

willow street yoga

fall session 2013 september 9 – december 22 (15 weeks)

Ancient Tools for Modern Life

by Joe Miller

Welcome to the early part of the 21st century, where our amazing technology has created a reality we simply never evolved to exist in. From the artificial light that pulls us out of the natural rhythms of our bodies, to the literally ungrounding experience of flying at 30,000 feet, to the overwhelm of endlessly looking at flickering screens, to the stimuli we encounter driving to the grocery store. The truth is, our nervous systems were not built to deal with such intensity. In a time when there is an endless array of things that pull us out of our center, the ancient art and science of union—yoga—can be much more than an opportunity to open and strengthen your body (which is, of course, a good idea). It can be an invaluable tool to find a working harmony in a world that is more dynamic than ever.

Our over-stimulating modern world creates new levels of mental and physiological disease: anxiety, insomnia, high blood pressure, and many other signs of unyielding stress. Patanjali, the great sage who distilled millennia of self-inquiry and exploration into yoga, defines yoga as *chitta vritti nirodaha*: yoga is the stilling of the waves of the heart-mind. Without steadiness in mind, there can be no ease, and the nature of the mind is already inherently over-active and unsteady. Our *chitta vritti*—the mind's flow and thoughts—tend to be shaped by and even stuck in past experience, as well as in the ungrounding stress of the uncertain future. The mind's inability to stay in the present moment is the root of suffering.

Yogic wisdom holds that the mind is the only true friend of the self, and the only true enemy of the self. By quieting the waves of the mind, we can begin to step back from the mind's need to fix and control. We open ourselves to an opportunity to recognize that our lives are nothing short of a miraculous gift, even with inevitable pain and challenge. We can create a compassionate space from which we have a greater ability to focus our mental capacities to learn of the nature of ourselves and to begin to align with this nature, even in this dynamic world.

A fundamental way to settle the mind and begin to align with our natural rhythms is to make a smooth, abdominal breath the first key ingredient in practice. With this, we move from the familiar struggle of exercise to a meditation in motion. We recognize the breath not only as a gateway to working with our nervous systems, but also to steadying our minds and accessing our deeper realms of self.

In a world where there are more opportunities to get pulled away from our center than ever before, we are wise to consider yoga as much more than physical exercise. Hence, Willow Street Yoga is more than a fitness center: here, we draw upon the wisdom tradition to expand our definition of health. We teach yoga as the art of moving from our center, of finding ease in mind and heart as well as in body, a great asset in navigating the currents of 21st-century life.

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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.

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Silver Spring Studio:

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Directions to WSYC

We have metro-line locations in downtown Silver Spring, and old town Takoma Park. Visit www.willowstreetyoga.com for complete directions and parking tips.



learn to share

practices that soothe and strengthen body, mind, and heart

This Fall, we offer various training programs for students wanting to learn how to teach the art and science of yoga. Our own **200-hour Teacher Training Program** runs September through August, and gives aspiring teachers the solid foundation necessary for beginning to teach.

But you don't have to work in a yoga studio to teach yoga! **Psychotherapists and mental health professionals** have an opportunity to learn mind-body skills they can teach to clients with Robin Carnes and Laurie Young. Read below for more details.

Keep your eye out for more specialized trainings coming in 2014—a **Childlight Yoga Teacher Training** is on its way, as is a **Warriors at Ease** training module. The best teachers are forever students; we look forward to learning with you!

Integrating Mind-Body Skills into Your Psychotherapy Practice: A Three-Part Training for Therapists and Health Professionals

w/**Robin Carnes and Laurie Young**

The purpose of the workshop series is to assist therapists and other health professionals in skillfully integrating more mindfulness and mind-body skills into their work with clients. To this end, we will focus on practical, easy-to-learn skills for clients with anxiety, depression, insomnia, emotional instability, etc.

You will learn:

- How the Autonomic Nervous System is affected by stress and trauma and how specific mind-body techniques can mitigate these effects
- Simple breathing exercises to activate the parasympathetic nervous system so patients can sleep, and live with less anxiety and more ease
- Which techniques are appropriate for which client symptoms, and which are contraindicated
- How to teach breathing and meditation techniques in the therapy office setting
- How to lead a trauma-sensitive meditation
- Ways to enhance clients' self-observation skills
- Mind-body tools to support clients' self-compassion
- Mindfulness exercises that clients can weave into their busy lives to bring more present-moment awareness and ease
- Case presentations and discussion
- Personal and client "homework" exercises and debriefing

Registration for the full, three-part program is highly recommended; however, you may take any one of the sessions as a stand-alone workshop. Each session earns you 3 CEUs (Category 1); the full program earns 9 CEUs. All CEUs are included in the workshop registration fee.

For therapists and health professionals of all backgrounds, wishing to integrate more mind-body skills into their practice. No yoga or meditation experience is necessary.

200-hour Teacher Training at Willow Street



We have designed our Teacher Training to offer you the knowledge and skills requisite for deepening your own practice and understanding of yoga, such that you are prepared to begin teaching yoga to others. Our program teaches sophisticated, alignment-focused hatha yoga. Graduates are eligible to apply for RYT-200 status with Yoga Alliance.

Part I, Foundations of Transformation, will expand your understanding of the practice, postures, and philosophical underpinnings of yoga. Dedicated yoga students and aspiring yoga teachers alike will benefit from five weekends of intensive study (September 2013—January 2014).

Part II, Fundamentals of Teaching, will help you learn and practice the skills essential for safe, resourceful, and powerful yoga teaching. Seven weekends of teacher training are supplemented by apprenticeship, observation, and electives, all empowering you in key skills (February—August 2014, supplemented by homework assignments, apprenticeship and weekly classroom study).



Relating with Love and Integrity to Free Ourselves & Save the World (!)

