

# willow street yoga

winter/spring session 2014    january 13 – may 18 (18 weeks)

## Practice for Life

by *Natalie Miller*

Here's my thesis: it's precisely when we feel like we have no time to care for ourselves that we most require self-care. It's when we're "too busy" to practice yoga that we most benefit from practicing yoga. It's another to-do for the list, yes, but it's the one that helps us evaluate and accomplish all the other to-dos. I'll illustrate, if you'll come along for an extended metaphor:

Late one evening, chatting in the parking lot after yoga class, friends and I lingered and talked housework. In a swirl of complaints cheered by camaraderie, we compared how many times we'd sweep the kitchen in a given day, sighing and shaking our heads at how dirty the floors get as four-leggeds and children tromp across them, as they're littered with construction-paper cuttings and toast crumbs.

THIS is what the yoga's for, we agreed: the ability to pick up the broom, to wipe the counter (again. again. again.) without gritting our teeth, the ability to see the mess not as a nuisance, but instead as proof of abundance, of a home brimming with blessings and life.

Like our floors and countertops, our bodies and heart-minds host our endeavors. Hips, shoulders, and headspace collect residues physical and energetic of a day of gardening, carrying a baby, biking to work, pouring soul into a document at the desktop or into the strings of a guitar. The effects of our work, our play, and our responsibilities are strewn across our bodies and often clutter our brains.

This is what the yoga's for: seeing our achy bodies and tired minds not as nuisance—not as evidence that we're overwhelmed or aging or weak or unwell—but rather as proof of life abundant and well-lived.

This shift in feeling and perspective is helpful, and it's only sustained through practice. For no matter how much love and life we can see in the mess, let's face it: even a mess of abundance will begin eventually to crowd the joy out of life. Skip a day of housekeeping and we may hardly notice. Skip a week, and the stuff of life begins to pile up. The busier life is, the faster the mountains of laundry and countertop clutter will grow. And, of course, the busier we are, the more we require the ease that housekeeping, with its drawers full of clean socks and project-ready tabletops, affords us.

Just as it's easy to lose keys in a messy house, it's easy to lose center and perspective in a hectic life. I know that when I get stuck whirling about the wheel of life's busyness, my focus scatters and energy drains. I scramble to take care of business, and I stop taking care of myself. Practice seems like an extra rather than a must.

It's easy to forget that just like we need to sweep clear our floors, we need to sweep clear our selves. Practice does this: helps us to cultivate ease in our bodies and clarity in our self-perspective. While practice is often enjoyable, and may seem like a treat, in fact it is essential self-keeping. It tidies our posture, so we stand tall literally and figuratively. It fosters strength in our bodies and focus in our minds, helping us to be grounded and clear, calm and bright.

*continues on page 2*

Practice is the  
self-keeping  
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top of the list.

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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

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 6930 Carroll Ave., Suite 100  
 Takoma Park, MD 20912  
 ■ 301.270.8038

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

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

**Directions to WSYC**

We have metro-line locations in downtown Silver Spring, and old town Takoma Park. Visit [www.willowstreetyoga.com](http://www.willowstreetyoga.com) for complete directions and parking tips.



**Practice. Like Your Life Depends on It. (continued)**

Perhaps most importantly, practice expands our awareness, so we are able see ourselves, our lives, our situations more clearly. By clearing and calming our headspace, practice enables us to prioritize—and invest in—the pursuits that resonate with our deepest intentions. It helps us to see—and let go of—the stuff that makes more mess than it's worth. In this way, practice rekindles and fuels the power and joy that comes from living what we love.

Practice is the self-keeping that empowers all the other aspects of our living. It is the to-do for the top of the list.

start young: yoga for kids

kids' specials

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

**Seeds! Yoga for Crawlers to 2-year-olds**

**Fridays, 9:45-10:30am** ► Takoma Park  
 w/Rebecca Gitter, Jan 17-Feb 21, Feb 28-Apr 4, & Apr 11-May 16

**Mondays, 9:45-10:30am** ► Silver Spring  
 w/Ylla Bishop, Feb 24-Mar 31, & Apr 7-May 12

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

**Fridays, 10:45-11:30am** ► Takoma Park  
 w/Rebecca Gitter, Jan 17-Feb 21, Feb 28-Apr 4 & Apr 11-May 16

**Mondays, 10:45-11:30am** ► Silver Spring  
 w/Ylla Bishop, Feb 24-Mar 31 & Apr 7-May 12

**Little Families**

**Sundays, 12:00-12:45pm** ► Takoma Park  
 w/Rebecca Gitter, Jan 19-Feb 23  
 w/Ylla Bishop, Mar 2-Apr 6  
 w/Rebecca Gitter, Apr 13-May 18

**Itsy-Bitsy Baby**

**Sundays, 2:30-3:30pm** ► Takoma Park  
 w/Rebecca Gitter, Mar 2-Apr 6

ChildLight Yoga Teacher Trainings

w/**Jen Mueller and Rebecca Gitter**

January 17-19, Silver Spring

**Yoga4Classrooms Professional Development Workshop**

This one-day workshop is appropriate for all K-12 classroom teachers (with special focus on primary school), administrators, school counselors, phys ed teachers, health educators, therapists, paraprofessionals and other school professionals seeking to bring simple yoga and mindfulness techniques into the classroom or similar setting for a more peaceful, productive class day.

**ChildLight Yoga Kids' Teacher Training**

Are you seeking ways to incorporate yoga into your current work with children aged 2-12, or are you looking to begin teaching kids' yoga as a career? Become a Certified ChildLight Yoga Instructor!

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.

