

# willow street yoga

summer session 2014 may 27 – august 24 (13 weeks)

## Less Doing, More Being. Because Summer.

by Natalie Miller

As I sit down to write, my kids are bounding around the house, packing up their mini-suitcases for a weekend trip to West Virginia. We are all so excited to *get away* that part of me wonders: what's missing here at home?

Because life here at home is full to the brim. We are blessed with jobs, school, extracurriculars, friends! A dog, a tadpole, some fish! A home, a yard, a minivan! (And meetings, homework, carpools. Poop scooping, tank cleaning. Dishes, raking, and the crumby, crayony, coin-filled minivan crevices).

I presume you have your own version of this life of plenty.

Getting away from this day-to-day means more than a change of scenery: importantly, it's a change of pace. It's fewer to-dos, a break from the demands of our habitual everyday, and more time for Just Being. It's an opportunity to, as an old self-help book puts it, "slow down to the speed of life."

Summer is full of opportunities for taking it easier and seeing the world anew, and these afford us a refreshed sense of wonder, a freer conception of ourselves, and more perspective on the lives we are choosing to live.

Wherever you take time this summer—abroad or in your backyard, at the beach or in the yoga studio—take full advantage of summer's resplendence. And yes, we can help you out with that!

- ▶ If you'd like to feel more grounded and spacious wherever you are this summer, join us for our **30 Day Meditation Challenge!** For the month of June, join fellow Willow Street challenge-goers in committing to meditate every day. It's free, and we have lots of ways for you to tap into studio and community support. See page 10.
- ▶ If you want to use summer's radiance to get fresh perspective and new direction in your life, join Joe and Pat for their 12-week summer project, **Creating a Life of Purpose and Passion.** Weekly classes include asana, meditation, and working through Rod Stryker's book, *The Four Desires*. See page 3.

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## ▶ 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  
manager at willowstreetyoga dot com  
▶ 301.270.8038 ext. 14

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registrar at willowstreetyoga dot com  
▶ 301.270.8038 ext. 15

### Mailing address & Takoma Park Studio:

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 WSYC

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



## Less Doing, More Being. Because Summer. *(continued)*

- ▶ If you'd like to channel summer's easygoing vibe into learning how to be easier on yourself, join Natalie and Joy for their 12-week summer project, **Yoga for Learning to Let Yourself Be**. Weekly classes with Natalie include asana, meditation, book discussion, and self-reflection focused on cultivating self-kindness; 3 yoga nidra sessions with Joy help this work to penetrate deeply. See page 3.
- ▶ If you'd like to surrender to the sweet heat of summer by practicing not-doing, check out our workshops and six-week specials: restorative yoga with Tara, Flow and Let Go with Elizabeth, and various meditation offerings with Philip, Kelly, and Joy are all great places to start. See pages 6-7 and 10.

By the way, our weekend in West Virginia was lovely: both in the laid-back getaway, and in our renewed appreciation of the comforts of home when we returned. Turns out nothing was missing—we just needed to get clear and present enough to be able to take it all in.

## best of both worlds

jump right in to Summer Session

AND

preview new classes with **Buy One Get One** week!

Willow Streeters! You spoke, and we listened: you like getting to try out new classes, but you also just want to get the new session rolling, already!

So this summer, we're trying something new:

- ▶ Summer Session starts right after break week (no Preview limbo)
- ▶ For the whole first week—May 27-June 1—classes are Buy One, Get One!

During the BOGO, whether you're already registered for class or you're just dropping in, you get a free pass to try out another. So, you can **bring a friend for free**, or maybe **try out a different offering**, or **save the pass to use anytime this Summer!**





# Living Yoga Summer Projects

Life is a gift: an opportunity to express our uniqueness and experience great joy

## Yoga for Learning to Let Ourselves Be

w/Natalie Miller and Joy Kirstin

**12 Mondays** • June 2-August 18  
7:15-9:15pm ► Silver Spring

Bigger, Better, Faster, More. This is the refrain that reverberates through 21st century life, especially here in our neck of the woods. We work long, longer hours with high, higher expectations.

We're expected to climb career ladders; to make "spare" time into Quality Time with kids, parents, partners, and friends; to exercise vigorously and eat organically and live in HGTV homes with Pinterest-pretty bedrooms.

We are hyperconnected, carrying the internet around in our pockets, and are often as caught up in its web as empowered by it. We work so hard for tomorrow, we find it hard to be fully present today.

And yet.