For many of us, yoga begins on the sticky mat. It brings us out of our heads and into our bodies, out of our momentum and into the present moment.

As we become more conscious of our bodies, more observant of our inner dialogues, and more aware of the present moment, we become more interested in the way we're choosing to be. We gain new insight into how much tension we're holding, how we approach a challenge, and how we tend to treat ourselves and others.

We begin to experience glimmers of yoga in the everyday: moments of feeling empowered to be more fully ourselves, of being truly present, of feeling deeply connected to the world and grateful for this gift of life. And this is so powerful, so freeing, that we want to learn how to help it happen more.

Living Yoga is an immersive study experience that supports bringing the insight gleaned through yoga practice, and the wisdom of the yoga tradition, more fully into our everyday living. In our second Living Yoga program—Relating with Love and Integrity, to Free Ourselves & Save the World (!)—we'll focus on a yogic approach to relationship, big and small. We'll examine how the yoga tradition asks us to think about relationships both intimate and global, beginning with the yamas and niyamas of Patanjali's eight-limbed path of yoga, considering the Buddhist-influenced approach of lovingkindness, and then heading toward an elemental, Ayurvedic way of considering ourselves and our interactions with others. Importantly, though, Living Yoga has a living curriculum: readings and avenues of study will attune to students' interests..

The heart of Living Yoga is a weekly class (starting Oct 6) that pairs a well-rounded yoga practice (including asana, pranayama, meditation, and mantra) with self-reflection and conversation in a diverse and supportive community.

Reading assignments and connection via social media help to bridge and supplement our weekly meetings.

Complementing weekly class are five weekend workshops that delve deep into specific topics, offering students an experience of a retreat-like intensive study.

My simple feelings about Living Yoga? If you are wondering if you should do it, you should. The part of me that was interested in doing Living Yoga was a small voice telling me that I needed more tools—to balance my life, reflect on my choices, to set an intentional course. If there are questions about yourself you'd like to answer, LY creates a space to ask and begin to answer them. I am so grateful I that made the commitment to participate, and that Joe, Natalie, and the LY community did, too. My road onward from this moment looks very different than this time 12 months ago, and I am forever changed and changing as a result.

—Rachel 2012/13

As a whole, the program offers yogis practical ways and ample inspiration with which to integrate yoga into daily life. We offer various registration options so that students may tailor their studies to their interests. Students with at least one year of yoga practice in any tradition are welcome to enroll. Spaces are limited, so prompt registration is highly recommended.

Questions about Living Yoga?

Please contact Natalie at natalie@willowstreeyoga.com.

To enroll in Living Yoga

Please contact Erin at registrar@willowstreeyoga.com

For full workshop details, visit online.

interested?
we'll answer all your questions

**Free Info Session and Practice
w/Joe and Natalie**

Sunday, Sept 8

2:30-4:30pm in Takoma Park

class schedule

Silver Spring Six-week Specials

Sept 16-Oct 27

Monday	6:00-7:00pm	Yoga for a Healthy Back
	7:15-8:15pm	Pilates Refresher: Recharge Your Powerhouse
	8:00-9:15pm	Yoga Sculpt
Wednesday	8:00-9:15pm	Fascial Fitness: Care for Your Connective Tissue
Thursday	7:30-8:30am	Pilates for Very Beginners
	6:15-7:30pm	Yoga Basics for Beginners
	7:45-9:15pm	A Recipe for Emotional Resiliency

Oct 28-Dec 19

Monday	7:15-8:15pm	Pilates for Very Beginners
	8:00-9:15pm	Beyond Crunches: Yoga for Core Strength
Wednesday	8:00-9:15pm	Meditation for Stress Relief
Thursday	7:30-8:30am	Pilates for Very Beginners
	6:15-7:45pm	Yoga Basics for Beginners
	8:00-9:30pm	Postnatal Yoga

our classes

Each class takes place once every week, over the course of the full session. You may join a class (space permitting) at any point during the session; late registrations are pro-rated. Most classes also accept drop-ins (please see page 11 for details).

For full class descriptions, please visit www.willowstreetyoga.com and see Class Descriptions.

our teachers

Our highly-trained faculty have completed rigorous teacher training programs and are dedicated to pursuing continuing education. Willow Street is a world-renowned yoga school; as such, our faculty members both take and teach trainings in specialties such as Yoga Therapeutics, Meditation, Ayurveda, Yoga Philosophy, and the Art of Teaching.

yoga	Kathy Carroll	Rick Fiori
Amy Weaver	Katie Myer	Sheree Mullen
Anna Benfield	Kelly Fisher	Suzie Hurley
Anna Karkovska	Lizzie Hubbard	Tara Lemerise
McGlew	Maria Hamburger	Ylla Bishop
Bitia Jenkins	Marion Griffin	
Carrie Ganz	Michael Levin	pilates
Daisy Whittemore	Michelle Cohen	Cecilia Mosca
Elizabeth Kanter	Moses Brown	Jessica Sloane
Jarrad Love	Natalie Miller	Liz Fujii
Jenny Otto	Pat Blum	Roberta Stiehm
Joe Miller	Philip Bender	
Karen Tasto	Rebecca Gitter	

In addition, we happily host stellar guest instructors—both local teachers and world-renowned visitors—for six-week specials, workshops, and special events.

