



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

Return Service Requested

willow
street yoga

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SUBURBAN, MD

online **registration**
begins december 10

Bring a Friend for Free!*

During our **First Week (Jan 5-11)**
invite your friends
coworkers
neighbors
beloveds
to come try a class on us!

Visit our front desk for details, or download an invitation from
our website.

*It's even better than free!! For each of your new-to-Willow-Street
friends that registers for a class or special, we'll send you a \$25
gift certificate!!



willow street yoga

winter/spring session 2015 january 5 – may 24 (20 weeks)

Everybody Welcome.

Yes, really. Everybody.

Everybody welcome, with your body as-is. There is no too young, too old, too inflexible, too out-of-shape, too big, too small, too uncoordinated, too stuck-in-your-ways.

Everybody welcome, whether you're a brand-new beginner, or you've practiced for decades, or you've been pulled away from your practice by life's changes, and you're ready to reconnect.

Turn the page, find the practice that suits you, and join us.

There's no one quite like you here, and you'll fit right in.



Students! Aren't they beautiful?

class schedule 4-5
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winter/spring session 2015
january 5 – may 24 (20 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
manager at willowstreetyoga dot com
▶ 301.270.8038 ext. 14

Erin Pendergrass ▶ registrar
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 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.



28 Day Meditation Challenge

Join us for the month of February in a commitment to a daily meditation practice. Register for the challenge (free) and participate in any or all of the following ways:

Attend our kickoff on Saturday, Jan 31 at 1pm in Takoma Park (Free!)

- ▶ Connect with teachers and fellow aspiring meditators and get inspired to begin.
- ▶ Hear about different meditation techniques, typical obstacles and how to overcome them.
- ▶ Create your own personal, practical plan for how and when to meditate every day.

Join the WSY Meditation Challenge Facebook group (Free!)

- ▶ Have the satisfaction (and accountability) of checking in daily.
- ▶ Share your experience; troubleshoot your practice; enjoy community support.

Register on our website (Free!)

- ▶ Receive a daily email
- ▶ Find up-to-date details for February's special Meditation by Donation offerings.

Spring Cleaning Community Clothing Swap

Sat, Apr 18 ▶ 4:30-7:00pm

Spring is the perfect time to clean out your closets! At our Spring Clothing Swap, you can bring your unwanted clothing and accessories (that sweater you didn't wear all winter, the jeans that never fit quite right, the sequined cocktail dress you wore for Halloween three years ago), and then browse around for a few new treasures for your wardrobe.

Clothing should be in good shape—no stains, tears, obvious signs of wear. We'll donate the clothes that go unclaimed at the end of the swap.

Drop-offs accepted April 18 only from 9:00am-12:00pm,
and after 3:30pm

Swap open from 4:30-7:00pm

School's Out Kids Yoga Play Days

with the awesome kids' yoga faculty
at Willow Street

School's out for the day: what to do with the kids? Bring them for a day of fun at Willow Street! Kids aged 5-10 will enjoy yoga, crafts, stories, games, lunch (you provide), healthy snacks (we provide), and outdoor time (weather permitting). Register 14 days in advance to get a great early bird discount; even better, sign up for all 4 days and get one free!

9:00am-4:00pm in our Takoma Park studio on:

Monday, Jan 19
Tuesday, Jan 20
Monday, Feb 16
Friday, Mar 27



Living Yoga

New Year's Evolution: Clearing Space in an Overwhelmed Life

w/**Natalie Miller**

► **Saturdays, Jan 10-March 28** (12 weeks)
9:00-10:45am ► Silver Spring

We live in abundance, and this is both a blessing and a challenge. Our work, our homes, our calendars, our inboxes, our minds are full to the brim with to-dos, and this often leaves us running on empty.

Join Natalie to step into the new year by clearing the way for the life you want: one where you have the time and energy to be inspired—rather than overwhelmed—by life's abundance.

Together, with the help of yoga and meditation practices, self-reflection exercises, weekly clear-it-out tasks for home, and ample community support, we will:

- Evaluate and adjust our daily lives to reflect our values and intentions.
- Clear out living space: at home, in our calendars, in our heads.
- Learn to feel good about saying "No."
- Shift away from multitasking and toward working smart.
- Identify and eliminate habits that drain time and energy.
- Begin to make—and actually take—time for ourselves.

Each class includes balanced asana and meditation practice, plus time for self-reflection and discussion. Weekly re-cap emails plus an optional Facebook group help us to stay connected



and motivated. Students may make up any missed classes, and additional class registrations are eligible for the multiclass rate.