Here and there—on a Friday afternoon, or a couple days into vacation, or even near

the end of yoga class we attune to a slower tempo, grounded in the present moment. Instead the mantras of Hurry Up / Never Enough, we hear "Here I am, and this is plenty." We become mindful of our blessings, awake to our surroundings, and are delighted by our evolving selves.

Here we find an opportunity to quell self-criticism and embrace self-compassion—to redefine Success in a way that includes, rather than precludes, loving ourselves and enjoying our everyday experience.

In this 12-week summer project, we will:

- meet weekly for an evening of yoga, meditation, journaling exercises, and discussion (asana is geared to students with some yoga experience)
- learn calming, clarifying breath, meditation, and restorative yoga techniques
- learn to use Yoga Nidra meditation to anchor innate wholeness and (over time) re-pattern neural pathways so all life

situations can be met with greater ease and compassion (3 sessions led by Joy Kirstin)

- use two books—Claudia Welch's *Balance Your Hormones, Balance Your Life* and Paul Gilbert's *The Compassionate Mind: A New Approach to Life's Challenges*—to discover new ways to settle body and soften self-conception
- create a network of community support via small- and large-group discussions and our optional Facebook group

Students will receive weekly emails and use our Facebook group to stay connected even through vacations, and may make up missed sessions in regular WSY classes. Any additional class registrations qualify for our multi-class reduced rate. Register soon; this class will fill.

## Create a Life of Purpose & Passion

w/Joe Miller and Pat Blum

**12 Thursdays** • May 29-Aug 14  
6:30-8:30pm ► Silver Spring

Life is a gift: an opportunity to express our uniqueness and experience great joy.

Does it feel that way to you?

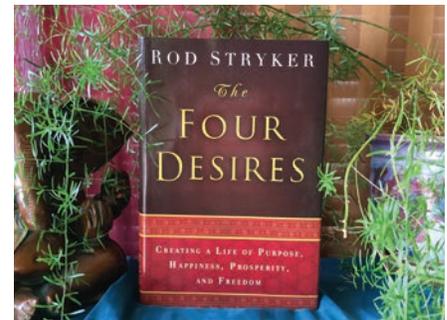
From a yogic perspective, life fulfillment and the ability to manifest our potential requires a conscious relationship with our four core desires, or *purusharthas*. These "four aims of the soul" are *artha* (health and wealth), *kama* (all forms of pleasure), *dharma* (our life's purpose), and *moksha* (inherent freedom). Rod Stryker writes that "learning to honor the four desires allows

you to thrive at every level, and leads you to a complete and balanced life."

In this 12-week course of study, Joe and Pat will facilitate working through Stryker's book on the *purusharthas*, *The Four Desires*. Each week's class will involve a balanced, clarifying yoga session; lecture and discussion (both in pairs and whole-group); time for doing the often-challenging exercises from the book; and practice with meditation techniques that support this profound work.

Joe and Pat will use their years of exploration using these tools to help empower each student on their individual journey of

self-discovery. No yoga experience necessary, only a willingness to look frankly at ourselves and step into the challenge of this fulfilling project.



# so many options! where to begin?

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

Our **weekly classes** (pages 4-5) last the duration of the session (13 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 Aug 24, 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 Aug 24, 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 renowned international visitors) and also offer an ongoing and rigorous authentic mat Pilates program. All instructor bios may be viewed on our website.

# class **schedule**

## silver spring ▶ week **days**

### 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-7:15pm	Pilates for Very Beginners	Jessica	3
7:15pm-9:15pm	Living Yoga*	Joy/Natalie	1
7:30pm-8:30pm	Pilates I	Liz	3
8:00pm-9:15pm	Arm and Hand Balances	Sheree	1

### Tuesday

7:30am-8:30am	Yoga II	Sheree	1
8:00am-9:00am	Pilates II	Roberta	2
9:45am-10:30am	Seeds! (crawlers-2)	Ylla	2
10:15am-11:45am	Yoga I	Kelly	1
10:45am-11:30am	Sprouts! (2-4 yrs)	Ylla	2
5:30pm-7:00pm	Yoga II	Natalie	2
6:15pm-7:45pm	Gentle/Yoga I	Rick	1
6:15pm-7:45pm	Yoga I/II	Sheree	3
7:30pm-9:00pm	Pregnancy Yoga	Carrie	2
8:00pm-9:00pm	Prana Vayu Practices	Sheree	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
6:15pm-7:15pm	Aligned Vinyasa	Paula	1
6:15pm-7:30pm	Peak Performance for Athletes	Phillip	2
6:15pm-7:45pm	Yoga II/III	Kelly	3
6:15pm-7:15pm	Your Best Handstand Yet	Katie	2
7:30pm-9:00pm	Yoga I	Katie	1
7:45pm-9:15pm	Yoga I/II	Daisy	2
8:00pm-9:15pm	Mantra Meditation	Kelly	3