Bios and photos of our faculty and guest instructors can be found on our website.

silver spring week days

8561 Fenton Street, Silver Spring, MD 20910 class schedule	six-week specials round one: \ round two:	kids' specials:	babysitting available:	
	Monday			
	9:45am-10:30am	kids' special offering here—see pgs 7		
	10:30am-2:00pm	Yoga II	Maria	1
	10:45am-11:30am	kids' special offering here—see pgs 7		
	6:00pm-7:00pm	Pilates II	Roberta	3
	6:00pm-7:00pm	six-week special offering here—see pgs 6-7		
	6:15pm-7:45pm	Yoga I	Suzie	2
	7:15pm-8:15pm	six-week special offering here—see pgs 6-7		
	8:00pm-9:15pm	six-week special offering here—see pgs 6-7		
	Tuesday			
	7:30am-8:30am	Yoga II	Sheree	1
	8:15am-9:15am	Pilates II	Roberta	2
	9:00am-10:00am	Vinyasa Flow I/II	Kelly	1
	9:30am-10:15am	Pilates I	Cecilia	3
	10:15am-11:45am	Yoga I	Kelly	1
	10:30am-11:45am	Yoga I/II	Karen	3
	5:00pm-6:00pm	Asana & Meditation (Gentle)	Philip	3
	5:30pm-7:00pm	Yoga II	Natalie	2
	6:15pm-7:45pm	Gentle/Yoga I	Rick	3
	6:15pm-7:45pm	Yoga I/II	Sheree	1
	7:30pm-9:00pm	Pregnancy Yoga	Natalie	2
	8:00pm-9:30pm	Asana & Meditation (I/II+)	Philip	3
	8:00pm-9:00pm	Pilates I	Liz	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	Vinyasa Flow I/II	Katie	1
6:15pm-7:45pm	Yoga II/III	Kelly	3	
6:15pm-7:30pm	Yoga for Runners & Athletes	Daisy	2	
7:30pm-9:00pm	Yoga I	Katie	1	
7:45pm-9:15pm	Yoga I/II	Daisy	2	
8:00pm-9:15pm	six-week special offering here—see pgs 6-7			
Thursday				
7:30am-8:30am	Yoga I/II	Philip	1	
7:30am-8:30am	six-week special offering here—see pgs 6-7			
10:00am-11:30am	Yoga I/II	Sheree	1	
10:45am-11:30am	kids' special offering here—see pgs 7			
6:00pm-7:15pm	Yoga for Special Conditions and Injuries*	Jenny	2	
6:15pm-7:30pm	six-week special offering here—see pgs 6-7			
6:15pm-7:45pm	six-week special offering here—see pgs 6-7			
7:30pm-9:00pm	Body Balance Yoga II	Jenny	2	
7:45pm-9:15pm	six-week special offering here—see pgs 6-7			
8:00pm-9:00pm	Pilates I/II	Cecilia	3	
8:00pm-9:30pm	six-week special offering here—see pgs 6-7			
Friday				
6:00pm-7:00pm	Vinyasa Flow I/II	Jarrad	2	
6:30pm-8:00pm	Yoga I/II	Joe	1	
silver spring week end				
Saturday				
8:30am-10:00am	Yoga I/II	Maria	1	
9:00am-11:00am	ParaYoga II/III	Marion	2	
10:15am-11:45pm	Yoga I	Maria	1	
11:30am-1:00pm	Pregnancy Yoga	Daisy	2	
Sunday				
8:30am-10:00am	Yoga II	Natalie	1	
10:15am-11:45am	Gentle/Yoga I	Lizzie	3	
10:15am-11:45am	Yoga I/II	Natalie	1	
12:00pm-1:30pm	Yoga I	Michael	1	

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

takoma park week days

Monday

11:30am-12:30pm	Pilates II/III	Roberta	1A
11:45am-1:15pm	Yoga I/II	Katie	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	Moses	1A
6:15pm-7:45pm	six-week special offering here—see pgs 6-7		
7:00pm-8:30pm	six-week special offering here—see pgs 6-7		
8:00pm-9:15pm	six-week special offering here—see pgs 6-7		
8:00pm-9:30pm	Yoga I	Moses	1A
8:00pm-9:30pm	Yoga II	Rick	2

Tuesday

9:45am-11:15am	Yoga I	Sheree	1A
4:30pm-5:30pm	Trees! (4-7 yrs)	Ylla	1A
4:30pm-5:30pm	Vinyasa Flow I/II	Rick	1B
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	1B
8:00pm-9:00pm	six-week special offering here—see pgs 6-7		
8:00pm-9:15pm	six-week special offering here—see pgs 6-7		

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	Teens Yoga (13-16 yrs)	Anna B.	1B
5:00pm-6:00pm	Tweens Yoga (8-12 yrs)	Rebecca	1A
6:00pm-7:15pm	Gentle/Therapeutics Yoga	Joe	2
6:15pm-7:45pm	Yoga II	Suzie	1A
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
6:15pm-7:45pm	Pregnancy Yoga	Carrie	2
6:15pm-7:45pm	Yoga III	Anna M.	1B
6:45pm-7:45pm	Vinyasa Flow I/II	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 II	Anna B.	1A
9:45am-10:30am	kids' special offering here—see pgs 7		
10:00am-11:15am	Vinyasa Flow I/II	Natalie	1A
10:45am-11:30am	kids' special offering here—see pgs 7		
6:30pm-8:00pm	Gentle/Restorative Yoga	Elizabeth	2
7:30pm-9:00pm	Yoga II	Moses/Bitia	1A

takoma park week end

Saturday

8:00am-8:45am	Pilates II/III	Roberta	1A
9:00am-10:00am	Pilates II	Roberta	1A
9:00am-10:00am	Vinyasa Flow I/II	Tara	1B
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-9:45am	six-week special offering here—see pgs 6-7		
9:30am-11:00am	Yoga I/II	Katie	1A
9:30am-11:00am	Yoga II	Maria	2
10:00am-11:15am	six-week special offering here—see pgs 6-7		
11:15am-12:45pm	six-week special offering here—see pgs 6-7		
1:00pm-2:00pm	Pilates I	Cecilia	1B
1:00pm-2:00pm	Trees! (4-7 yrs)	Amy/Ylla	1A
1:00pm-2:00pm	Vinyasa Flow I/II	Natalie	2
3:00pm-3:45pm	kids' special offering here—see pgs 7		
4:00pm-4:45pm	kids' special offering here—see pgs 7		
4:00pm-5:30pm	Pregnancy Yoga	Michelle	1A
7:00pm-8:30pm	Vipassana Meditation	imcw.org	1A
7:30pm-9:00pm	six-week special offering here—see pgs 6-7		

