12, Nov 9	Restorative Yoga Sundays w/Tara Lemerise	5:30-7:30pm	\$75 for 3, \$55 for 2, \$30 for just 1
Sun: Sept 21, Oct 19, Nov 23	Deepen Your Meditation Practice through Yoga Nidra w/Joy Kirstin	5:00-6:30pm	\$60 for 3, \$45 for 2, \$25 for just 1
Saturday, Sept 27	Yoga Nidra: Let It Go w/Melissa Lindon	1:00-3:00pm	\$30
Saturday, Oct 4	Labor with Love: Using Yoga, Positioning, and Partner Support to Enhance Your Birth w/Michelle Cohen	2:00-5:00pm	\$95/couple
Saturday, Nov 22	Breathe into Backbends w/Maria Hamburger	2:00-4:00pm	\$35

silver spring

Monday, Sept 1	Vinyasa for Indigo Girls Lovers: A Labor Day Benefit for Crossroads Community Food Network w/Natalie Miller	10:00-12:00pm	\$25 ...or I can give a little more: \$40	
Saturday, Sept 20	Free Your Hamstrings and Save Your Knees! w/Maria Hamburger	2:00-4:00pm	\$35	
Friday-Sunday, Sept 26-28	Always the Middle: Advice and Dissent in the Yogas of the Bhagavadgita w/Douglas Brooks		Multi-session options starting at \$175	
	▶ Fri, September 26 (asana: 5:30-6:15pm)	6:30-9pm		\$55
	▶ Sat, September 27 (asana: 11:30am-12:15pm)	12:30-3:00pm		\$55
	▶ Sat, September 27 (asana: 4:00-4:45pm)	5:00-7:30pm		\$55
	▶ Sun, September 28 (asana: 9:30-10:15am)	10:30am-1:00pm		\$55
Friday, Oct 3	Kirtan = Love: An Introduction to Chanting the Names w/Kelly Fisher & Michael Levin	6:30-9:00pm	\$35	
Friday, Oct 10	In a Mellow Tone: Yoga & Live Jazz w/Natalie Miller and the Nicole Saphos Trio	7:00-9:00pm	\$35	
Sun, Oct 12 & Sun, Nov 9	Pilates with Props! Magic Circle and Triad Ball Fun w/Roberta Stiehm	12:30-1:45pm	\$25 for one, \$45 for both	
Friday, Oct 17	The Secret of the Yoga Sutra w/Pandit Rajmani Tigunait	7:00-9:00pm	\$30	
Saturday, Oct 18	Yoga Nidra: Learn to Relax w/Joy Kirstin	12:30-2:30pm	\$30	
Saturday, Oct 18	It's In the Bones (and Joints!): Yoga for Osteoporosis and Arthritis w/Lucy Lomax	3:00-5:30pm	\$40	
Friday, Oct 24– Sunday, Oct 26	Embodying the Wisdom of Yoga: A Weekend of Intensive Study w/Noah Mazé		Multi-session options starting at \$140	
	Teacher Intensive: The Conscious Use of Myth & Metaphor			
	▶ Fri, Oct 24: Part I: Stories of the Poses	9:00-11:30am		\$60
	▶ Fri, Oct 24: Part II: Conscious Use of Myth & Metaphor in Teaching	1:00-4:30pm		\$80
	▶ Fri, Oct 24: Embodying Mythic Consciousness: A Full-Spectrum Practice	6:30-8:30pm		\$40
	Bhagavadgita Immersion			\$140
	▶ Sat, Oct 25: Skill in Action: Standing Poses and Backbends	10:30-1:00pm		\$55
	▶ Sat, Oct 25: On the Field of Dharma: Hip Openers, Forward Bends, and Twists	3:00-5:30pm	\$55	
	▶ Sun, Oct 26: Evenness of Mind: New Access to Arm Balancing Poses	9:00-11:30am	\$55	
Saturday, Nov 8	Yoga and Meditation to Support Life's Changes w/Daisy Whittemore & Tom Forhan	2:30-4:30pm	\$30	
Friday, Nov 14– Sunday, Nov 16	Empowered Therapeutics w/María Cristina Jiménez		Multi-session options starting at \$160 for early birds	
	▶ Fri, Nov 14: The Breath	6:00-9:00pm		\$40
	▶ Sat, Nov 15: Upper Body	12:15-3:15pm		\$55
	▶ Sat, Nov 15: Lower Body	5:00-8:00pm		\$55
	▶ Sun, Nov 16: The Fluid Body	11:00-2:00pm	\$55	
Saturday, Nov 22	Love: Using Yoga, Positioning, and Partner Support to Enhance Your Birth w/Michelle Cohen	2:00-5:00pm	\$95/couple	
Friday, Dec 12– Sunday, Dec 14	Embodying Sri: A ParaYoga® Intensive w/Rod Stryker		Multi-session options starting at \$450 for early birds	
	▶ Fri, Dec 12: Living the Four Desires: Rekindling Your Life of Purpose and Passion	10:30am-5:30pm		\$160
	Tantra Yoga: The Path of Beauty and Bliss			
	▶ Sat, Dec 13: Sushumna Vinyasa: Awakening the Sacred Channel	11:00–5:00pm	\$295	
	▶ Sun, Dec 14: Sri Vidya: The Science of the Sacred	1:00-6:00pm		
Friday, Dec 19	Yoga & Jazz: Holiday Edition w/Natalie Miller and the Nicole Saphos Trio	7:00-9:00pm	\$35	
Friday Jan 16– Saturday Jan 17	New Lenses for Yoga Philosophy and Practice: A Weekend of Conversations w/Matthew Remski		Multi-session options starting at \$120	
	▶ Fri, Jan 16: Pretty Good Practices for Yoga Philosophy Today (asana: 9:00-9:45am)	10:00-12:30pm		\$45
	▶ Fri, Jan 16: Will the Real Gita Please Stand Up? (asana: 5:30-6:15pm)	6:30-9:00pm		\$45
	▶ Sat, Jan 17: Self-Awareness and its Discontents (asana: 8:30-9:15am)	9:30am-12:00pm		\$45
	▶ Sat, Jan 17: The Conundrum of Effort (asana: 1:30-2:15pm)	2:30-5:00pm		\$45
	▶ Sat, Jan 17: Public Forum: What Are We Actually Doing in Asana?	5:30-7:00pm	By donation (\$20 suggested)	