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



# new year's evolution

## Yoga for Learning to Live What You Love

13 weeks of self-study w/**Natalie Miller**

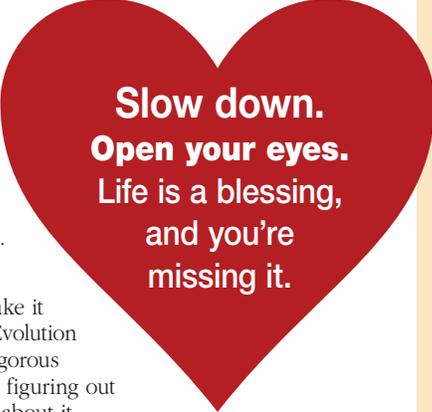
Thursdays, 7:30-9:30pm; Jan 2 - Apr 3  
(no class Jan 23) in Silver Spring

Life in the 21st century is full and fast-paced. As our busyness gets the best of us, we find ourselves feeling scattered, depleted, and ultimately unable to enjoy the life we're working so hard to have. As we hurry and hustle, somewhere deep in our hearts there's a whisper: Slow down. Open your eyes. Life is a blessing, and you're missing it.

Yoga can help us heed this inner wisdom, especially if we take it out of the studio and into our daily living. This New Year's Evolution Project is part weekly yoga class, part book club, and part rigorous self-examination, all designed to help us tackle a big project: figuring out what's keeping us from living what we love, and what to do about it.

In this course, our svadhyaya (self-study) will take its cues from Sarah Susanka's book, *The Not-So-Big Life: Making Room for What Really Matters*. Our weekly class meetings will include asana (Level I/II+), pranayama, meditation, a self-reflection exercise inspired by our book, and restorative yoga. Beyond weekly class, we'll integrate Ayurveda-inspired practices into our daily routines, support one another via a Facebook group, and have the option to attend a weekend Ayurveda immersion with visiting teacher Matthew Remski.

This program will fill; please register early to secure your spot. For more details, see our website.



Slow down.  
Open your eyes.  
Life is a blessing,  
and you're  
missing it.

# awaken your creativity

## Yoga + Artist's Way: a 12-week Journey

w/**Katie Myer**

Mondays, 7:00-9:00pm; Jan 13 - Mar 31 in Takoma Park

*"The more creative you are, the more you contribute to something greater than yourself."* —Douglas Brooks

Artists, non-artists, singers, lawyers, nurses, teachers, accountants—regardless of your vocation, each of us has an innate creative force. It can be easy to let creative pursuits fade, focusing instead on other talents, careers, or family. But your creative spark lies latent within, awaiting a chance to express itself. This 12-week exploration will help you identify ways to care for your inner artist and channel your creative energy.

We will work through *The Artist's Way* by Julia Cameron, "a course in discovering and recovering your creative self." Your weekly artistic recovery commitment includes:

- ▶ Reading and associated homework/play/exploration (under an hour)
- ▶ 10 minutes of daily stream-of-consciousness writing (just for you, not to be turned in)
- ▶ a weekly "Artist Date," a block of time set aside to nurture your inner artist.

Each class will include discussion, journaling, and an asana practice inspired by that week's reading. We will also meet virtually via a Facebook discussion group to support one another in our creative recovery.

If you yearn for a more creative life, come evolve with us. We will use our yoga tools and Ms. Cameron's book to explore together what it means to be creative and how best to live as authentic, creative beings in today's world. Everybody welcome.

save the date

## Warriors at Ease Training

June 19-22

Warriors at Ease brings the healing power of yoga and meditation to military communities around the world, especially those affected by combating stress, PTSD, and trauma. We do this by training and deploying certified mind-body professionals to settings where they can enhance the health and well-being of servicemembers, veterans, families, and healthcare staff.

This specialized course focuses on: (1) understanding how to work in a military culture; (2) how to integrate yoga into healthcare settings; and (3) understanding and addressing combat-related conditions with yoga and meditation safely and effectively. The Part 2B training held at WSYC has a prerequisite of Part 1 and 2a (both are webinars).

Visit [www.warriorsatease.com](http://www.warriorsatease.com)

for more info or write to [reg@warriorsatease.com](mailto:reg@warriorsatease.com).



Explore your inner  
artist and channel  
your creative energy.



# 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.willowstreeyoga.com](http://www.willowstreeyoga.com) and see Class Descriptions.

## our six-week specials

Our six-week specials are a great way for students to learn more about a specialized subject matter with progressive instruction in a special topic. Each special meets for six successive weeks; missed sessions may be made up in a regular weekly class appropriate to your level. Some specials will restrict drop-ins, make-ups and late registrations.

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

Visit [www.willowstreeyoga.com](http://www.willowstreeyoga.com) and see Six-week Specials for full descriptions.

### Pilates Six-week Specials

#### Pilates for Very Beginners

w/**Jessica Sloane** ▶ Silver Spring  
Thursdays, Jan 16-Feb 20 • 7:30-8:30am

w/**Liz Fujii** ▶ Silver Spring  
Saturdays, Mar 1-Apr 5 • 10:15-11:15am

w/**Jessica Sloane** ▶ Silver Spring  
Mondays, Apr 7-May 12 • 7:15-8:15pm

Progressively learn the basic Pilates sequence using breath, rhythm, flow and the power of the core to prepare to move seamlessly into our Pilates I class.