Practices are geared to students with yoga experience—no very beginners, please—but will include modifications to suit yogis of all levels.

Suggested reading: Brigid Schulte's *Overwhelmed: Work, Love, and Play when No One Has the Time*, which gives fresh sociological and psychological perspective on why and how Overwhelm is so prevalent today.



The Radical Act of Self-Care Begins with You

w/**Maria Hamburger and Belinda Baer**

► **Sundays, Jan 11, Feb 8, Mar 15, Apr 12**, 4:00-6:00pm ► Takoma Park

We all want to slow down, let go and appreciate life. Yet we find ourselves being rushed, stressed, and never meeting our intentions. Join Maria and Belinda to acquire new tools to improve your life while dealing with everyday challenges. You will learn how to actively influence your state of wellbeing and satisfy your deep desire for wellness through the many healing practices of yoga and Ayurveda. Workshops are designed to complement one another, but may be taken separately.

Jan: **Awaken the Inner Energies of Healing**

Feb: **Love Yourself Inside and Out**

Mar: **Improve Digestion, Physical and Mental**

Apr: **Move from Stress to Happiness**

Aging Gracefully with Yoga and Ayurveda

w/**Belinda Baer and Penny Diamanti**

► **Saturdays Feb 28, Mar 28, and Apr 25**, 1:00-3:30pm ► Takoma Park

As we grow older and wiser, sometimes we notice more anxiety, a lack of focus, dryness, stiffness, digestive issues, and even lowered immunity. Yoga and Ayurveda offer individualized tools and techniques to support a vibrant journey into wisdom. Belinda and Penny share myriad practices to help you age gracefully and well, and help you individually to choose practices to address your specific needs.

Full series registration recommended, although individual workshops may be taken separately. Everybody—including beginners—welcome.

Feb: **Fundamental Practices and Daily Routines for Rejuvenation**

Mar: **Practices to Promote Ease, Calm, Clarity, and Sleep**

Apr: **Foods and Practices to Improve Digestion and Balance Weight**

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 (20 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 May 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 **nine-week specials** (pages 6-7) offer nine 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 (or join during the second or third week at a pro-rated cost).
- ▶ Yes, you may make up missed classes (anytime before May 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 nine-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
6:15pm-7:15pm	Pilates II	Roberta	2
6:15pm-7:45pm	Yoga I	Suzie	1
6:30pm-7:45pm	Establishing a Meditation Practice	Tom	3 ▲
6:30pm-7:45pm	Meditation in the Himalayan Tradition	Tom	3 ●
7:30pm-8:30pm	Pilates for Very Beginners	Jessica	2 ●
8:00pm-9:00pm	Barre Basics	Stephen	2 ▲

Tuesday

7:30am-8:30am	Yoga II	Sheree	1
8:00am-9:00am	Pilates II	Roberta	2
10:00am-11:15am	Yoga I	Kelly	1 new time
11:30am-1:00pm	Yoga I/II	Kelly	1 new time
5:00pm-6:00pm	\$10 Open Yoga**	Amyre/Jeanette	1 new class
6:15pm-7:30pm	Aligned Vinyasa Flow	Natalie	2
6:15pm-7:45pm	Gentle/Yoga I	Rick	1
6:30pm-7:45pm	Yoga Basics for Stress Relief	Carrie	3 ▲ ●
7:45pm-9:00pm	Pregnancy Yoga	Sarah	2
8:00pm-9:15pm	Yoga I/II	Carrie	1

Wednesday

6:30am-7:30am	Yoga I	Galen	2 new class
6:30am-7:30am	Yoga I/II	Tom	1
7:45am-8:45am	Pilates I/II	Jessica	2
10:00am-11:30am	Yoga I/II	Maria	1
10:00am-11:30am	Yoga I/III	Carrie	2
6:00pm-7:15pm	Active Isolated Stretching: Lower Body	Judy	3 ●
6:15pm-7:15pm	Hips + Hamstrings (I/II+)	Tara	1 new time
6:15pm-7:30pm	Yoga II	Daisy	2
7:30pm-9:00pm	Yoga I	Tara	1
7:30pm-9:00pm	Yoga for Round Bodies	Rick	1
7:45pm-9:15pm	Yoga I/II	Daisy	2