how to
register
for workshops

Register online (Visa/Mastercard) and receive immediate confirmation and receipt. You may also register in person, by fax (301.270.8045), or by mail. Late arrivals will not be permitted to enter workshops more than 10 minutes after they begin. No refunds are available for late arrivals who miss their workshop.

Unless otherwise noted online, workshop cancellation requests must be received by the Registrar in writing 48 hours before the beginning of the workshop to receive a refund less a 20% administrative fee. No retroactive refunds.

Always the Middle: Advice and Dissent in the Yogas of the *Bhagavadgita*

w/Douglas Brooks ▶ Fri-Sun, Sept 26-28

We are always in the middle of things because life never pauses. We can rise to the occasion to act, understand, and commit even when doubt or possibilities of failure are wholly present: what is at stake is the depth of our engagement and the empowerment of relationships. The *Gita* challenges us with our most human concerns: what shall we do? how might we understand? what and to whom would we pledge our love?

Optional 45min asana sessions one hour before the start of each lecture



Embodying the Wisdom of Yoga: A Weekend of Intensive Study

w/Noah Mazé ▶ Fri-Sun, Oct 24-26

Teacher Intensive: The Conscious Use of Myth & Metaphor ▶ Friday, Oct 16

The yoga tradition offers a wide and deep ocean of wisdom, filled with symbolism, mythic narrative, and iconography. In this day-long training, we dive in to explore ways to skillfully weave yoga's big ideas into everyday asana instruction, and finally, experience this theory in practice in Noah's evening class.

Part I: Stories of the Poses ▶ 9:00-11:30am

Part II: Conscious Use of Myth & Metaphor in Teaching ▶ 1:00-4:30pm

Embodying Mythic Consciousness: A Full-Spectrum Practice ▶ 6:30-8:30pm

Join Noah for an evening of asana that weaves yoga's rich and age-old mythology into modern postural instruction to bring the yoga tradition to life. For students Level I/II+

Bhagavadgita Immersion ▶ Saturday and Sunday, Oct 25-26

Our ability to be with "what is" determines our capacity to engage and affect the circumstances we face. In the *Gita*, the otherwise indomitable warrior Arjuna finds himself faced with a paralyzing choice, and at last learns he must converse with a wisdom greater than his own conscience in order to move forward. Noah weaves key ideas from the *Gita* into empowering, inspiring practices for students Level I/II+.

Skill in Action: Standing Poses and Backbends ▶ Saturday morning ▶ 10:30am-1:00pm

On the Field of Dharma: Hip Openers, Forward Bends, and Twists ▶ Saturday afternoon ▶ 3:00-5:30pm

Evenness of Mind: New Access to Arm Balancing Poses ▶ Sunday morning ▶ 9:00-11:30am



Empowered Therapeutics

w/María Cristina Jiménez ▶ Fri-Sun, Nov 14-16

María Cristina, E-RYT500 and Certified Rolfer™, returns for a weekend of workshops to expand your self-knowing, hone your awareness, and transform your practice. María Cristina's presentation of anatomy is fresh, experiential, and awe-inspiring; her approach to therapeutics eschews dogma and encourages self-empowerment. In showing students there's no one "right" way to approach yoga practice, María Cristina enables deep, fulfilling self-discovery.