#### Jump in to Pilates I

w/**Cecilia Mosca** ▶ Takoma Park  
Tuesdays, Jan 14-Feb 18, Feb 25-Apr 1,  
& Apr 8-May 13 • 9:30-10:30am

w/**Jessica Sloane** ▶ Silver Spring  
Feb 27-Apr 3 & Apr 10-May 15 • 7:30-8:30am

For students with a little Pilates experience, ready to jump right into the exercises, review alignment, renew power-house strength, and get back into practice.

#### Pilates Refresher

w/**Roberta Stiehm** ▶ Silver Spring  
Mondays, Jan 13-Feb 17 • 7:15-8:15pm

Six weeks of carefully-paced Pilates for students with Pilates experience (past regular practice at WSY or elsewhere) ready to get back on the Pilates wagon

#### Pilates with Props

w/**Roberta & Jessica** ▶ Silver Spring  
Mondays, Feb 24-Mar 31 • 7:15-8:15pm

Pilates students Level I/II+: come explore the magical world of Pilates props!

Six-week special descriptions continue on p. 6-7

# class schedule

## silver spring ▶ week days

### Monday

9:45am-10:30am	Seeds! (crawlers-2)	Ylla	2	●	●	●
10:30am-12:00pm	Yoga II	Maria	1	●	●	●
10:45am-11:30am	Sprouts! (2-4 yrs)	Ylla	2	●	●	●
6:00pm-7:00pm	Pilates II	Roberta	2	▲	▲	▲
6:15pm-7:45pm	Yoga I	Suzie	1	●	●	●
7:15pm-8:15pm	Pilates Refresher	Roberta	2	▲	▲	▲
7:15pm-8:15pm	Pilates with Props	Roberta	2	●	●	●
7:15pm-8:15pm	Pilates for Very Beginners	Jessica	2	●	●	●
7:30pm-8:30pm	Pilates I	Liz	3	▲	▲	▲
8:15pm-9:30pm	Learning to Fly! Arm Balances	Shereen	1	▲	▲	▲
8:15pm-9:15pm	Fun with One Leg on the Earth	Sheree	1	●	●	●
8:15pm-9:15pm	Open your Heart and Upper Back	Sheree	1	▲	▲	▲

### Tuesday

7:30am-8:30am	Yoga II	Sheree	1	▲	▲	▲
8:00am-9:00am	Pilates II	Roberta	2	●	●	●
10:15am-11:45am	Yoga I	Kelly	1	●	●	●
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	Postnatal Yoga	Daisy	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	Katie	1	●	●	●
6:15pm-7:30pm	Peak Performance for Athletes	Phillip	2	▲	▲	▲
6:15pm-7:45pm	Yoga II/III	Kelly	3	●	●	●
7:30pm-9:00pm	Yoga I	Katie	1	▲	▲	▲
7:45pm-9:15pm	Yoga I/II	Daisy	2	●	●	●
8:00pm-9:15pm	Pranayama and Pratyahara	Kelly	3	▲	▲	▲
8:00pm-9:15pm	Meditation for Stress Relief	Kelly	3	●	●	●

### Thursday

7:30am-8:30am	Pilates for Very Beginners	Jessica	2	▲	▲	▲
7:30am-8:30am	Yoga Basics for Beginners	Sheree	1	▲	▲	▲
7:30am-8:30am	Yoga I/II	Phillip	3	●	●	●
7:30am-8:30am	Jump In to Pilates I	Jessica	2	●	●	●
7:30am-8:30am	Jump In to Yoga I	Shereen	1	▲	▲	▲
9:00am-10:00am	Aligned Vinyasa	Phillip	2	▲	▲	▲
10:00am-11:30am	Yoga I/II	Sheree	1	●	●	●
6:00pm-7:15pm	Strong and Centered	Lizzie	1	●	●	●
6:00pm-7:15pm	Yoga for Special Conditions/Injuries*	Jenny	2	▲	▲	▲
6:30pm-7:45pm	Yoga Basics for Beginners	Lizzie	1	●	●	●
7:30pm-9:00pm	Body Balance Yoga II	Jenny	2	▲	▲	▲
7:30pm-8:30pm	Pilates I/II	Cecilia	3	▲	▲	▲
8:00pm-9:30pm	Postnatal Yoga	Natalie	1	▲	▲	▲

### Friday

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

### Saturday

8:30am-10:00am	Yoga I/II	Maria	1	●	●	●
10:15am-11:45am	Yoga I	Maria	1	●	●	●
10:15am-11:15am	Pilates for Very Beginners	Liz	3	●	●	●
11:30am-1:00pm	Pregnancy Yoga	Daisy	2	▲	▲	▲

### Sunday

8:30am-10:00am	Yoga II	Natalie	2	▲	▲	▲
9:30am-11:00am	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.

8561 Fenton Street, Silver Spring, MD 20910  
 silver spring schedule  
 kids' specials:  
 round three:  
 round two:  
 six-week specials\ round one:  
 new class  
 new time  
 new teacher/time

## takoma park ▶ week **days**

### Monday

11:30am-12:30pm	Pilates II/III	Roberta	1A	
12:00pm-1:30pm	Yoga I/II	Paula	2	<b>new teacher/time</b>
12:45pm-1:45pm	Pilates I/II	Roberta	1A	
4:30pm-6:00pm	Yoga II	Maria	2	
6:00pm-7:15pm	Neck and Shoulders	Joe	1A	▲
6:00pm-7:15pm	Yoga for a Healthy Back	Joe	1A	●
6:15pm-7:45pm	Yoga I/II	Rick	2	<b>new teacher</b>
7:30pm-9:00pm	Yoga I	Joe	1A	<b>new teacher/time</b>
8:00pm-9:30pm	Yoga II	Rick	2	