Takoma Park Six-week Specials

Sept 16-Oct 27

Monday	6:15-7:45pm	Yoga Basics for Beginners
	7:00-8:30pm	LifeForce Yoga: Rx for Mood Management
Tuesday	8:00-9:00pm	Core and More!
Sunday	11:15am-12:45pm	Yoga Basics for Beginners
	7:30-9:00pm	Postnatal Yoga

Oct 28-Dec 19

Monday	6:15-7:45pm	Belly, Mind, Spirit: Yoga for Round Bodies
	8:00-9:15pm	What Your Knees Need
Tuesday	8:00-9:15pm	Balance Poses! Get Out of Your Head and into Your Feet
Sunday	8:30-9:45am	Asana and Meditation to Enter the Cave of the Heart
	10:00-11:15am	Meditation Fundamentals
	11:15am-12:45pm	Yoga Basics for Beginners

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)

important class registration dates

- Wed, Aug 14** Fall Registration opens
- Mon, Sept 2** Preview Week begins
- Mon, Sept 9** First day of Fall Session
- Sun, Oct 6** Last day for refunds and discounts
- Sun, Nov 3** Last day for transfers
- Sun, Dec 22** Last day of Fall classes and last day for make-ups

six-week specials

Want to try before you buy? You may attend the first week's session of any six-week special for **FREE!**

► Visit willowstreetyoga.com for registration/cancellation policies & course descriptions.

▲ Fall Six-week Specials: Round 1 /Sept 16-Oct 27

Yoga for a Healthy Back

w/**Joe Miller** ► Silver Spring

Mondays, Sept 16-Oct 21 • 6:00-7:00pm

Learn how simple, gentle yoga can alleviate the pain associated with chronic neck and back pain and/or injuries. This therapeutic class focuses on balancing strength and flexibility in the low back, upper back, and neck. Slow, gentle practice suited for all levels. Beginners welcome!

Yoga Basics for Beginners

w/**Rick Fiori** ► Takoma Park

Mondays, Sept 16-Oct 21 • 6:15-7:45pm

w/**Lizzie Hubbard** ► Silver Spring

Thursdays, Sept 19-Oct 24 • 6:15-7:30pm

w/**Katie Myer** ► Takoma Park

Sundays, Sept 22-Oct 27

11:15am-12:45pm

Discover how yoga helps you build strength and flexibility in your mind, body and spirit. For very beginners and occasional or lapsed practitioners, this series introduces students to alignment principles, key yoga postures, and fundamentals of yogic breathing. Everybody welcome.

LifeForce Yoga: Rx for Mood Management

w/**Amy Weaver** ► Takoma Park

Mondays, Sept 16-Oct 21 • 7:00-8:30pm

Most of us struggle with stress, anxiety, or depression at some point in our lives. LifeForce Yoga teaches that we already have within us all we need to cope with these challenges. Through simple poses, breathing, meditation, and other ancient practices, you will learn to meet and shift your mood, in class and in home practice. Everyone welcome.

Pilates Refresher: Recharge Your Powerhouse

w/**Roberta Stiehm** ► Silver Spring

Mondays, Sept 16-Oct 21 • 7:15-8:15pm

For students with some Pilates experience (have taken Very Beginners, Pilates I, or Pilates outside of Willow Street). Join Roberta for carefully-paced Pilates that focuses on reviewing alignment and renewing strength.

Yoga Sculpt

w/**Katie Myer** ► Silver Spring

Mondays, Sept 16-Oct 21 • 8:00-9:15pm

If you've ever found yourself torn between going to yoga and heading to the gym, this integrated, full-body workout is ideal! Sculpt

your body using a combination of hand weights and your own body weight, woven into a creative vinyasa flow, with an upbeat playlist to keep you moving. BYO hand weights. Two sets would be ideal; 3 & 5 or 5 & 8 lb set recommended (you can keep them at the studio for the six weeks). Level I/II+.

Core and More!

w/**Suzie Hurley** ► Takoma Park

Tuesdays, Sept 17-Oct 22 • 8:00-9:00pm

We know we need a strong core (which is made up of 29 muscles including your abdominals) for good posture, a healthy and strong low back, and feeling empowered in our everyday lives. We will make core work "in-joy-able" and have some belly laughs as we explore how it makes beginning inversions easier and leads to greater ease in intermediate and advanced poses. Get ready to love your belly, experience creative and fun ways to strengthen your core, go upside down and stand stronger on your own two feet! All levels welcome.

Fascial Fitness: Care for Your Connective Tissue

w/**Kelly Fisher** ► Silver Spring

Wednesdays, Sept 18-Oct 23

8:00-9:15pm

Fascia is the connective tissue that holds our body parts together. It is woven like threads in fabric throughout our bodies to help us be strong, steady, flexible, sensitive human beings. We will explore the specific lines of fascia in the body, practice fascial-releasing techniques to release tension, and do asana that supports good fascia health. This therapeutic yoga asana is suitable for Level I+ students with at least one year yoga experience.