### Thursday

7:30am-8:30am	Yoga Basics for Beginners	Sheree	1
7:30am-8:30am	Yoga I/II	Phillip	3
10:00am-11:30am	Yoga I/II	Sheree	1
4:30pm-6:00pm	Asana & Meditation (I/II+)	Joe	1
6:00pm-7:15pm	Mantra to Enhance your Yoga	Maria	3
6:00pm-7:15pm	Yoga for Special Conditions and Injuries*	Jenny	2
6:30pm-8:30pm	Living Yoga*	Joe/Pat	1
7:30pm-9:00pm	Body Balance Yoga II	Jenny	2
7:30pm-8:30pm	Pilates I/II	Cecilia/Liz	3

### 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-11:15am	Pilates I	Liz	2
10:15am-11:45am	Yoga I	Maria	1
11:30am-1:00pm	Pregnancy 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

**six-week specials** \ round one: ▲ \ round two: ■ \ kids' specials: ✿

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

class silver spring schedule

8561 Fenton Street, Silver Spring, MD 20910

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

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
6:00pm-7:15pm	Yoga for Scoliosis	Joe	1A
6:00pm-7:15pm	Yoga Basics for Beginners	Elizabeth	1A
6:15pm-7:45pm	Yoga I/II	Rick	2
6:30pm-7:30pm	Head, Neck, Shoulders, Hands	Judy	1B
7:30pm-9:00pm	Yoga I	Joe	1A
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
11:00am-12:00pm	Itsy-Bitsy Baby	Michelle	2
4:30pm-5:30pm	Aligned Vinyasa	Rick	1B
4:30pm-5:30pm	Trees! (4-7 yrs)	Ylla	1A
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	InterPlay with Live Music	Katrina/Nicole	1A
8:00pm-9:00pm	Pilates I/II	Jessica	2

**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
5:00pm-6:00pm	Tweens Yoga (8-12 yrs)	Rebecca	1A
5:15pm-6:15pm	Flow and Let Go	Elizabeth	1B
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
5:30pm-6:30pm	Restorative Yoga Happy Hour	Tara	1A
6:15pm-7:45pm	Pregnancy Yoga	Carrie	2
6:15pm-7:45pm	Yoga II/III	Anna	1B
6:45pm-7:45pm	Aligned Vinyasa	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! (crawlers-2)	Rebecca	2
10:00am-11:15am	Aligned Vinyasa	Francesca	1A
10:45am-11:30am	Sprouts! (2-4-yrs)	Rebecca	2
12:00pm-1:30pm	Aligned Vinyasa: Intermediate/Advanced	Francesca	1A
6:30pm-8:00pm	Gentle/Restorative Yoga	Elizabeth	2
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	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

**Sunday**

8:30am-10:00am	Asana and Meditation	Philip	1B
9:30am-11:00am	Yoga I/II	Katie	1A
9:30am-11:00am	Yoga II	Maria	2
10:15am-11:30am	Meditation Fundamentals	Philip	1B
11:15am-12:45pm	Yoga I	Katie	1A
12:00pm-12:45pm	Little Families	Rebecca	2
1:00pm-2:00pm	Aligned Vinyasa	Natalie	2
1:00pm-2:00pm	Trees! (4-7 yrs)	Ylla	1A
2:15pm-3:30pm	Postnatal Yoga	Michelle	1A
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

important class registration dates

- Wed, May 7** ▶ Registration opens
- Tues, May 27** ▶ First day of Summer Session and remember, May 27-June 1 is Buy One Get One!
- Sun, Jun 22** ▶ Last day for refunds
- Sun, Jul 13** ▶ Last day for transfers
- Sun, Aug 24** ▶ Last day of Summer 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' round one: ▲ \ round two: ■ \ kids' specials: 🌸

# yoga & pilates six-week specials

► visit [willowstreeyoga.com](http://willowstreeyoga.com) for registration/cancellation policies & course descriptions

explore a new aspect of practice  
experience new parts of yourself

## Summer Six-week Specials: Round One: late May – early July

### Yoga for Scoliosis

w/**Joe Miller** ► Takoma Park  
Mondays, June 2-July 7  
6:00-7:15pm

Yoga offers us the possibility to connect to and transform the core of our bodies, making scoliosis not an obstacle, but an opportunity. In this in-depth exploration of the anatomy of scoliosis and the ways in which it's affecting your body, you'll receive individualized instruction to create a balanced practice. Yoga experience helpful but not necessary.