The Breath ▶ Friday, Nov 14 ▶ 6:00-9:00pm

We focus on learning basic and fascinating anatomy about our breath, lungs, diaphragms, ribs, and thoracic spine. Having awareness about our anatomy literally inspires us to deepen our connection to the breath, in a non-forceful way. (Lecture, partner and individual work, yoga including a restorative ending).

Upper Body ▶ Saturday, Nov 15 ▶ 12:15-3:15pm

Lower Body ▶ Saturday, Nov 15 ▶ 5:00-8:00pm

On both Saturday sessions, we focus on parts of the body that are often injured and/or tight, learning how to retrain and repattern habits which no longer serve us, and learning alignment based on a deep understanding of anatomy coupled with reverence towards our own bodies. (Lecture, partner and individual work).

The Fluid Body ▶ Sunday, Nov 16 ▶ 11:00am-2:00pm

Our body, like our planet, is mostly water. Yet often in practice we "hold" our poses rigidly, practicing exactly the same way. Then we sit in meditation with "stillness" forgetting that movement is indeed our essence. We learn about our intrinsic muscles, the deeper muscles designed to help our posture, and practice turning them "on" for greater stability in yoga asanas. We explore our sense of sight and play with our gaze as a way of tuning into the subcortical brain and feeling more of the back body. We see how we can apply this knowledge in our day-to-day life, where the real yoga happens.



Embodying Sri : A ParaYoga® Intensive

w/Rod Stryker ▶ Fri-Sat, Dec 12-14

We are honored to host one of the West's leading and most respected yoga teachers, Yogarupa Rod Stryker, for three days of empowering, generative practice.

Living the Four Desires: Rekindling Your Life of Purpose and Passion

Friday, Dec 12 ▶ 10:30am-5:30pm (with a break from 1:30pm-2:45pm)

A first-ever follow-up to Stryker's acclaimed *Yoga of Fulfillment* and *Four Desires* work. Anyone who has completed this work has experienced the life-changing power of the process. However, at different points, it is easy to lose momentum, get lost in busyness, or get distracted as circumstances shift.

In this exclusive offering, students who have completed the *Yoga of Fulfillment* workshop, or worked through *The Four Desires* book, are invited to this special all-day workshop with Yogarupa—to reconnect with the process, apply new insights, and continue to reconnect with and reprioritize your core values and heart's desire.

Tantra Yoga: The Path of Beauty and Bliss

Tantra offers a complete and far-reaching approach to Yoga, seamlessly weaving Yoga's diverse practices into a practice and philosophy that encourages us to experience and, more importantly, to embody the Sacred.

For two days, we dive deep into the well of Tantra through the teachings of Sri Vidya. Through practice and theory, Rod leads us through the key teachings and practices for unlocking Sri—resplendence, power and illumination. We work with Yoga Nidra (deep relaxation), use asana and breath to open the portals to the energetic body, and engage the mind to enter into profound practices that awaken Divine Potential.

Sushumna Vinyasa: Awakening the Sacred Channel ▶ Saturday, Dec 13 ▶ 11:00am-5:00pm

Sri Vidya: The Science of the Sacred ▶ Sunday, Dec 14 ▶ 1:00-6:00pm



New Lenses for Yoga Philosophy and Practice: A Weekend of Conversations

w/Matthew Remski ▶ Fri-Sat, Jan 16-17

Matthew Remski returns to shine new insight into the heart of yoga practice and philosophy. After a Friday morning session for yoga teachers and philosophy students, Matthew offers three discussions of the seminal *Bhagavadgita's* text and context.

Pretty Good Practices for Yoga Philosophy Today ▶ Friday, Jan 16 ▶ 10:00am-12:00pm

Will the Real Gita Please Stand Up? ▶ Friday, Jan 16 ▶ 6:30-9:00pm

Self-Awareness and its Discontents ▶ Saturday, Jan 17 ▶ 9:30am-12:00pm

The Conundrum of Effort ▶ Saturday, Jan 17 ▶ 2:30-5:00pm

Public Forum: What Are We Actually Doing in Asana? ▶ Saturday, Jan 17 ▶ 5:30-7:00pm

Optional 45min asana sessions one hour before the start of each lecture



Transformation Within: Whole Self Birth Preparation

w/Michelle Cohen

▶ Sundays, Sept 28-Nov 30 (no class Oct 12), 6:30-8:30pm

Pregnancy is a time of transformation on so many levels, and it's the perfect time to turn inward to connect to your deepest self and baby.

In this innovative 9-week program, yoga, meditation, discussion, journaling and creative self-inquiry are our tools to find clarity, compassion and confidence for birth and beyond.

Transformation Within is about birth preparation, but really it's about giving you the life-changing tools that will radically alter the way you view this time in your life.