● Fall Six-week Specials: Round 2 /Oct 28-Dec 19

Belly, Mind, Spirit: Yoga for Round Bodies

w/**Rick Fiori** ► Takoma Park

Mondays, Oct 28-Dec 9 (no class 11/25)

6:15-7:45pm

For anybody that loves food! And I mean really loves it!!! This course is for anyone who eats the whole pizza, the entire pint of ice cream and all the Munchkins. With small group chat, yoga poses modified for every body, and meditation, we go farther on down the road (with less in our lunchbox) to total body awareness and health. Discover ways to quiet the stories in your mind, alter your habits, and come away feeling great about the body you have and the body you're evolving. No yoga experience necessary.

Pilates for Very Beginners

w/**Jessica Sloane** ► Silver Spring

Thursdays, Sept 19-Oct 24 • 7:30-8:30am

Develop your core strength and find length and tone in your body through a low impact exercise sequence intended to use your own resistance and power to build strength. We progressively learn the basic Pilates sequence using breath, rhythm, flow and the power of the core to prepare the student to move seamlessly into our Pilates I class. Everybody welcome.

A Recipe for Emotional Resiliency: Flowing Asana, Meditative Breath Work, and Deep Restoratives

w/**Francesca Cervero** ► Silver Spring

Thursdays, Sept 19-Oct 24 • 7:45-9:15pm

Experience a yoga practice that strengthens your emotional resiliency off the mat and out in your life. Francesca teaches specific yogic tools that will allow you to move through life's trials with more grace and ease. Her nurturing and uplifting energy makes even the hard work feel joyful! All levels welcome.

Postnatal Yoga

w/**Carrie Ganz** ► Takoma Park

Sundays, Sept 22-Oct 27 • 7:30-9:00pm

For mothers from 4 weeks to 2 years postpartum, Postnatal Yoga restores 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. Everybody welcome.

Pilates for Very Beginners

w/**Jessica Sloane** ► Silver Spring

Mondays, Oct 28-Dec 9 (no class 11/25)

7:15-8:15pm

w/**Jessica Sloane** ► Silver Spring

Thursdays, Nov 7-Dec 19

7:30-8:30am

Develop your core strength and find length and tone in your body through a low impact exercise sequence intended to use your own resistance and power to build strength. We progressively learn the basic Pilates sequence using breath, rhythm, flow and the power of the core to prepare the student to move seamlessly into our Pilates I class. Everybody welcome.

just \$99

kids' specials

Beyond Crunches: Yoga for Core Strength

w/**Katie Myer** ▶ Takoma Park
Mondays, Oct 28-Dec 9 (no class 11/25)
10:15-11:30am

Many of us equate core strength with our society's coveted "six-pack abs," but the true core of the body involves far more than the superficial rectus abdominus muscle. Your chain of core muscles is critical to your posture, breathing, movement, and attitude, whether in your yoga class or in daily life. Strengthen your abdominals in new, creative ways, building support for your low back and more space for your breath. By developing a deeper connection to your physical and emotional core, you'll find more empowered movement from within. Turn that love-hate relationship with core work into a love-LOVE! For students with at least six months of yoga experience.

What Your Knees Need

w/**Tara Lemerise** ▶ Takoma Park
Mondays, Oct 28-Dec 9 (no class 11/25)
8:00-9:15pm

A well-aligned body is the secret to happy knees! We cover the basic anatomy of the knee joint and teach you key actions to practice on your yoga mat that can eliminate pain and will build strength and stability in your knees. Perfect for anyone recovering from a knee injury, anyone who experiences knee pain when practicing yoga, or anyone trying to prevent knee injury and pain. We practice Level I poses; all levels welcome.

Balance Poses! Get Out of Your Head and Into Your Feet

w/**Maria Hamburger** ▶ Takoma Park
Tuesdays, Oct 29-Dec 10 (no class 11/26)
8:00-9:15pm

A fun and playful practice using balance poses to improve coordination and increase strength. Each class includes abdominal strengthening work to help your balance poses to come to life! These poses open a doorway to greater concentration and overall confidence. For students Level I/II and up.

Meditation for Stress Relief

w/**Kelly Fisher** ▶ Silver Spring
Wednesdays, Oct 30-Dec 11 (no class 11/27)
8:00-9:15pm

Meditation is a perfect antidote for stress. We begin with a brief period of stretching and light asana to shake off the busyness of the day, and then practice breath work (pranayama) and from there, guided and silent meditation. Meditation practice creates space for your thoughts to settle so that you may access the underlying steadiness and ease of the Self. Suitable for students of all levels.

Yoga Basics for Beginners

w/**Karen Tasto** ▶ Silver Spring
Thursdays, Nov 7-Dec 19 (no class 11/28)
6:15-7:45pm

w/**Katie Myer** ▶ Takoma Park
Sundays, Nov 3-Dec 15 (no class 12/1)
11:15-12:45pm

Discover how yoga helps you build strength and flexibility in your mind, body and spirit. For very beginners and occasional or lapsed practitioners, this series introduces students to alignment principles, key yoga postures, and fundamentals of yogic breathing. Everybody welcome.

Postnatal Yoga

w/**Natalie Miller** ▶ Silver Spring
Thursdays, Nov 7-Dec 19 (no class 11/28)
8:00-9:30pm

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. Everybody welcome.

Asana and Meditation to Enter the Cave of the Heart

w/**Philip Bender** ▶ Takoma Park
Sundays, Nov 3-Dec 15 (no class 12/1)
8:30-9:45am

When postures, breath and meditative practices are wedded to surrender, dedication and humility, we put ourselves on a direct path to quieting the mind, resolving mental and emotional disturbances and experiencing the core of our being. In this course we explore the subtle terrain of the spiritual heart and eventually enter the Cave of the Heart itself to anchor ourselves in a light that transcends all sorrow. We work progressively, building on the work of the previous week. Level I and up.