### Head, Neck, Shoulders, Hands

w/**Judy LaPrade** ► Takoma Park  
Mondays, June 2-July 7  
6:30-7:30pm

**Active-Isolated Stretching** cultivates both strength and flexibility. It safely stretches target muscles, tones opposing muscles, and releases the entire ring of tension that holds you back. Learn and practice AIS tools for alleviating upper-body troubles like neck and shoulder pain, thoracic outlet and carpal tunnel syndromes, breath restriction, and more. Everyone welcome.

### Arm and Hand Balances

w/**Sheree Mullen** ► Silver Spring  
Mondays, June 2-July 7  
8:00-9:15pm

Come strengthen your funny bone as you play with crazy, fun poses you are less likely to encounter in your regular yoga class. Poses will be determined in part by YOU, and will be approached step-by-step. Prepare to laugh and have fun while being challenged. For strong Levels I/II+, with no wrist or shoulder injuries.

### Healing and Rejuvenation

w/**Philip Bender** ► Takoma Park  
Tuesdays, May 27-July 1  
10:00-11:30am

The modern world makes great demands of our time and energy, so much so we often feel run-down, depleted, on edge and sometimes downright ornery. We'll use asana, breath work, and guided

savasana to relax deeply and build our energy reserves. We'll also learn a specific meditation for revitalizing the body, mind and spirit. Appropriate for all levels; drop-ins welcome.

### InterPlay with Live Music

w/**Katrina Browne and Nicole Saphos**  
► Takoma Park  
Tuesdays, May 27-July 1  
8:00-9:00pm

InterPlay is an active, creative way to unlock the wisdom of the body that combines movement and stories, silence and sound, ease and playfulness. Through basic InterPlay "forms," you will connect with others, remember how to play, and let go of your inner critic. InterPlay is the perfect container for any mood, a profound vehicle for being present, and a healthy antidote to stress and cynicism. Wonderful bonus: live music by Nicole Saphos on the upright bass! Everyone welcome.

### Flow and Let Go

w/**Elizabeth Kanter** ► Takoma Park  
Wednesdays, May 28-July 2  
5:15-6:15pm

Recharge mid-week with a yogic happy hour! A balanced practice of mellow vinyasa and restorative yoga to clear out and release stress, and infuse your mid-week with clarity and calm. Levels I/II+.

### Peak Performance for Athletes

w/**Philip Bender** ► Silver Spring  
Wednesdays, May 28-July 2  
6:15-7:30pm

As all accomplished athletes know, performance isn't only about the body—it also requires that your head is in the game. Learn to leverage the greatest performance enhancer of all: your mind. Through postures that challenge, cleanse and open the body; breath work that purifies the mind; and meditation that boosts your focus, you will tap into profound reserves of power and stamina. For students strong Level I/II+. Drop-ins welcome.

### Mantra Meditation

w/**Kelly Fisher** ► Silver Spring  
Wednesdays, May 28-July 2  
8:00-9:15pm

In meditation, mantra is like a boat that carries you from the rough seas of your thoughts to a place of quiet calm. Includes gentle stretching (wear comfortable clothes), breath work, and mantra meditation suitable for students with or without meditation experience; drop-ins welcome.

### Yoga Basics for Beginners

w/**Sheree Mullen** ► Silver Spring  
Thursdays, May 29-July 3  
7:30-8:30am

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.

### Mantra to Enhance your Yoga

w/**Maria Hamburger** ► Silver Spring  
Thursdays, May 29-July 3  
8:00-9:15pm

Mantra offers a pathway for accessing the incredible healing potential of yoga. It is an ancient technique for calming the mind and focusing it on nourishing the body. We will learn a new mantra every week, invoking its healing vibration and intention in our asana practice to feed our bodies and reach our souls. Appropriate for all levels; drop-ins welcome.