Thursday

6:15am-7:15am	Aligned Vinyasa Flow	Philip	2
7:15am-8:30am	Yoga I	Sheree	1 new time
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 and Injuries*	Jenny	2
6:15pm-7:15pm	Pilates I	Cecilia	3
6:15pm-7:15pm	Yoga I/II	Morgan	1
7:30pm-8:30pm	Pilates I/II	Cecilia	3
7:30pm-8:45pm	Introduction to Yoga with Meditation	Morgan	1 ▲ ●
7:30pm-9:00pm	Body Balance Yoga II	Jenny	2

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
9:00am-10:45am	Living Yoga*	Natalie	2
10:15am-11:45am	Yoga I	Maria	1
11:00am-12:30pm	Pregnancy Yoga	Daisy	2
12:45pm-2:00pm	Postnatal Yoga	Daisy	2 ▲
12:45pm-1:30pm	Little Families	Ylla	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	Gentle Yoga for MS	Lizzie	2 ▲
11:15am-12:30pm	Gentle Yoga for Beginners	Lizzie	2 ●

nine-week specials \ round one: ▲ \ round two: ● \ kids' offerings: ☀

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

**\$10 Open Yoga classes are drop-in only

takoma park

week days

Monday

11:30am-12:30pm	Pilates II/III	Roberta	1A
12:45pm-1:45pm	Gentle Pilates	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
6:15pm-7:15pm	Yoga for a Healthy Back	Joe	1A
7:30pm-9:00pm	Yoga I	Joe	1A
8:00pm-9:30pm	Yoga II	Rick	2
8:00pm-9:00pm	Pilates for Very Beginners	Jessica	1B
8:00pm-9:15pm	Yoga Basics for Stress Relief	Elizabeth	1B

Tuesday

9:15am-10:00am	Seeds! Yoga for Crawlers to 2-year-olds	Ylla	2	new time/studio
9:45am-11:15am	Yoga I	Sheree	1A	
10:00am-11:30am	Healing and Rejuvenation	Philip	1B	
10:15am-11:00am	Sprouts! Yoga for 2- to 4-year-olds	Ylla	2	new time/studio
11:15am-12:15pm	Itsy Bitsy Baby	Michelle	2	
4:30pm-5:30pm	Aligned Vinyasa Flow	Rick	2	
4:30pm-5:30pm	Trees! (4-7 yrs)	Ylla	1A	
5:15pm-6:30pm	Gentle Yoga + Meditation	Tom	1B	new class
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	Yoga Basics for Beginners	Natalie	1A	
8:00pm-9:15pm	Hips + Hamstrings	Natalie	1A	

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 for Very Beginners	Roberta	1B	
4:30pm-5:30pm	Teens Yoga (13-16 yrs)	Paula	1B	
4:30pm-5:30pm	Barre Basics	Stephen	2	
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	
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	
4:30pm-5:15pm	Leapin' Lizards! Fitness for Kids	PJ	1A	
6:15pm-7:45pm	Living Yoga*	Joe/Natalie	2	
6:15pm-7:45pm	Pregnancy Yoga	Carrie	1B	
6:30pm-7:45pm	Body Positive: Strength Training plus Yoga	Natalie	2	
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 for Crawlers to 2-year-olds	Lisa	2	
10:00am-11:15am	Aligned Vinyasa Flow	Francesca	1A	
10:45am-11:30am	Sprouts! Yoga for 2- to 4-year-olds	Lisa	2	
12:00pm-1:30pm	Aligned Vinyasa Flow: Advanced	Francesca	2	new level
6:00pm-7:00pm	\$10 Open Yoga**	Amyre	1A	new class
7:30pm-9:00pm	Yoga II	Bitia	1A	

nine-week specials | round one: | round two: | kids' offerings:

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

**\$10 Open Yoga classes are drop-in only

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

important class registration dates

- Wed, Dec 10** ▶ registration opens
- Mon, Jan 5** ▶ first day of Winter/Spring Session
- Sun, Feb 1** ▶ last day for refunds
- Sun, May 24** ▶ last day of Winter/Spring 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

week end

takoma park

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 Basics for Beginners	Tara	1B
10:45am-12:15pm	Yoga I	Joe	2
10:45am-12:15pm	Get on Up in Handstand	Tara	1B
11:30am-12:30pm	Pilates I	Roberta	1A