### Tuesday

9:30am-10:30am	Jump in to Pilates I	Cecilia	2	▲
9:45am-11:15am	Yoga I	Sheree	1A	●
10:00am-11:30am	Healing and Rejuvenation	Philip	1B	●
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-9:15pm	Better Posture for 2014!	Kim	1A	▲
8:00pm-9:00pm	Pilates I/II	Jessica	2	
8:00pm-9:15pm	Shakti of Spring	Kim	1A	●
8:00pm-9:00pm	TransCOREmation	Suzie	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 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	
6:15pm-7:45pm	Ayurveda for Transitioning from Spring to Summer	Belinda	1B	■
6:30pm-7:45pm	Yoga Basics for Beginners	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	1	

### 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 K	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

6:30am-7:45am	Yoga I	Francesca	2	<b>new class</b>
7:15am-8:30am	Yoga II	Anna B	1A	
9:45am-10:30am	Seeds! (crawlers-2)	Rebecca	2	▲
10:00am-11:15am	Aligned Vinyasa	Natalie	1A	●
10:45am-11:30am	Sprouts! (2-4 yrs)	Rebecca	2	●
12:00pm-1:30pm	Aligned Vinyasa: Advanced	Francesca	1A	<b>new class</b>
5:15pm-6:15pm	Friday Flow and Let Go: Vinyasa + Restoratives	Elizabeth	2	●
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	
1:00pm-2:00pm	Yoga Nidra: Deep Rest	Melissa	1A	●

### Sunday

8:30am-10:00am	New Year Resolutions	Philip	1B	▲
8:30am-10:00am	The Witness Within	Philip	1B	●
9:30am-11:00am	Yoga I/II	Katie	1A	
9:30am-11:00am	Yoga II	Maria	2	
10:00am-11:30am	Yoga to Bolster Body Confidence	Paula	1B	■
10:15am-11:30am	Meditation Fundamentals	Philip	1B	▲
10:15am-11:30am	Meditation: Getting Started	Philip	1B	▲
11:15am-12:45pm	Yoga for a Healthy Back	Katie	1A	▲
11:15am-12:45pm	Beyond Crunches: Core	Katie	1A	●
11:15am-12:45pm	Yoga Basics for Beginners	Katie	1A	■
12:00pm-12:45pm	Little Families	Rebecca/Ylla	2	▲
1:00pm-2:00pm	Aligned Vinyasa	Natalie	2	
1:00pm-2:00pm	Trees! (4-7 yrs)	Amy W/Ylla	1A	
1:00pm-2:00pm	Tweens Yoga (8-12 yrs)	Rebecca	1B	<b>new class</b>
2:30pm-3:30pm	Itsy-Bitsy Baby	Rebecca	1A	●
4:00pm-5:30pm	Pregnancy Yoga	Michelle	1A	
4:00pm-5:30pm	Yoga I/II	Michael	1B	<b>new class</b>
7:00pm-8:30pm	Vipassana Meditation	imcv.org	1A	

## important class registration dates

- Wed, Dec 11** Winter/Spring Registration opens
- Mon, Jan 6** Preview Week begins
- Mon, Jan 13** First day of Winter/Spring Session
- Mon, Jan 13** First day of Round 1 Six-week specials
- Sun, Feb 9** Last day for refunds
- Sun, Feb 23** Last day for discounts
- Mon, Feb 24** First day of Round 2 Six-week specials
- Sun, Mar 16** Last day for transfers
- Mon, Apr 7** First day of Round 3 Six-week specials
- Sun, May 18** 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)

# yogaSix-weekspecials

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

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

## ▲ Winter/Spring Six-week Specials: Round One: Jan 13-Feb 23

### Therapeutic Yoga for Neck and Shoulders

w/**Joe Miller** ► Takoma Park

**Mondays, Jan 13-Feb 17 • 6:00-7:15pm**

Recognize the imbalances that are leading you to chronic neck and shoulder pain, and learn simple alignment tools to find and maintain a more pain-free paradigm. All levels.

### Learning to Fly! Fun with Arm Balances

w/**Sheree Mullen** ► Silver Spring

**Mondays, Jan 13-Feb 17 • 8:15-9:30pm**

If you love those crazy arm balances join Sheree to play with them, step-by-step, for six straight weeks. Strong Level I/II+; no wrist or shoulder injuries.

### Better Posture for 2014!

w/**Kim Weeks** ► Takoma Park

**Tuesdays, Jan 14-Feb 18 • 8:00-9:15pm**

Stand taller, digest better, sleep soundly. Establish good habits that will live with you all year long! Join Kim to examine and improve your postural patterns through yoga, core balancing, aspects of Alexander Technique, and attention to the breath. Level I/II+.

### Postnatal Yoga

w/**Daisy Whittemore** ► Silver Spring

**Tuesdays, Jan 14-Feb 18 • 8:00-9:30pm**

For mamas 4 weeks to 2 years post-partum, this course offers yogic practices that restore strength and serenity to hardworking bodies and spirits. We'll focus on opening up

shoulders and upper back, strengthening core muscles, releasing tight hips, and building community. Everybody welcome.

### Peak Performance: Yoga and Meditation for Athletes

w/**Philip Bender** ► Silver Spring

**Wednesdays, Jan 15-Feb 19 • 6:15-7:30pm**

Strengthen body as well as the greatest performance-enhancer of all: your mind. Tap into profound reserves of power and stamina through postures that challenge, cleanse and open the body, breath work that purifies the mind, and meditation that boosts your focus. Strong Level I/II+.