### Asana and Meditation

w/**Philip Bender** ► Takoma Park  
Sundays, June 1-July 6  
8:30-10:00am

Through life we collect experiences, develop habits and take on roles that seem to stand in the way of enjoying life and flourishing in it. Tantra offers unique methods for altering our relationship to the past and undoing extraneous, unnecessary baggage that seems as tough and unwieldy as Samsonite. We'll employ light asana, breath work and a specific tantric meditation to lift the burdens of selfhood and see clearly again. All levels.

# kids' specials

Games, stories, songs, and rhymes help children explore yoga poses, breathing techniques, and ways of being calm and centered—all at the appropriate level for their development. Parents may use missed classes as make-ups for themselves!

## Itsy-Bitsy Baby

Tuesdays, 11:00am-12:00pm ▶ Takoma Park  
w/Michelle Cohen, May 27-Jul 1 & Jul 8-Aug 12

## Seeds!

### Yoga for Crawlers to 2-year-olds

Tuesdays, 9:45-10:30am ▶ Silver Spring  
w/Ylla, May 27-Jul 1 and Jul 8-Aug 12

Fridays, 9:45-10:30am ▶ Takoma Park  
w/Rebecca, May 30-Jul 11 (no class Jul 4)

## Sprouts!

### Yoga for 2- to 4-year-olds

Tuesdays, 10:45-11:30am ▶ Silver Spring  
w/Ylla, May 27-Jul 1 and Jul 8-Aug 12

Fridays, 10:45-11:30am ▶ Takoma Park  
w/Rebecca, May 30-Jul 11 (no class Jul 4)

## Little Families Yoga

Sundays, 12:00-12:45pm

▶ Takoma Park  
w/Rebecca,  
Jun 1-Jul 6

## Tweens Yoga

Wednesdays,  
5:00-6:00pm  
▶ Takoma Park  
w/Rebecca,  
May 28-Jul 2

## Meditation Fundamentals

w/Philip Bender ▶ Takoma Park  
Sundays, June 1-July 6  
10:15-11:30am

You've heard of the many benefits of meditation, but the reality is that starting a practice and keeping it going can be challenging, although it doesn't have to be. Learn to craft a meditation routine appropriate to your individual needs and time constraints. Learn essentials of practice, discuss keys to making meditation into a habit, and enjoy weekly practice that includes light asana and breath work. Everyone welcome.

## Postnatal Yoga

w/Michelle Cohen ▶ Takoma Park  
Sundays, June 1-July 6  
2:15-3:30pm

Intended for mothers from 4 weeks to 2 years post-partum, this course offers students yogic practices that restore both strength and serenity to hardworking bodies and spirits. A sustained emphasis on both stretching and strengthening, complete with shoulder openers, abdominal and pelvic floor work, and restorative yoga, is complemented by an approach that helps build community among mamas. Everyone welcome.

## Summer Six-week Specials: Round Two: July – mid-August

## Yoga Basics for Beginners

w/Elizabeth Kanter ▶ Takoma Park  
Mondays, July 14-Aug 18  
6:00-7:15pm

w/Sheree Mullen ▶ Silver Spring  
Thursdays, July 10-Aug 14  
7:30-8:30am

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.

## Pilates for Very Beginners

w/Jessica Sloane ▶ Silver Spring  
Mondays, July 7-Aug 11  
6:15-7:15pm

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.

## Prana Vayu Practices

w/Sheree Mullen ▶ Silver Spring  
Tuesdays, July 8-Aug 12  
8:00-9:00pm

The prana vayus are five energies that influence our physical, mental, and emotional wellbeing, supporting our balance of groundedness and vitality, stability and enthusiasm. Modern life causes these energies to become depleted or out of balance. Learn to work with the prana vayus using practices includ-

ing asana, pranayama, visualization, and meditation. The 1st class gives an overview of all the vayus and an asana practice to balance them. The next five classes focus on asana, pranayama, visualizations, meditations, and other practices for each vayu. One year of yoga experience recommended.

## Your Best Handstand Yet

w/Katie Myer ▶ Silver Spring  
Wednesdays, July 9-Aug 13  
6:15-7:15pm

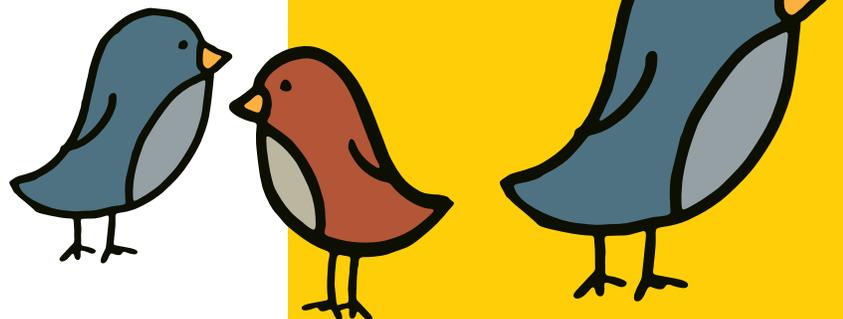
Handstand can be invigorating and empowering, both physically and emotionally. Embrace the challenge of handstand, examine its mechanics, and work step-by-step to build confidence, strength, and stamina. You'll receive optional homework and tips for practicing on your own. Level I/II+; drop-ins welcome.