Sunday

8:30am-10:00am	Asana & Meditation: The Empowered Heart	Philip	1B	new class
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	
10:45am-12:00pm	Yoga I	Sheree	1A	
12:00pm-12:45pm	Little Families	Ylla	2	
1:00pm-2:00pm	Aligned Vinyasa Flow	Galen/Paula	2	
1:00pm-2:00pm	Trees! (4-7 yrs)	Amy/Ylla	1A	
1:00pm-2:00pm	Tweens Yoga (8-12 yrs)	Amy/Rebecca	1B	
2:15pm-3:45pm	LifeForce Yoga: Winter Mood Support	Amy	1A	
2:30pm-3:30pm	Teens Yoga (13-16 yrs)	Amy/Margaux	1B	new class
2:30pm-3:45pm	Postnatal Yoga	Michelle	2	
4:00pm-5:30pm	Pregnancy Yoga	Michelle	1A	
4:00pm-5:30pm	Yoga I/II	Galen	1B	
7:00pm-8:30pm	Vipassana Meditation	imcw.org	1A	

nine-week specials

► visit willowstreeyoga.com for registration policies

for starters

Yoga Basics for Beginners

w/**Natalie Miller** ► Takoma Park

Tuesdays, 8:00-9:15pm – round one (Jan 13-Mar 10)

w/**Tara Lemerise** ► Takoma Park

Saturdays, 10:15-11:45am – round two (Mar 21-May 16)

A comprehensive overview of yoga alignment, postures, breathwork, and meditation. Everyone welcome.

Yoga Basics for Stress Relief

w/**Carrie Ganz** ► Silver Spring

Tuesdays, 6:30-7:45pm, both rounds

(Jan 13-Mar 10, and Mar 17-May 12)

w/**Elizabeth Kanter** – Takoma Park

Mondays, 8:00-9:15pm – round two (Mar 16-May 11)

An introduction to yoga's calming, grounding poses and practices, taught at a relaxed pace. Everyone welcome.

Introduction to Yoga with Meditation

w/**Morgan Butrick** ► Silver Spring

Thursdays, 7:30-8:45pm, both rounds

(Jan 15-Mar 12, Mar 19-May 14)

For students new to meditation or yoga or both: simple, accessible yoga practice paired with exploration of various meditation techniques.

Gentle Yoga for Beginners

w/**Lizzie Hubbard** ► Silver Spring

Sundays, 11:15-12:30pm – round two (Mar 22-May 17)

A gentle, slow-paced introduction to yoga for brand-new or recent beginners, with ample modifications offered to students with injuries or limitations.

Pilates for Very Beginners

w/**Jessica Sloane** ► Takoma Park

Mondays, 8:00-9:00pm, round one (Jan 12-Mar 9)

w/**Roberta Stiehm** Takoma Park

Wednesdays, 12:45-1:45pm, both rounds

(Jan 14-Mar 11, Mar 18-May 13)

w/**Jessica Sloane** ► Silver Spring

Mondays, 7:30-8:30pm, round two (Mar 16-May 11)

Pilates fundamentals at a steady pace, helping students build strength and begin with excellent technique.

something for every body

Gentle Yoga for MS

w/**Lizzie Hubbard** ► Silver Spring

Sundays, 11:15-12:45pm, round one (Jan 18-Mar 15)

A gentle/adaptive yoga class for people living with MS. Beginners and all ability levels welcome to learn ways to restore balance and alleviate stress.

Postnatal Yoga

w/**Daisy Whittemore** ► Silver Spring

Saturdays, 12:45-2:00pm, round one (Jan 17-Mar 14)

w/**DMichelle Cohen** – Takoma Park

Sundays, 2:30-3:45pm, round two (Mar 22-May 17)

Simple, inspiring yoga focused on rebalancing postnatal bodies. For mothers six weeks to two years post-partum; beginners welcome.

Itsy Bitsy Baby 🌸

w/**Michelle Cohen** ► Takoma Park

Tuesdays, 11:15-12:15pm, both rounds

(Jan 13-Mar 10, Mar 17-May 12)

Learn calming, nurturing ways to support baby's development in a community of fellow parents. For babies 6 weeks to almost crawling, with parent or caregiver.

Little Families 🌸

w/**Ylla Bishop** ► Takoma Park

Sundays, 12:00-12:45pm, round one (Jan 18-Mar 15)

w/**Ylla Bishop** – Silver Spring

Saturdays, 12:45-1:30pm, round two (Mar 21-May 16)

Yoga and games geared to the 2-4yr set, supported by caregivers, and with room for little siblings to join in. Fun for your whole little family.