Meditation Fundamentals

w/**Philip Bender** ▶ Takoma Park
Sundays, Nov 3-Dec 15 (no class 12/1)
10:00-11:15am

You've heard of the many benefits of meditation, but the reality is that starting a practice and keeping it going can be challenging. It doesn't have to be. In this course we will break down the essentials, discuss the keys to making meditation a new habit, and learn to craft a routine appropriate to our individual needs and time constraints. And, of course, we will have plenty of opportunity to practice, including a little light asana and breath work. Everybody welcome.

Games, stories, songs and rhymes help little ones explore yoga poses, breathing techniques, and ways of being calm and centered—all at the appropriate level for their development.

Seeds! Yoga for Crawlers to 2-year-olds

Mondays, 9:45-10:30am ▶ Silver Spring
w/**Ylla Bishop**, Sept 16-Oct 21
w/**Rebecca Gitter**, Oct 28-Dec 9 (no class 11/25)

Fridays, 9:45-10:30am ▶ Takoma Park

w/**Rebecca Gitter**, Sept 20-Oct 25
Nov 1-Dec 13 (no class 11/29)

Parents may use missed classes as make-ups for themselves.

Sprouts! Yoga for 2- to 4-year-olds

Mondays, 10:45-11:30am ▶ Silver Spring
w/**Ylla Bishop**, Sept 16-Oct 21
w/**Rebecca Gitter**, Oct 28-Dec 9 (no class 11/25)

Fridays, 10:45-11:30am ▶ Takoma Park

w/**Rebecca Gitter**, Sept 20-Oct 25
Nov 1-Dec 13 (no class 11/29)

Parents may use missed classes as make-ups for themselves.

Saplings! Yoga for 3- to 5-year-olds

w/**Ylla Bishop** ▶ Silver Spring
Thursdays, Sept 19-Oct 24 • 10:45-11:30am

In Saplings!, Caregivers may wait in our reception area or run errands in downtown Silver Spring! Parents may use missed classes as make-ups for themselves.

Little Families

w/**Rebecca Gitter** ▶ Takoma Park
Sundays, Sept 22-Oct 27 • 3:00-3:45pm

For tykes aged 2-4 years, their caregivers, and younger siblings who would like to join in. Children learn yoga through games, repetitive routines, and opportunities for social interaction, all supported by caregiver participation and made accessible to younger siblings, too. Help your young ones learn how to relieve frustration, improve motor skills, and increase attention span by actively following directions. No yoga experience necessary. Register just once per family.

Itsy-Bitsy Baby

w/**Rebecca Gitter** ▶ Takoma Park
Sundays, Nov 3-Dec 15 (no class 12/1)
4:00-4:45pm

Babies enjoy yoga while on their backs, tummies, or held in loving arms while parents learn calming, nurturing ways to enhance bonding and improve baby's sleep. Most of the yoga is for baby, but you will also learn breathing and relaxation techniques as you practice a bit of yoga yourself and enjoy a supportive environment. No yoga experience required. For babies 8 weeks—almost crawling, with parent or caregiver.



takoma park

Sat, Nov 23	Gentle Yoga to Support Your Immune System w/Elizabeth Kanter	1:30-3:30pm	\$30
Sat, Nov 23	Birth: Your Story w/Michelle Cohen	2:00-4:00pm	\$30
Sun, Dec 1	Don't Shoot the Messenger: A Workshop for the Knees w/Anna Karkovska McGlew	3:00-5:30pm	\$40

silver spring

3 Fridays: Sept 20, Oct 11, & Nov 15	Integrating Mind-Body Skills into Your Psychotherapy Practice: A Three-Part Training for Therapists and Health Professionals w/Robin Carnes and Laurie Young	9:45am-1:00pm	Full series: \$285, early bird: \$245 (by 9/6) Individual workshops: \$115, early bird: \$100 (by 9/6, 9/27, 11/1)
Fri, Oct 4	Fall in Love with Yoga! Restoratives with Reiki Healing w/Karen Tasto	6:30-8:00pm	\$25
Sat, Oct 5	Pain in the Back? Therapeutic Yoga for Low Back Pain Relief w/Lucy Lomax	1:00-4:00pm	\$40
Sat, Oct 5	Labor with Love: Using Yoga, Positioning and Partner Support to Enhance Your Birth w/Michelle Cohen	2:00-5:00pm	\$95/couple
Oct 11-13	Destiny, Chance, and Change: The Epic Dice of Mahabharata and the Game of Karma, Lila, and Evolution w/Douglas Brooks		
	▶ Friday, Oct 11: Session I <i>(asana begins 5:30pm)</i>	6:30-9:00pm	Full weekend, lecture: \$160 (lecture + asana: \$185) Single session: \$55 (lecture + asana: \$65)
	▶ Saturday, Oct 12: Session II <i>(asana begins 11:30am)</i>	12:30-3:00pm	
	▶ Saturday, Oct 12: Session III <i>(asana begins 4:00pm)</i>	5:00-7:30pm	
	▶ Sunday, Oct 13: Session IV <i>(asana begins 9:30am)</i>	10:30-1:00pm	
Sun, Oct 20	One-legged King Pigeon Pose Breakdown w/Kelly Fisher	12:00-2:30pm	\$40
Nov 1-3	A Yoga of Engagement: Responding to the Challenges of Our Time w/Betsey Downing		All 4 sessions: \$160 (save \$15)
	▶ Friday, Nov 1: The Significance of Engagement	6:30-9:00pm	\$40
	▶ Saturday, Nov 2: Offering Your Gifts: Backbends and the Evolutionary Impulse	12:30-3:30pm	\$45
	▶ Saturday, Nov 2: The Treasure of Inner Guidance: Meditation to Unwrap Your Inner Light	5:00-8:00pm	\$45
	▶ Sunday, Nov 3: Decipher and Dedicate to What's Next	10:30am-1:30pm	\$45
Sun, Nov 3	Master Class: Deconstructing Prasarita Press-Up Handstand w/Betsey Downing	3:00-6:00pm	\$45
Sat, Nov 16	Kids Night Out! Yoga Pajama Party for Yogis Aged 5-10 w/Rebecca Gitter	6:00-8:30pm	\$25
Sat, Nov 16	Flow and Glow: Candlelit Vinyasa, Hips and Restoratives w/Natalie Miller	6:00-8:30pm	\$30
Sun, Nov 17	(Hip) Points for a Balanced Pelvis in Every Pose w/Anna Karkovska McGlew	1:00-3:30pm	\$40
Sun, Nov 24	Sanskrit: The Language of Yoga in Texts, Asana, and Kirtan w/Marcy Goldstein and Kelly Fisher		Full weekend: \$75 (save \$10)
	▶ Part I: Sounds of Sanskrit	10:00am-1:00pm	\$50
	▶ Part II: Sanskrit in Practice	1:30-3:30pm	\$35
Fri, Nov 29	Burn the Bird w/Paul and Sommer Sobin	10:00am-12:00pm	\$40
Dec 7 and 8	In the Thick of It: Stories of Passion and Discipline w/Emma Magenta and Bernadette Birney		Full weekend: \$195 (save \$25)
	▶ Saturday, Dec 7: Beggars, Lovers and Priests <i>(lunch from 2:00-4:00pm)</i>	12:00-8:00pm	\$110
	▶ Sunday, Dec 8: The Serpent and The Tiger <i>(lunch from 12:00-2:00pm)</i>	9:00am-5:00pm	\$110
Sat, Dec 14	Restorative Yoga to Settle Your Body and Warm Your Heart w/Tara Lemerise	3:00-5:00pm	\$30
Jan 31-Feb 2 2014	May I Be Happy: A Yoga and Meditation Weekend w/Cyndi Lee		Full weekend: \$180 (save \$30!)
	▶ Friday, Jan 31: Embodying Maitri Bhavana	7:00-9:00pm	\$45
	▶ Saturday, Feb 1: Play & Alignment = Happy & Healthy	11:30am-2:00pm	\$55
	▶ Saturday, Feb 1: May I Be Safe	4:00-6:30pm	\$55
	▶ Saturday, Feb 1: Book Signing: May I Be Happy	6:30-7:30pm	free
	▶ Sunday, Feb 2: May I Live with Ease	10:30am-1:00pm	\$55