For more details, visit www.savoritstudios.com.



this fall, delve into the *Bhagavadgita*
join our latest Living Yoga program (page 3)

how to register for classes



Registration opens August 8

Register online and receive immediate confirmation and receipt. For trouble registering online, email support at willowstreetyoga dot com.

Register offline in person, by fax (301.270.8045) or by mail. No confirmation for offline registrations. Cash, check, Visa and Mastercard. NSF checks incur a \$35 fee.

Full Session Class registration costs

Class Length	1x/week	2x/week*	3x/week*
2 hour class*	\$320	\$576	\$784
	<i>(\$20 per class, 2nd class: \$16 each, 3rd class: \$13 each)</i>		
1.25 & 1.5 hour class*	\$288	\$544	\$752
	<i>(\$18 per class, 2nd class: \$16 each, 3rd class: \$13 each)</i>		
1 hour class*	\$256	\$464	\$672
	<i>(\$16 per class, 2nd class: \$13 each, 3rd class: \$13 each)</i>		
Seeds!, Sprouts!, Trees!, Tweens and Teens	\$192	\$384	\$384
	<i>(\$13 per class)</i>		

* Multi-class rate: Registration costs are progressively reduced when you register for multiple classes, and are pro-rated based on the date of registration.

Six-week Specials

Six-week specials are \$108, and do not qualify for a multi-class rate. Registration is not pro-rated; missed classes may be made up in weekly classes or other specials.

Drop-Ins

Space permitting, drop-ins are welcome in most classes all session. Some six-week specials will restrict drop-ins.

	Students registered in		
	no classes	1-2 classes	3 or more classes
2 hour class	\$24	\$22	\$15
1.25 & 1.5 hour class	\$22	\$20	\$15
1 hour class	\$20	\$17	\$15
Trees	\$15	\$15	\$15
Six-week Specials	\$22	\$22	\$22

please visit willowstreetyoga.com for workshop registration and cancellation policies

Payment Plan

Willow Street is pleased to offer a payment plan. Students pay half of tuition at the time of registration and half on **October 6, 2014**. The payment plan is available in person only and requires payment with Visa or Mastercard. Inquire at the desk for more information.

Tuition Discounts

10% discounts on full-session class registration for seniors 65 & older, students with valid high school/college ID (not applicable for kids and teens classes), and military personnel with valid ID are available. Only one discount applies. No discounts are available for six-week specials.

Transfers

Students may transfer classes at any point prior to the end of the session. Fill out a transfer form at the front desk, or if you registered online, you may transfer online. Additional payment will be required if you are transferring to a more expensive (i.e. longer) class.

Students may transfer six-week specials at any point prior to the end of the special. Fill out a transfer form at the front desk. Transfers to regular classes may require additional payment.

Make-ups

Missed classes can be made up at either location, any time during the current session, in any age and/or appropriate class level. You may make up in advance of an anticipated absence. Some six-week specials may restrict make-ups. Sorry, no make-ups in Yoga for Special Conditions and Injuries. There is no need to call in advance, but arrive early and check in with the instructor.

Refunds

Class and Six-week Special refund and drop requests must be received by the Registrar in writing/email. Refunds are calculated from the time the Registrar receives the request not the day of the last class attended.

If you registered online, you can request to drop your class by going to "my registrations" under "my info" in the online registration system.

All refunds include an administrative fee.

Refunds are given according to the following schedule:

- ▶ Before 1st week of classes = 90% of tuition (ends Sept 1)
- ▶ During 1st week = 80% of tuition for remainder of session (ends Sept 7)
- ▶ During 2nd week = 70% of tuition for remainder of session (ends Sept 14)
- ▶ During 3rd week = 60% of tuition for remainder of session (ends Sept 21)
- ▶ During 4th week = 50% of tuition for remainder of session (ends Sept 28)

No class refunds are given after the 4th week (**September 28, 2014**). Six-week special refunds are processed through the 4th week of the special according to the above schedule.

Please note: refund policies are firm

Class Cancellations

WSY reserves the right to cancel a class. Earliest notification will be given and students may choose a refund or transfer to another class.

Weather

If classes are cancelled due to inclement weather or an emergency, there will be an announcement on WSY's voice mail (301.270.8038) 90 minutes before the class is scheduled to begin. Updates are posted on our homepage and Facebook page.

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 with teacher permission.

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.

Regular classes will not be held on Thanksgiving Day (Nov 27)

All registered students will receive vouchers



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

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online **registration**
begins august 8



Bring a friend for free!

Registered students:
invite your friends to try
a class on us, Sept 2-7.

When a new-to-Willow-Street
friend registers, we'll send you a
\$25 thank-you gift certificate.

Visit our front desk for details.

First Week: Sept 2-7