Leapin' Lizards! Fitness for Kids 🌸

w/**PJ Fiore** ► Takoma Park

Thursdays, 4:30-5:15pm, round one (Jan 15-Mar 12)

Kids ages 5-8: burn off steam and build focus, strength, and coordination through a series of games, calisthenics, and strength exercises using your own body weight. FUN!

strong bodies feel good

Barre Basics

w/**Stephen Russell Murray** ► Silver Spring

Mondays, 8:00-9:00pm, round one (Jan 12-Mar 9)

w/**Stephen Russell Murray** ► Takoma Park

Wednesdays, 4:30-5:30pm, both rounds

(Jan 14-Mar 11, Mar 18-May 13)

A technique-focused introduction to Barre, a low-impact, high-intensity workout inspired by Pilates, dance, and yoga. Prepare to sweat. Everybody welcome.

Get on Up in Handstand

w/**Tara Lemerise** ► Takoma Park

Saturdays, 10:45-12:15pm, round one (Jan 17-Mar 14)

Yogis Level I/II and up: learn how to get up into handstand more gracefully, and how to balance more effortlessly!

Body Positive: Strength Training plus Yoga

w/Natalie Miller ▶ Takoma Park

Thursdays, 6:30-7:45pm round two (Mar 19-May 14)

A strength-building, gym-inspired workout sandwiched between yoga warm-up and cool-down, with music to sustain and inspire. For yogis I/II and up.

free your mind and the rest will follow**Establishing a Meditation Practice**

w/Tom Forhan ▶ Silver Spring

Mondays, 6:30-7:45pm, round one (Jan 12-Mar 9)

Support for beginning a regular meditation practice and sticking with it. Includes various types of meditation, and advice on choosing one best for you. All levels.

LifeForce Yoga: Winter Mood Support

w/Amy Weaver ▶ Takoma Park

Sundays, 2:15-3:45pm, round one (Jan 18-Mar 15)

Mantras, mudras, breath work, simple asana, and yoga nidra to lift moods and relieve stress. Everybody welcome.

Meditation in the Himalayan Tradition

w/Tom Forhan ▶ Silver Spring

Mondays, 6:30-7:45pm, round two (Mar 16-May 11)

An introduction to a rich variety of meditations that include shifting energy, visualizations, breath work, and mantra. Includes light asana; for students Level I and up.

your legs will thank you**Hips + Hamstrings**

w/Natalie Miller ▶ Takoma Park

Tuesdays, 8:00-9:15pm, round two (Mar 17-May 12)

A safe, effective, grounding practice to open and settle legs and low back. Wonderful for the runners and bikers of the world! All levels.

Active Isolated Stretching: Lower Body

w/Judy LaPrade ▶ Silver Spring

Wednesdays, 6:00-7:15pm, round two (Mar 18-May 13)

Active Isolated Stretching is a safe, effective rehab used by pro and Olympic athletes; see how it helps you release localized tension patterns in hips and legs. Everybody welcome.



explore a new aspect of practice
experience new parts of yourself

winter/spring **workshops** for full pricing information and descriptions, visit online

takoma park

Sundays: Jan 11, Feb 8, Mar 15, Apr 12	The Radical Act of Self-Care Begins with You w/Maria Hamburger and Belinda Baer			
	▶ January: Awaken the Inner Energies of Healing	4:00-6:00pm	\$135 for all 4 sessions/ \$40 per session	
	▶ February: Love Yourself Inside and Out			
	▶ March: Improve Digestion, Physical and Mental			
	▶ April: Move from Stress to Happiness			
Saturdays: Jan 24, Feb 21, Mar 28, Apr 25	Release and Tone Stubborn Muscles w/Judy LaPrade			
	▶ January: Diaphragm, Ribs, and Quadratus Lumborum	1:00-3:00pm	\$120 for all 4 sessions/ \$40 per session	
	▶ February: IT Band, Quads, Knees, and Hamstrings			
	▶ March: Psoas			
	▶ April: Piriformis and Glutes			
Sundays: Jan 25, Feb 22, Mar 29, Apr 26	Restorative Yoga Sundays w/Tara Lemerise	5:30-7:30pm	\$100 for all 4 sessions/\$80 for 3/ \$60 for 2/\$35 for 1	
Saturday, Jan 31	28 Day Meditation Challenge Kick-Off w/WSY Faculty	1:00-2:30pm	FREE	
Sunday, Feb 1	Rock the Bakasana w/Kelly Fisher	4:00-6:00pm	\$30	
Saturday, Feb 7	Yoga Nidra: Better than a Nap w/Joy Kirstin	1:00-3:00pm	\$30	
Sundays, Feb 15, Mar 22, Apr 19	Yoga Nidra: Deepen Your Meditation Practice w/Joy Kirstin	5:00-6:30pm	\$60 for all 3 sessions/ \$45 for 2/\$25 for 1	
Saturdays: Feb 28, Mar 28 & Apr 25	Aging Gracefully with Yoga and Ayurveda w/Belinda Baer and Penny Diamanti			
	▶ February: Fundamental Practices and Daily Routines for Rejuvenation	1:00-3:30pm	\$95 for all 3 sessions/ \$40 per session	
	▶ March: Practices to Promote Ease, Calm, Clarity, and Sleep			
	▶ April: Foods and Practices to Improve Digestion and Balance Weight			
Saturdays, Feb 28 & Mar 21	Yoga Nidra for the Seasons w/Melissa Lindon			
	▶ February: Winter Rest	1:00-2:30pm	\$42 for both sessions/ \$25 per session	
	▶ March: Spring Forward			
Saturday, Mar 14	Hips, Hams, & a Happy Low Back! w/Rick Fiori	1:30-4:00pm	\$30	
Saturday, Mar 14	Strut Your Stuff in Pincha Mayurasana w/Maria Hamburger	2:00-4:30pm	\$35	
Saturday, Apr 25	Labor with Love: Yoga, Positioning and Partner Support to Enhance Your Birth w/Michelle Cohen	2:00-5:00pm	\$95/ couple	