### Yoga Basics for Beginners

w/**Elizabeth Kanter** ► Takoma Park

**Wednesdays, Jan 15-Feb 19 • 6:30-7:45pm**

w/**Sheree Mullen** ► Silver Spring

**Thursdays, Jan 16-Feb 20 • 7:30-8:30am**

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

### Pranayama and Pratyahara to Deepen Your Practice

w/**Kelly Fisher** ► Silver Spring

**Wednesdays, Jan 15-Feb 19 • 8:00-9:15pm**

Explore how pranayama (breath-work) and pratyahara (meditative withdrawal from

sensory experience) can help you go deeper in your yoga practice. Including light asana practice to warm up the body for meditation, this class is ideal for anyone wishing to begin or to deepen their meditation practice.

### New Year Resolutions the Yogic Way: Sankalpa Shakti

w/**Philip Bender** ► Takoma Park

**Sundays, Jan 19-Feb 23 • 8:30-10:00am**

Resolutions are easy to make and even easier to break. This year, clarify your intention and support it with yogic practices that preserve, build, and direct prana. Class includes asana (Level I/II), meditation, and yoga nidra.

### Meditation: Getting Started and Sticking with It

w/**Philip Bender** ► Takoma Park

**Sundays, Jan 19-Feb 23 • 10:15-11:30am**

Discover keys to making meditation a new habit, and learn to craft a routine appropriate to your individual needs and time constraints. Class includes light asana, breath work, and of course, plenty of meditation practice. All levels.

### Yoga for a Healthy Back

w/**Katie Myer** ► Takoma Park

**Sundays, Jan 19-Feb 23 • 11:15am-12:45pm**

Learn how gentle yoga can alleviate the pain associated with chronic back pain and injuries. This therapeutic class focuses on balancing strength and flexibility in the low and upper back, and neck. Practice is slow, gentle and suited for all levels – beginners welcome!

## ● Winter/Spring Six-week Specials: Round Two: Feb 24-Apr 6

### Yoga for a Healthy Back

w/**Joe Miller** ► Takoma Park

**Mondays, Feb 24-Mar 31 • 6:00-7:15pm**

Learn how gentle yoga can alleviate the pain associated with chronic back pain and injuries. This therapeutic class focuses on balancing strength and flexibility in the low and upper back, and neck. Practice is slow, gentle and suited for all levels – beginners welcome!

### Fun with One Leg on the Earth

w/**Sheree Mullen** ► Silver Spring

**Mondays, Feb 24-Mar 31 • 8:15-9:15pm**

Work your core, strengthen your feet and legs, improve your balance, cultivate playfulness and humility with a variety of balancing poses. We will attend to our eyes, ears, feet and other body areas that impact our ability to balance. At least two sessions of level I.

### Asana and Meditation for Profound Healing & Rejuvenation

w/**Philip Bender** ► Takoma Park

**Tuesdays, Feb 25-Apr 1 • 10:00-11:30am**

The modern world makes great demands of our time and energy, so much so we often feel run-down and depleted. Join Phil for asana, breath work, and guided savasana to build up your energy reserves, and learn a meditation to revitalize the body, mind and spirit. All levels.

### Strong and Centered: Core-focused Practice for Experienced Yogis

w/**Lizzie** ► Silver Spring

**w/Thursday, Feb 7-Apr 3 • 6:00-7:15pm**

Yogis Level II and up: join Lizzie for practice that will strengthen both your physical

core and your mental discipline. Class will combine slow, precise vinyasa and dynamic balance work with unwavering attention to maintaining core engagement. No major injuries, please.

### Embrace the Shakti of Spring

w/**Kim Weeks** ► Takoma Park

**Tuesdays, Feb 25-Apr 1 • 8:00-9:15pm**

Embrace the shakti of Spring, and turn winter blues into an opportunity for strong growth. We'll begin this series with floor work, hip openers and breath work that honors the quiet, regenerative power of winter's end; then, we'll pull ourselves into the light of Spring with strength and grace. Level I/II and up.

# just \$99

Kids specials: see inside cover  
Pilates specials: see p. 4

## Meditation for Stress Relief

w/**Kelly Fisher** ▶ Silver Spring

Wednesdays, Feb 26-Apr 2 • 8:00-9:15pm

Meditation practice creates space for your thoughts to settle so that you may access the underlying steadiness and ease of the Self. We begin with brief, light asana to shake off the busy-ness of the day, and then practice breath work, guided, and silent meditation. All levels.

## Yoga Basics for Beginners

w/**Sheree Mullen** ▶ Silver Spring

Thursdays, Feb 27-Apr 3 • 7:30-8:30am

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

## Friday Flow and Let Go: Vinyasa + Restoratives

w/**Elizabeth Kanter** ▶ Takoma Park

Fridays, Feb 28-Apr 4 • 5:15-6:15pm

End your week with a yogic happy hour! Join Elizabeth for a balanced practice of mellow

vinyasa and restorative yoga to clear out and release the week's stresses. Level I/II+.

## Yoga Nidra: Deep Rest for Stressful Times

w/**Melissa Lindon** ▶ Takoma Park

Saturdays, Mar 1-Apr 5 • 1:00-2:00pm

Give yourself the gift of yoga's solution for burnout, fatigue, and the daily stress of 21st century living. This powerful meditative practice supports the body's ability to heal, and is perfect for anyone who wants to recharge at a deep level. No experience required.

## Asana & Meditation to Clear the Way for the Witness Within

w/**Philip Bender** ▶ Takoma Park

Sundays, Mar 2-Apr 6 • 8:30-10:00am

In meditation the mind is often seen as an obstacle to practice: we could go deeper if only those pesky thoughts would quiet down! Taking stock of what comes up in meditation can be a way of deepening practice and a source of great insight. Join Philip for gentle asana, meditation, and contemplation to help us gain perspective on the thoughts that arise in meditation. All levels; no drop-ins after the first week.