For complete workshop descriptions and info on our workshop leaders, visit willowstreeyoga.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.



Destiny, Chance, and Change: The Epic Dice of Mahabharata and the Game of Karma, Lila, and Evolution

w/**Douglas Brooks**

October 11-13 ■ Silver Spring



Does everything happen for a reason? How do we account for the slings and arrows of outrageous fortune? What can we do for ourselves, for each other when life brings us to the boundaries of our understanding and the limits of our actions? The great epic of India, the Mahabharata provides us a rich narrative as well as a provocative opportunity to contemplate our gambit in the tumult of this embodied reality. We will be invited to wager our best choices, stake our hearts with passionate care, and seize the moment of a life well-lived. In this seminar we'll tell the tale of the most important—and often considered the most confusing—episode of the Mahabharata, the Game of Dice. We'll begin well before the dicing and leave the hall only when we fathom the complexities of living in a world in which there is at once choice and chance, certainty and only possibility, clarity and vulnerability. Before us is one of the truly extraordinary mythic tales, an opportunity to evolve in our contemplations about life, deep engagement, work, and play. No previous exposure to the text is required or expected. Bring an open mind and a willing heart, the conversation will provide all the rest. We will learn, meditate, and reflect together on this exquisite story of gain, loss, and life's chances.

Students may opt to add-on 45 minutes of energizing, hip-opening, seat-facilitating asana with Joe or Natalie Miller. Asana begins one hour prior to each lecture start time, and practice will suit students of all levels.

For full workshop details, visit online.

A Yoga of Engagement: Responding to the Challenges of Our Time

w/**Betsey Downing**

November 1-3 ■ Silver Spring

Yogis have a unique opportunity in the unfolding shift in consciousness sweeping the planet. Never have we been so close to environmental and institutional collapse. Never have we had so much power and potential to co-create our world. Never have the stakes been higher. While this circumstance can sometimes feel overwhelming, if the purpose of life is, as Terry Patten has stated, meaning and relevance, we've hit the jackpot! Join Betsey for a weekend of important conversation and excellent yoga: we'll begin each session with lecture and discussion, then enjoy a practice to help embody and integrate our insights.

Friday, Nov 1 ■ **The Significance of Engagement**

What does it mean to become a spiritual warrior? We begin with spirited discussion and well-rounded practice for students of all levels.

Saturday, Nov 2 ■ **Offering Your Gifts: Backbends and the Evolutionary Impulse**

Discover gifts the Evolutionary Impulse wants to bring forth through you. Discussion and an inspiring backbend practice for students Level I/II and up.

Saturday, Nov 2 ■ **The Treasure of Inner Guidance: Meditation to Unwrap Your Inner Light**

Learn a variety of meditation techniques that unwrap the layers around your Inner Light, so you recognize inner guidance and connect with a sense of Presence. We'll practice few asanas (suited to students of all levels) as preparation to sit more comfortably.