silver spring

Saturday, Jan 10	Teacher Training Info Session	1:30-3:00pm	FREE	
Friday-Saturday, Jan 16-17	New Lenses for Yoga Philosophy and Practice: A Weekend of Conversations w/Matthew Remski			Multi-session options starting at \$120
	▶ Friday, Jan 16: Pretty Good Practices for Yoga Philosophy Today (asana: 9:00-9:45am)	10:00-12:30pm	\$45	
	▶ Friday, 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	
Friday, Jan 23	Yoga and Essential Oils for Clarity and Resolve w/Natalie Miller and Laura Farr	7:00-9:00pm	\$25	
Saturday, Jan 24	A Flash of Goodness w/Cyndi Lee	12:30-2:30pm	\$30	
Saturday, Jan 31	Labor with Love: Yoga, Positioning and Partner Support to Enhance Your Birth w/Michelle Cohen	2:00-5:00pm	\$95/ couple	
Friday, Feb 6	A Midwinter Night's Dream: Candlelit Yoga and Meditation w/Tom Forhan & Daisy Whittemore	7:30-9:30pm	\$30	
Saturday-Sunday, Feb 7-8	Rest for All: Restorative Yoga Teacher Training w/Tara Lemerise	1:00pm-7:00pm (includes lunch break)	\$250 (early bird: \$210)	
Friday, Feb 13	Yoga and Essential Oils to Shake the Winter Blues w/Natalie Miller & Laura Farr	7:00-9:00pm	\$25	
Saturday, Feb 14	A Fine Romance: Yoga and Jazz, Valentine's Edition w/Natalie Miller & Nicole Saphos	8:30-10:00pm	\$35	
Saturday, Feb 28	Psoas Release Party w/Jonathan FitzGordon	1:00-5:00pm	\$90 (early bird: \$75)	
Sunday-Thursday, Mar 1-5	The Science of the Private Lesson: Full 35 Hour Teacher Training w/Francesca Cervero	9:00am-5:00pm (includes lunch break)	\$925 (early bird: \$850)	
Saturday, Mar 7	Introduction to the Kettlebell Swing and Press w/Marvin King	1:00-2:30pm	\$25	
Saturday, Mar 21	Yoga for Cancer Support w/Lucy Lomax	1:00-3:00pm	\$25	
Saturday-Sunday, Mar 21-22	Balance of Power: Find your Sustainable Center w/Emma Magenta & Bernadette Birney			Full weekend: \$140 (early bird: \$125)
	▶ Saturday, Mar 21: Take a Stand w/Emma & Bernadette	12:30-3:00pm	\$30	
	▶ Saturday, Mar 21: Courage to Wobble w/Emma & Bernadette	4:30-7:00pm	\$30	
	▶ Sunday, Mar 22: Sacred Asymmetry: Balancing Mobility at Your SI Joint w/Bernadette	11:00am-1:00pm	\$45	
	▶ Sunday, Mar 22: Beyond Kegels: A New Approach to Pelvic Floor Health w/Emma	1:30-4:00pm	\$45	
Friday, Apr 17	Yoga and Essential Oils to Smooth Transitions w/Natalie Miller and Laura Farr	7:00-9:00pm	\$25	
Saturday, Apr 18	Happy Feet: Yoga for Addressing Plantar Fasciitis w/Joe Miller	2:30-4:30pm	\$30	
Saturday-Sunday, May 2-3	Yoga. Learn. Practice. Share. Inspiring New Pathways of Freedom, Joy, and Happiness w/Moses Brown	1:30-4:00pm	\$95 for both/\$50 each (early bird: \$80 for both/\$45 each)	