## Meditation Fundamentals

w/**Philip Bender** ▶ Takoma Park

Sundays, Mar 2-Apr 6 • 10:15-11:30am

You've heard of the many benefits of meditation; in this class, you'll learn the basics of meditation practice, as well as how to craft a routine appropriate to your individual needs and time constraints. Class includes light asana, breath work, and meditation practice. All levels.

## Beyond Crunches: Yoga for Core Strength

w/**Katie Myer** ▶ Takoma Park

Sundays, Mar 2-Apr 6 • 11:15am-12:45pm

Your core muscles are critical to your posture, breathing, movement, and attitude, in your yoga class and in daily life. Learn about the muscles comprising "the core"; strengthen your abdominals in new, creative ways; build support for your low back; and make more space for your breath. At least 6 months of yoga experience.

## Winter/Spring Six-week Specials: Round Three: Apr 7-May 18

## Open Your Heart and Strengthen Your Upper Back

w/**Sheree Mullen** ▶ Silver Spring

Mondays, Apr 7-May 12 • 8:15-9:15pm

Begin your week by cultivating great posture! We will counteract the hunch that our daily activities encourage by building strength in the back, balancing with space and flexibility in the chest, shoulders and side body. At least one session of Level I.

## TransCOREmation with a little MORE!

w/**Suzie Hurley** ▶ Takoma Park

Tuesdays, Apr 8-May 13 • 8:00-9:00pm

We all want a strong core, and especially the feeling of empowerment it brings into our everyday lives. Join Suzie to experience creative and fun ways to strengthen your core, discover how core work makes beginning inversions easier, and enjoy some good giggles in the process. All levels.

## Ayurvedic Rituals for Transitioning from Spring to Summer

w/**Belinda Baer** ▶ Takoma Park

Wednesdays, Apr 9-May 14 • 6:15-7:45pm

Do you ever struggle with the transition between seasons? Ayurveda, yoga's "sister science," offers rituals that ease the challeng-

ing shift from Spring to Summer. Through discussion and practice, we'll learn daily routines, self care, asana, chanting, and breathwork to deepen our practice of yoga in life. Everyone welcome.

## Jump in to Yoga I

w/**Sheree Mullen** ▶ Silver Spring

Thursdays, Apr 10-May 15 • 7:30-8:30am

Whether your yoga experience comes from the gym, your Wii, or many years ago, join Sheree to improve your basic poses and bolster your understanding of yoga. Review fundamentals of alignment, tackle new challenges, and develop strength and flexibility. For adventurous beginners and students with previous experience.

## Yoga Basics for Beginners

w/**Lizzie Hubbard** ▶ Silver Spring

Thursdays, Apr 10-May 15 • 6:30-7:45pm

w/**Katie Myer** ▶ Takoma Park

Sundays, Apr 13-May 18 • 11:15am-12:45pm

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

## Postnatal Yoga

w/**Natalie Miller** ▶ Silver Spring

Thursdays, Apr 10-May 15 • 8:00-9:30pm

For mamas 4 weeks to 2 years post-partum, this course offers yogic practices that restore strength and serenity to hardworking bodies and spirits. We'll focus on opening up shoulders and upper back, strengthening core muscles, releasing tight hips, and building community. Everybody welcome.

## Friday Flow and Let Go: Vinyasa + Restoratives

w/**Elizabeth Kanter** ▶ Takoma Park

Fridays, Apr 11-May 16 • 5:15-6:15pm

End your week with a yogic happy hour! Join Elizabeth for a balanced practice of mellow vinyasa and restorative yoga to clear out and release the week's stresses. Level I/II+.

## Yoga to Bolster Body Confidence

w/**Paula Atkinson** ▶ Takoma Park

Sundays, Apr 13-May 18 • 10:00-11:30am

Yoga is such a positive tool for shifting our awareness about our bodies. Join Paula for gentle and meditative yoga, guided imagery, and (optional) sharing to love the skin you're in. Everyone welcome.

# winter/spring **workshops**

## takoma park

Sat, Jan 25	<b>Fascial Release for Easeful Movement</b> w/Katie Myer	1:00-3:30pm	\$40
Sat, Jan 25	<b>Inspired Intention: Create and Empower Your Heart's Desire</b> w/Melissa Lindon	1:30-3:30pm	\$30
Sat, Jan 25	<b>Befriend Gravity: Handstand and Forearm Balance</b> w/Anna Karkovska McGlew	2:00-5:00pm	\$40
Sun, Jan 26, Feb 23, Mar 30, Apr 27	<b>Restorative Yoga Sundays</b> w/Tara Lemerise	5:30-7:30pm	\$30 each (or \$95 for all four)
Sat, Feb 8	<b>The Hip Journey to Satchidananda: All-Levels Hip Openers and Restoratives</b> w/Tara Lemerise	1:00-3:00pm	\$30
Sat, Feb 8	<b>Labor with Love: Using Yoga, Positioning and Partner Support to Enhance Your Birth</b> w/Michelle Cohen	2:00-5:00pm	\$95/couple
Sat, Feb 22	<b>Be Well: Yoga to Boost Immunity and Reduce Stress</b> w/Elizabeth Kanter	1:00-3:00pm	\$30
Sat, Feb 22	<b>Allow Your Core to Happen: Unlocking Optimal Engagement</b> w/Anna Karkovska McGlew	1:00-4:00pm	\$40
Sat, March 22	<b>Master "The Vinyasa:" How to Make Plank-Chaturanga-Cobra Work for You</b> w/Tara Lemerise	1:00-3:00pm	\$30
Sat, March 22	<b>Yoga for Cyclists</b> w/Elizabeth Kanter	1:30-4:00pm	\$40