Sunday, Nov 3 ■ **Decipher and Dedicate to What's Next**

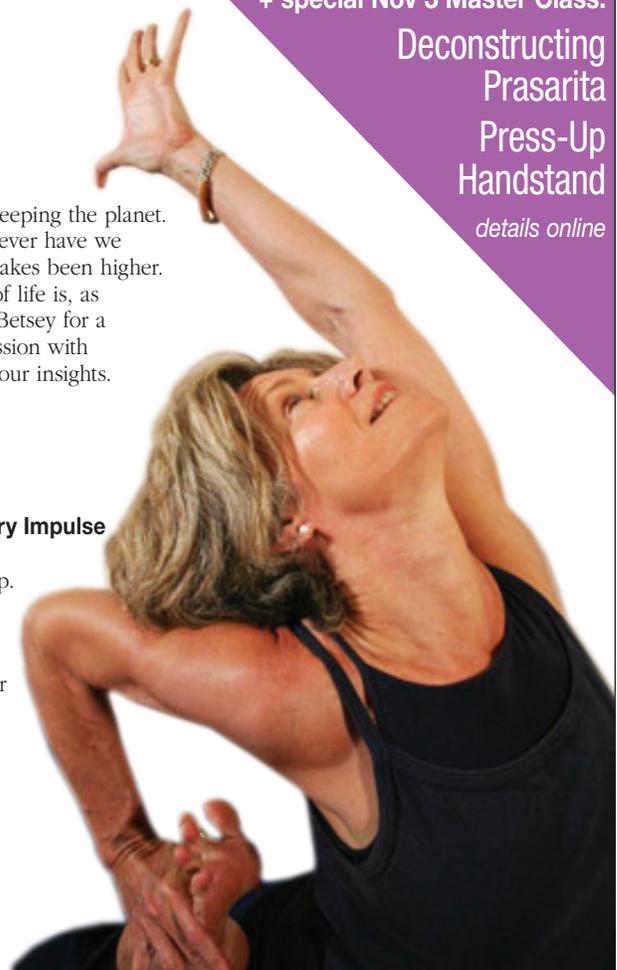
Finish the weekend feeling empowered in spirit, body, and community. We'll have discussion plus a strong practice of arm balances, abs, and accessing our core in all poses.

For full workshop details, visit online.

+ special Nov 3 Master Class:

Deconstructing
Prasarita
Press-Up
Handstand

details online





In the Thick of It: Stories of Passion and Discipline w/Emma Magenta and Bernadette Birney

December 7 & 8 ■ Silver Spring

We love Emma and Bernadette countless ways, and are so happy to welcome them back to share stories, asana, and conversation that help us to pull practical insight out of marvelous tales. Asana is geared to students Level I/II*, but can be made accessible for students of all levels. Each full-day workshop will have a two-hour lunch break.

Saturday, Dec 7 ■ **Beggars, Lovers, and Priests**

The priests in the Pine Forest do everything right. They've got the the right rituals, the right wives, the right lifestyle. When a mysterious stranger arrives, their carefully-ordered world is scrambled into a bewildering, exciting mess. Where's the line between order and stagnation, passion and chaos?

Sunday, Dec 8 ■ **The Serpent and The Tiger**

Yearning—it lies at the heart of one of the greatest yogic quests of all time. Irradicable and with an integrity all its own, it also dwells in the deepest recesses of our own hearts. Learn to tap it, and harness what just might be nature's most powerful, renewable energy.

For full workshop details, visit online.

Coming Soon Cyndi Lee!



May I Be Happy: A Yoga and Meditation Weekend

Jan 31-Feb 2, 2014



10th Annual

Burn The Bird
w/Sommer and Paul Sobin
Friday, Nov 29

Register now online.

*Bernadette Birney &
Emma Magenta*

how to register for classes

Registration opens August 14, 2013

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*	\$270	\$480	\$660
	(\$18 per class, 2nd class: \$14 each, 3rd class: \$12 each)		
1.25 & 1.5 hour class*	\$255	\$465	\$645
	(\$17 per class, 2nd class: \$14 each, 3rd class: \$12 each)		
1 hour class*	\$225	\$405	\$585
	(\$15 per class, 2nd class: \$12 each, 3rd class: \$12 each)		
Trees, Tweens, Teens	\$180	\$360	\$540
	(\$12 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.

Class Drop-Ins

Space permitting, drop-ins are welcome in most classes all session.

	Students registered in		
	no classes	1-2 classes	3 or more classes
2 hour class	\$22	\$18	\$12
1.25 & 1.5 hour class	\$20	\$17	\$12
1 hour class	\$17	\$15	\$12
Trees, Tweens, Teens	\$15	\$15	\$15

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 7, 2013. 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 registration for seniors 65 & older, students with a valid college/highschool ID (not applicable for Kids or Teen classes), and military personnel with valid ID are available during the first six weeks of the session only (**ends Oct 6**). These discounts are redeemable online. Only one discount applies.

Class Transfers

Students may transfer classes through the end of the 7th week of the session (**Nov 3**). 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.

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. 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 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 Sept 8)
- ▶ During 1st week = 80% of tuition for remainder of session (ends Sept 15)
- ▶ During 2nd week = 70% of tuition for remainder of session (ends Sept 22)
- ▶ During 3rd week = 60% of tuition for remainder of session (ends Sept 29)
- ▶ During 4th week = 50% of tuition for remainder of session (ends Oct 6)

No refunds are given after the 4th week (Oct 6).

Please note: Refund policies are firm.

Please visit willowstreetyoga.com for workshop and six-week specials registration and cancellation policies.

Class Cancellations

WSYC 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 WSYC's voice mail (301.270.8038) 1.5-2 hours before the class is scheduled to begin. Updates will also be posted on our webpage 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.

Babysitting

We have Babysitting available on Tuesday mornings in Silver Spring. For details, see our website home page.

▶ **Regular classes are cancelled on Thanksgiving Day: Thurs, November 28**
all registered students will receive vouchers



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

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begins august 14



willow street has
**yoga for
every body.**

plus pilates to strengthen your powerhouse
meditation to steady your heart-mind
& community to feed your soul.

come find **your perfect
practice**

fall preview week:
sept 2-8
all classes, \$5

see our full class schedule, pages 4-5