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



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-12:30pm

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

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



A Flash of Goodness

w/**Cyndi Lee** ▶ Sat, Jan 24, 12:30-2:30 pm

Share practice with Cyndi and connect to the feeling of your own basic goodness: the strength and softness of your own body, the power and preciousness of your own breath, the spaciousness and bright energy of your own mind. By recognizing and relaxing into your natural goodness, you gain the confidence to extend yourself to others with more kindness and compassion.



Psoas Release Party

w/**Jonathan FitzGordon** ▶ Sat, Feb 28, 1:00-5:00pm

The psoas muscle is the main hip flexor of the body and the main engine of walking. It is essentially responsible for holding us upright while standing. A free and happy psoas allows the body to move with peak efficiency and little strain. Join Jonathan for lecture, discussion, and practice to understand and release the psoas.



Balance of Power: Find your Sustainable Center

w/**Emma Magenta and Bernadette Birney** ▶ Sat-Sun, Mar 21-22

Many of us practice yoga seeking balance, but what does that *really* look like? Does balance entail standing on one foot, or on our hands? Does it mean allocating our time and energy equally across the board of life? (Nope!) Does the heroic approach to balance require becoming more willing to sway in the midst of uncertainty *more* of the time rather than *less*? (Probably!) Your body loves balance but may be approximating it in inefficient ways. To truly access the power of your own center, you might have to reach way out of your comfort zone into a realm of wobbles. Move *beyond* balance as a pathway to security, and toward balance as an expression of perpetual—but sustainable—evolution.



Take a Stand ▶ w/Emma and Bernadette ▶ Sat, Mar 21, 12:30-3:00pm

Courage to Wobble ▶ w/Emma and Bernadette ▶ Sat, Mar 21, 4:30-7:00pm

Sacred Asymmetry: Balancing Mobility at your SI Joint ▶ w/Bernadette ▶ Sun, Mar 22, 11:00am-1:00pm

Beyond Kegels: A New Approach to Pelvic Floor Health ▶ w/Emma ▶ Sun, Mar 22, 1:30-4:00pm



Yoga. Learn. Practice. Share. Inspiring New Pathways of Freedom, Joy, and Happiness

w/**Moses Brown** ▶ Sat-Sun, May 2-3, 1:30-4:00pm (both days)

Yoga is a path and a practice that inspires learning. It is about creating new impressions that inspire freedom, joy and happiness in our awareness and in our bodies. In these workshops we will empower the quality of giving delight to our own inspired state of learning through philosophy, asana, meditation, and having fun!

WSY Teacher Training Program: begins February 2015

w/**Joe Miller, Maria Hamburger, and Natalie Miller**



Our unparalleled teacher training program gives you the best WSY has to offer: in-depth study, individualized attention, ample practice and feedback opportunities, and deeper association with one of the nation's most highly-regarded schools of yoga. Our immersive program includes monthly weekend intensives and weekly practice/study, authentically empowering you in key skills.

Part I

Expand your understanding of the practice, postures, and philosophical underpinnings of yoga. Dedicated students and aspiring teachers alike benefit from five months of intensive study in:

- ▶ Essential pose knowledge, energetics, and sequencing of asana, pranayama, and meditation
- ▶ Musculoskeletal anatomy and basic therapeutics
- ▶ Key philosophical concepts that deepen your experience of yoga

Part II

Learn and practice skills essential for safe, resourceful, powerful yoga teaching. Hone your understanding and abilities in:

- ▶ Offering sophisticated alignment instruction clearly and fluently
- ▶ Understanding and addressing common misalignments
- ▶ Applying anatomical knowledge to teach safe, therapeutic yoga
- ▶ Offering variations for different experience levels and injuries
- ▶ Centering and sequencing a well-rounded class
- ▶ Conveying the deeper meaning of yoga through inspiring themes
- ▶ Stepping into the role of teacher with confidence and conscience

Dedicated students with at least two years of yoga study in a classroom environment are welcome to join us for Part I only, or for the full 200 hour training. Visit our website for more details.