## silver spring

Sun, Jan 26 and Sun, Feb 16	<b>Power Up Your Pilates with the Triad Ball</b> w/Roberta Stiehm	12:00-1:15pm	\$25 (or \$45 for both)
Jan 31-Feb 2	<b>May I Be Happy: A Yoga and Meditation Weekend</b> w/Cyndi Lee		Full weekend: \$180 (save \$30)
	▶ Fri, Jan 31: <b>Embodying Maitri Bhavana</b>	7:00-9:00pm	\$45
	▶ Sat, Feb 1: <b>Play &amp; Alignment = Happy &amp; Healthy</b>	11:30am-2:00pm	\$55
	▶ Sat, Feb 1: <b>May I Be Safe</b>	4:00-6:30pm	\$55
	▶ Sat, Feb 1: <b>May I Be Happy Book Signing</b>	6:30-7:30pm	free
	▶ Sun, Feb 2: <b>May I Live with Ease</b>	9:00-11:30am	\$55
Sat, Feb 8	<b>Mind-Body Skills for Anxiety and Stress</b> w/Robin Carnes	12:30-4:00pm	\$45
March 7-9	<b>Ayurveda for Yoga Practice: A Weekend</b> w/Matthew Remski		Friday night-Sunday: \$135 (save \$25)
	▶ Fri, March 7: <b>Constitutional assessment 101: Who's in your class?</b>	10:00am-1:00pm	\$40
	▶ Fri, March 7: <b>Intro to Ayurvedic Worldview and Practice</b>	6:00-9:00pm	\$40
	▶ Sat, March 8: <b>Foundational Ideas: Daily Routine</b>	11:00am-2:00pm	\$40
	▶ Sat, March 8: <b>Foundational Ideas: Digestive Ease</b>	4:00-7:00pm	\$40
	▶ Sun, March 9: <b>Seeing/Practicing Asana through the Lens of Ayurveda</b>	10:00am-1:00pm	\$40
	▶ Sun, March 9: <b>Open Community Talk: Yoga on the Threshold of Social Activism</b>	2:30-4:30pm	free
Fri, March 21	<b>Yoga &amp; Jazz</b> w/Katie Myer and the Nicole Saphos Trio	7:00-9:30pm	\$45
March 28-30	<b>Body-Mind over Mood: Empowering Self-Regulation with LifeForce Yoga</b> w/Amy Weintraub		
	▶ Fri, Mar 28: <b>Setting the Safe &amp; Sacred Container</b>	7:00-9:00pm	Full weekend: \$325 (\$290 early bird; register by Feb 14) Friday night plus Saturday: \$225 Friday night plus Sunday: \$225 CEU certificate: \$20
	▶ Sat, Mar 29: <b>Meeting the Tamasic State – Depression, Low Energy – with LifeForce Yoga</b>	10:30am-5:30pm	
	▶ Sun, Mar 30: <b>Meeting the Rajasic State – Anxiety, PTSD – with LifeForce Yoga</b>	10:30am-5:30pm	
Sat, April 12	<b>Labor with Love: Using Yoga, Positioning and Partner Support to Enhance Your Birth</b> w/Michelle Cohen	2:00-5:00pm	\$95/couple
May 2-4	<b>The Ethics of the Physical Body: Approach Anatomy Differently</b> w/Maria Cristina Jimenez		Full weekend: \$135 (save \$25)
	▶ Fri, May 2: <b>Integral Anatomy: Layers of the Body</b>	6:30-9:00pm	\$40
	▶ Sat, May 3: <b>Self-Expression Through the Appendicular Skeleton: Upper Body</b>	12:30-3:00pm	\$40
	▶ Sat, May 3: <b>Self-Expression Through the Appendicular Skeleton: Lower Body</b>	4:30-7:00pm	\$40
	▶ Sun, May 4: <b>Finding Our Essence in the Axial Skeleton</b>	10:30am-1:00pm	\$40

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.

## May I Be Happy: A Yoga and Meditation Weekend

w/Cyndi Lee

Jan 31-Feb 2 ■ Silver Spring

Happiness is our birthright; yet, amazingly, many of us aren't sure what it feels like, how to recognize it, or most importantly, that we even deserve to be happy. Just as no one else can do your yoga for you or meditate for you, no one else can make you happy either. Taking responsibility for our own happiness is how we get familiar with compassion and understanding, in turn helping us to be better friends, parents, children, worldly people.

Using the maitri (lovingkindness) meditation as our guide, Cyndi will offer a weekend of dharma talks, guided meditations, discussions and journaling, reminding us we already have everything we need to experience happiness, health, a sense of safety and ease every single day of our lives.

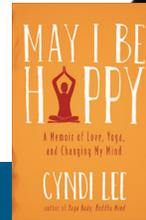
Friday night ■ **Embodying Maitri Bhavana:** asana and restoratives for all levels

Saturday morning ■ **Play & Alignment = Happy & Healthy:** sweaty vinyasa for level I/II+

Saturday afternoon ■ **May I Be Safe:** vinyasa, arm balances, and meditation for level I/II+

Sunday morning ■ **May I Live with Ease:** pranayama and balanced, deep asana for level I/II+

*For more details and to register, visit our website.*



### May I Be Happy Book Events w/Cyndi

Sat, 2/1, 6:30pm at Willow Street, Silver Spring • Sun, 2/2, 1:00pm at Politics & Prose Bookstore



## Ayurveda for Yoga Practice: A Weekend

w/Matthew Remski

March 7-9 ■ Silver Spring

Become more fluent with the language and practice of yoga's naturopathy, Ayurveda, both for use as a support for personal yoga practice, and also to infuse teaching skills with constitutional understanding that serves individual needs and circumstances.