## Restorative Yoga Happy Hour

w/Tara Lemerise ▶ Takoma Park  
Thursdays, July 10-Aug 14  
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 yoga experience necessary; drop-ins welcome.

# just \$108



# summer **workshops**

## takoma park

Monday, May 26	<b>Memorial Day Yoga to Benefit Warriors at Ease</b> w/Joe and Natalie Miller	10:00am-12:00pm	\$25
Saturday, May 31	<b>30 Day Meditation Challenge Kickoff</b> w/Natalie Miller, Philip Bender, and Tom Forhan	1:00-2:30pm	Free! (please register)
Saturday, June 7	<b>Labor with Love: Using Yoga, Positioning, and Partner Support to Enhance Your Birth</b> w/Michelle Cohen	2:00-5:00pm	\$95/couple
Sunday, June 8	<b>Fish Body: Improve Spinal Mobility with Laterality, Spirals, and Rotation</b> w/Anna Karkovska McGlew	2:30-5:30pm	\$40
Sundays June 15, July 20, August 17	<b>Restorative Yoga Sundays</b> w/Tara Lemerise	5:30-7:30pm	\$70 for all 3; \$50 for 2; \$30 for 1
Saturday, June 21	<b>Yoga Nidra: Better than a Nap</b> w/Joy Kirstin	1:00-3:00pm	\$30
Saturday, June 21	<b>Yoga to Improve Your Music Practice</b> w/Maria Hamburger	1:00-3:00pm	\$30
Saturday, June 21	<b>Birth: Your Story</b> w/Michelle Cohen	1:00-3:30pm	\$35
Saturday, June 28	<b>Yoga for Life's Transitions and New Beginnings</b> w/Elizabeth Kanter	1:00-3:00pm	\$30
Saturday, June 28	<b>Yoga for Computer Recovery</b> w/Maria Hamburger	2:00-4:00pm	\$30
Tuesdays, July 15, 22, and 29	<b>Learn to Love Savasana</b> w/Natalie Miller	8:00-9:00pm	\$45 for all 3; \$20 for just one
Saturday, July 26	<b>Yoga Nidra: Cultivating Effortlessness</b> w/Joy Kirstin	1:00-3:00pm	\$30

...or I can give a little more: \$50

## silver spring

Thursday, May 22	<b>In a Mellow Tone: Yoga and Jazz</b> w/Natalie Miller and the Nicole Saphos Trio	7:00-9:00pm	\$35
Saturday, June 14	<b>Embodying Generosity</b> w/Cyndi Lee	9:30-11:30am	\$40
Saturday, June 14	<b>Confidence, Clarity, and Compassion: Sequencing for Teachers and Dedicated Yogis</b> w/Cyndi Lee	1:00-4:30pm	\$75
Sunday, June 22 and Sunday, July 13	<b>Powered-Up Pilates with Magic Circles and Triad Balls</b> w/Roberta Stiehm	12:30-1:45pm	\$45 for both; \$25 for one
Sunday, August 2	<b>The Power of Rest: A Mind-Body Skills Training for Healthy Sleep</b> w/Robin Carnes	2:00-5:00pm	\$45
Saturday, August 9	<b>StressBusters!</b> w/Sheree Mullen	1:30-4:30pm	\$45
Saturday, August 9	<b>Labor with Love: Using Yoga, Positioning, and Partner Support to Enhance Your Birth</b> w/Michelle Cohen	2:00-5:00pm	\$95/couple

both workshops, \$100 (save \$15)

For complete workshop descriptions and info on our workshop leaders, visit [willowstreetyoga.com](http://willowstreetyoga.com).