Bring your questions to our free info session:
Jan 10, 1:30pm in Silver Spring

Rest for All: Restorative Yoga Teacher Training

w/**Tara Lemerise**

- ▶ February 7-8, 1:00-7:00pm



Some of our students' deepest experiences of yoga happen when we can give them the opportunity to stop working to control their body and mind and instead begin resting with support, awareness, and intention. This teacher training will provide the tools you need to teach restorative poses with confidence and ease, both in a group setting and to one-on-one clients.

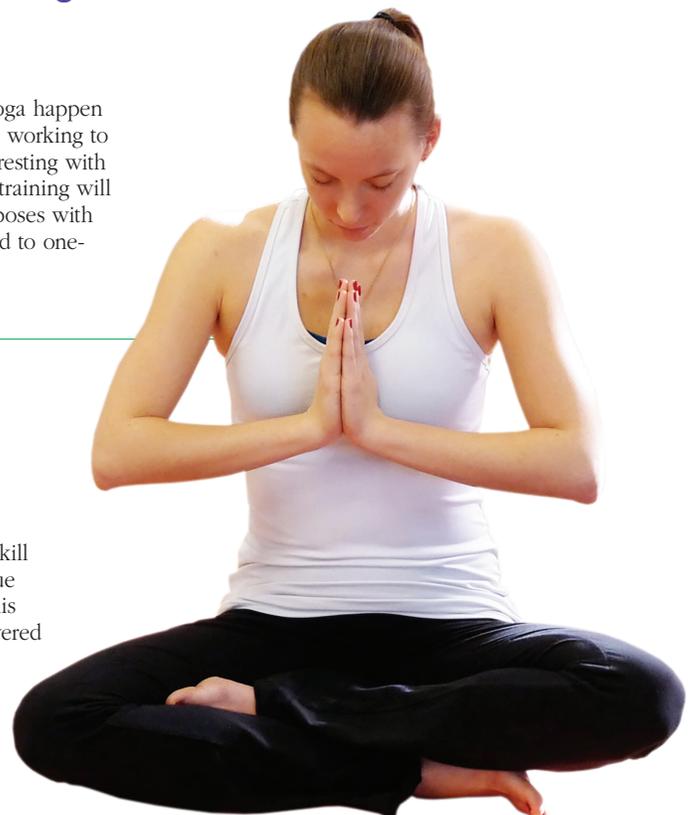
The Science of the Private Lesson: Full 35 Hour Teacher Training

w/**Francesca Cervero**

- ▶ March 1-5, 9:00am-5:00pm



Teaching yoga one-on-one requires a different skill set than teaching group classes, and these unique skills are left out of most teacher trainings. In this full 35 hour teacher training you will be empowered to feel and trust your intuition, as well as learn practical and tangible actions you can implement in your teaching right away.



how to register for classes

new to Willow Street?

drop in to your first class for only \$5!

Registration opens December 10

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*	\$400	\$720	\$980
	<i>(\$20 per class, 2nd class: \$16 each, 3rd class: \$13 each)</i>		
1.25 & 1.5 hour class*	\$360	\$680	\$940
	<i>(\$18 per class, 2nd class: \$16 each, 3rd class: \$13 each)</i>		
1 hour class*	\$320	\$580	\$840
	<i>(\$16 per class, 2nd class: \$13 each, 3rd class: \$13 each)</i>		
Seeds, Sprouts, Trees, Tweens and Teens	\$260	\$520	\$780
	<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.

Nine-week Specials

Nine-week specials are \$162, and do not qualify for a multi-class rate. Registration is 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 nine-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
Seeds, Sprouts, Trees, Tweens and Teens	\$15	\$15	\$15
Nine-week Specials	\$22	\$22	\$22

Payment Plan

Willow Street is pleased to offer a payment plan. Students pay half of tuition at the time of registration and half on **March 9, 2015**. 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 and nine-week special registrations 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.

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 nine-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 nine-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 Nine-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 Jan 4)
- ▶ During 1st week = 80% of tuition for remainder of session (ends Jan 11)
- ▶ During 2nd week = 70% of tuition for remainder of session (ends Jan 18)
- ▶ During 3rd week = 60% of tuition for remainder of session (ends Jan 25)
- ▶ During 4th week = 50% of tuition for remainder of session (ends Feb 1)

No class refunds are given after the 4th week (**February 1, 2014**). Nine-week special refunds are processed through the 4th week of the special according to the above schedule.

Please note: refund policies are firm

please visit willowstreetyoga.com for workshop registration and cancellation policies

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.