Join Matthew Remski for sessions that include presentation, discussion, and a little therapeutic or restorative yoga, as the need arises. Everyone welcome.

Matthew will also lead an open, free-of-charge community forum on Sunday afternoon: Yoga on the Threshold of Social Activism looks at how yoga has progressed from a solitary transcendent practice to a culture of shared evolution.

Friday night ■ **Intro to Ayurvedic Worldview and Practice**

Saturday morning ■ **Foundational Ideas: Daily Routine**

Saturday afternoon ■ **Foundational Ideas: Digestive Ease**

Sunday morning ■ **Seeing/Practicing Asana through the Lens of Ayurveda**

*For more details and to register, visit our website.*

### Special offering for yoga teachers:

#### Constitutional Assessment 101: Who's in your Class?

*Join Matthew to learn how to understand your students constitutionally, and to gear your classes toward serving their unique and seasonal needs. Friday morning, 10am-1pm.*



## Body-Mind over Mood: Empowering Self-Regulation with LifeForce Yoga

w/**Amy Weintraub**

March 28-30 ■ Silver Spring

LifeForce Yoga will help you release what's no longer serving you—without a story attached! Amy Weintraub, MFA, ERYT-500 and author of *Yoga for Depression and Yoga Skills for Therapists*, will present evidence-based aspects of yoga effective for managing anxiety and depression. These timeless yoga techniques are appropriate for home practice, yoga classes, yoga therapy and clinical mental health and medical settings. (CEUs are available for mental health professionals!)

Each day will include accessible postures, pranayama (guided breathing), the therapeutic use of mantra, mudra, and bhavana (imagery), as well as meditation and guided relaxation. Along with didactic components and practice, the format will include emotional process from a yoga perspective in dyads and small groups.

Full weekend registration recommended; Friday plus Saturday OR Friday plus Sunday is also available.

Friday night ■ **Setting the Safe & Sacred Container**

Saturday ■ **Meeting the Tamasic State - Depression, Low Energy - with LifeForce Yoga**

Sunday ■ **Meeting the Rajasic State - Anxiety, PTSD - with LifeForce Yoga**

*For more details and to register, visit our website..*



## The Ethics of the Physical Body: Approach Anatomy Differently

w/**Maria Cristina Jimenez**

May 2-4 ■ Silver Spring

Maria Cristina uses her extensive background in yoga teaching, latest training in Structural Integration, and poetic sensibilities to offer students a whole new way of understanding and experiencing anatomy. Learn about the structure of the skeleton, and how it relates to being and becoming. See the layers of the body as they relate to society and desire. Look at the structure of the cell and let it inspire you toward

self- and universal love. See fascia and its nature of connection and differentiation as an invitation to live life in this world while also taking care of yourself.

Each session includes presentation, discussion, experiential exercises/asanas, and plenty of restorative time to let the new knowledge sink in deeply. Everybody welcome.

Friday night ■ **Integral Anatomy: Layers of the Body**

Saturday afternoon ■ **Self-Expression through the Appendicular Skeleton: Upper Body**

Saturday evening ■ **Self-Expression through the Appendicular Skeleton: Lower Body**

Sunday morning ■ **Finding Our Essence in the Axial Skeleton**

*For more details and to register, visit our website..*

## Registration opens December 11, 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*	\$324	\$576	\$792
	(\$18 per class, 2nd class: \$14 each, 3rd class: \$12 each)		
1.25 & 1.5 hour class*	\$306	\$558	\$774
	(\$17 per class, 2nd class: \$14 each, 3rd class: \$12 each)		
1 hour class*	\$270	\$486	\$702
	(\$15 per class, 2nd class: \$12 each, 3rd class: \$12 each)		
Trees, Tweens, Teens	\$216	\$432	\$648
	(\$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.

## Six-week Special Registration Costs

Six-week specials are \$99: sorry, registration is not pro-rated or subject to the multi-class rate

## Class 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	\$22	\$18	\$12
1.25 & 1.5 hour class	\$20	\$17	\$12
1 hour class	\$17	\$15	\$12
Trees, Tweens, Teens	\$15	\$15	\$15

Six-week Specials (every column is \$20)

## Payment Plan

Willow Street is pleased to offer a payment plan. Students pay half of tuition at the time of registration and half on February 10, 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 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 Feb 23**). These discounts are redeemable online. Only one discount applies. No discounts are available for six-week specials.

## Transfers

Students may transfer classes through the end of the 9th week of the session (**Mar 16**). 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 (Feb 2, Mar 16, Apr 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. 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 Jan 12)
- ▶ During 1st week = 80% of tuition for remainder of session (ends Jan 19)
- ▶ During 2nd week = 70% of tuition for remainder of session (ends Jan 26)
- ▶ During 3rd week = 60% of tuition for remainder of session (ends Feb 2)
- ▶ During 4th week = 50% of tuition for remainder of session (ends Feb 9)

No class refunds are given after the 4th week (Feb 9). Six-week special refunds are processed through the fourth week of the special according to the above schedule.

**Please note: Refund policies are firm.**

**Please visit [willowstreetyoga.com](http://willowstreetyoga.com) for workshop 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.



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

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begins december 11



**come back to yourself**

all classes \$5 January 6-12