## 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.

## Restorative Yoga Sundays

w/**Tara Lemerise**

**June 15, July 20, August 17**

Undo, unwind, let go, and experience true rest. Instead of asking your body and mind to do more, this practice soothes your nervous system, quiets your mind, and helps you release deeply held tension. Leave feeling completely revitalized and refreshed, ready for the week and month ahead. Sorry, no drop-ins; advance registration only.

## Cyndi Lee

Saturday, June 14 ■ Silver Spring

### Embodying Generosity: An All-Levels Practice

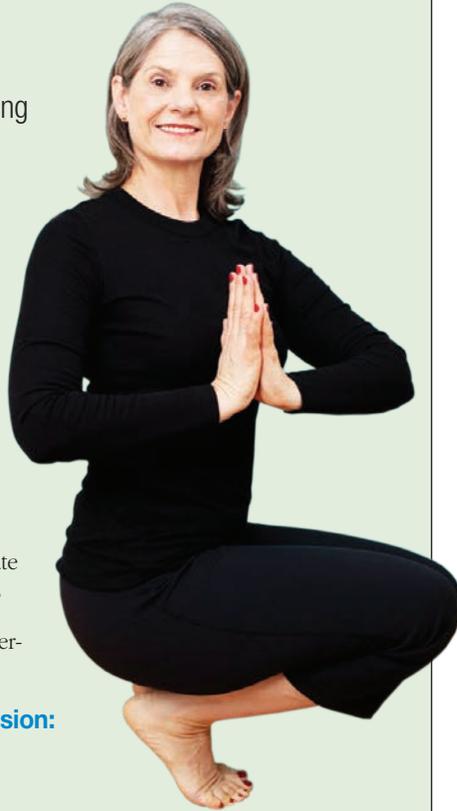
9:30-11:30am

Do you ever feel like you want to be a more giving person? The good news is that the teachings of Mahayana Buddhism remind us to start by being generous with ourselves! Through a fun and creative asana class we will practice embodying true generosity, which gives only that which is needed, gives the gift of fearlessness, and gives the gift of stability and equilibrium. Reconnecting to your own innate richness through vinyasa, pranayama, meditation—and a couple of jokes—will help you naturally feel more generous to others.

### Confidence, Clarity & Compassion: Sequencing for Teachers and Dedicated Yogis

1:00-4:30pm

Confidence, clarity and compassion are the three most important qualities of a good yoga teacher and can only be developed through Deliberate Practice. In this workshop for teachers, we will use the traditional Six Practices of a Bodhisattva—generosity, discipline, patience, morality, meditation and wisdom—as a clear framework for creating sequences. Learn to how to manifest and articulate these multi-layered concepts as precise movement principles. You will gain a framework for creating original sequences and developing clear instructions that are actually both useful and meaningful. Be prepared to dig deep and share what you find.



## Warriors at Ease Training

June 20-22 ■ Silver Spring

Willow Street Yoga is honored to host a three-day training by Warriors at Ease, an organization that teaches yoga and meditation teachers to work in military settings with active duty servicemembers, veterans, family members, professional caregivers, and civilian staff.



Participants will:

- ▶ deepen understanding of US military and culture
- ▶ learn how to address physical and psychological ailments common to service members
- ▶ learn the neurophysiology of PTSD and how war-related trauma affects sensory processing
- ▶ learn pranayama techniques to reduce hyperarousal
- ▶ learn techniques to help improve students' resiliency and self-regulation

At the end of this training, you will be able to offer an appropriate, therapeutic yoga class to any segment of the military community. Pre-requisite is Fundamentals of Teaching Yoga and Meditation in Military Communities. Please visit [warriorsatease.com](http://warriorsatease.com) for more information, and to register.

**Want to support  
Warriors at Ease?**  
Attend our benefit workshop  
on Memorial Day morning!

## ChildLight Yoga Teacher Trainings

w/**Jen Mueller and Rebecca Gitter**

ChildLight Yoga provides evidence-based yoga education to children in schools and communities, and to professionals whose work supports the well-being of children. It is our mission to teach strategies that help children and youth develop resilience, positive perceptions, good health habits and mindful awareness.

### Learn to share yoga with babies and toddlers!

July 18-20, Silver Spring

### Yoga4Classrooms Professional Development Workshop

Fri, August 1, Silver Spring

### ChildLight Yoga Kids' Teacher Training

Aug 1-3, Silver Spring

**To register** and/or ask questions about these offerings, please contact ChildLight directly: [www.childlightyoga.com](http://www.childlightyoga.com) or 603-343-4116.



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## 30 Day Meditation Challenge

Join Willow Street Yogis in committing to daily meditation for the whole month of June! We hope our 30 Day Meditation Challenge will inspire you to get sitting and stick with it. Once you register for the challenge (free!), you're invited to participate in **any** or **all** of the following ways:

- ▶ **Attend our commencement meeting on Saturday, May 31 at 1:00pm in Takoma Park!** Connect with teachers and fellow aspiring meditators and get inspired to begin the challenge. Hear about different meditation techniques, typical obstacles and how to overcome them, and create your own personal, practical plan for how and when to meditate every day. (Free!)
- ▶ **Join the WSY Meditation Challenge Facebook group!** Have the satisfaction (and accountability!) of checking in daily; share your experience; troubleshoot your practice; enjoy community support. (Free!)
- ▶ **Attend 45-minute guided meditation sessions**, led by Philip Bender, Monday mornings in June from 7:00-7:45am (by donation).
- ▶ **Attend 30-minute guided meditation sessions**, led by Tom Forhan, Tuesday nights in June at 8:00pm in Silver Spring and Friday nights in June at 6:45pm in Takoma Park (by donation).
- ▶ **Attend IMCW vipassana meditation sessions**, Sunday evenings at 7:00pm in Takoma Park (by donation).

## more meditation training and practice opportunities

### Six-week Specials:

**Mantra Meditation** w/Kelly Fisher ▶ Silver Spring  
Wednesdays, May 28-July 2 ■ 8:00-9:15pm

**Healing and Rejuvenation** w/Philip Bender ▶ Takoma Park  
Tuesdays, May 27-July 1 ■ 10:30-11:30am

**Meditation Fundamentals** w/Philip Bender ▶ Takoma Park  
Sundays, June 1-July 6 ■ 10:15-11:30am

**Prana Vayu Practices** w/Sheree Mullen ▶ Silver Spring  
Tuesdays, July 8-Aug 12 ■ 8:00-9:00pm

### Workshops

**Yoga Nidra** (yogic sleep) is a relaxation meditation that helps to gently dissolve false limitations and allows us access to the profound wisdom and vitality that lies within.

Join **Joy Kirstin** for two Yoga Nidra practices this summer:

- ▶ **Yoga Nidra, Better than a Nap**  
Saturday, June 21, 1:00-3:00pm ▶ Takoma Park
- ▶ **Yoga Nidra: Cultivating Effortlessness**  
Saturday, July 26, 1:00-3:00pm ▶ Takoma Park

**Natalie Miller** shares relaxation strategies and meditation techniques that lend themselves perfectly to savasana:

- ▶ **Learn to Love Savasana**  
Tuesdays, July 15, 22, and 29, 8:00-9:00pm ▶ Takoma Park



# how to register for classes

new to Willow Street?  
drop in to your first class for only \$5!

## Registration opens May 7, 2014

**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*	\$260	\$468	\$637
	(\$20 per class, 2nd class: \$16 each, 3rd class: \$13 each)		
1.25 & 1.5 hour class*	\$234	\$442	\$611
	(\$18 per class, 2nd class: \$16 each, 3rd class: \$13 each)		
1 hour class*	\$208	\$377	\$546
	(\$16 per class, 2nd class: \$13 each, 3rd class: \$13 each)		
Trees	\$169	\$338	\$507
	(\$13 per class)		

\* 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 Special Registration Costs

Six-week specials are \$108: sorry, registration is not pro-rated or subject to the multi-class rate.

## 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](http://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 June 30, 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 ID (not applicable for Teens classes), and military personnel with valid ID are available. Only one discount applies. No discounts are available for six-week specials.

**This summer only: students with a valid college ID are eligible for a 25% discount on full-session registration.**

## Transfers

Students may transfer classes through the end of the 7th week of the session (**July 13**). 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 through the third week of the special (**June 15, July 27**). 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

**Refund and Class/Six-week Special Drop Requests MUST be received by the Registrar in writing/email, and 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 May 26)
- ▶ During 1st week = 80% of tuition for remainder of session (ends June 1)
- ▶ During 2nd week = 70% of tuition for remainder of session (ends June 8)
- ▶ During 3rd week = 60% of tuition for remainder of session (ends June 15)
- ▶ During 4th week = 50% of tuition for remainder of session (ends June 22)

No class refunds are given after the 4th week (June 22). 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.



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

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online **registration**  
begins may 7



*you can do yoga anywhere  
but there's no place like Willow Street!*

all classes **buy-one-get-one**, May 27-June 1!