

Steady & Balancing in a Season of Change

BY NATALIE MILLER



Autumn: so lovely! And yet so full of challenging transitions.

In the beginning, we enjoy a back-to-school spirit as we plunge back into business-as-usual. But some days still feel like summer and that can make us wistful and lazy.

As we pass the Equinox, the days are so beautiful . . . but shorter all the time, and with the nights coming sooner sooner sooner, the encroaching darkness can be tough to handle.

All the turning leaves in their golden scarlet ochre beauty join the abundant farmers markets in whispering a message that both thrills and depresses: “Isn’t this glorious?! . . . But it’s all gone in a month, so enjoy it while it lasts.”

Before we know it, the holidays are upon us, the trees are naked, Winter is Coming. Whether we find ourselves spent or satisfied, spun up or settled, depends on how we’ve been meeting all the ups and downs.

Life settles more quickly and profoundly when we prioritize that which gives us strength and calm.

Autumn is dependably all over the place in its offers and effects, opportunities and demands. Here are some ways to stay grounded and steady in this season brimful of change.

Commit First to What Sustains You

We totally understand why you might want to “wait until things settle down” to register for your weekly yoga classes, or to schedule your weekend getaway, or to book the babysitter for oases of time for yourself. But we know this for sure: life settles much more quickly and profoundly when we prioritize that which gives us strength and calm.

Breathe Yourself Steadier

Sama vritti, or equal breathing, is a simple yet profound way to cultivate deep balance. Close your eyes, and with a slow count, bring your breathing into a 1:1 ratio. Once your breath is even in quantity (say, inhale for 4 counts and exhale for 4 counts), try to make it even in qualities, too (same velocity and texture, in and out).

Practice *Savasana*

Our resident restorative yoga expert, Tara Lemerise, recommends *savasana* as her go-to grounding pose. She has these pointers for you:

- Practice in a dark, quiet, warm, still environment. So you won't worry about how long you are practicing, set a timer. Be sure to use a pleasant sound for when it rings.
- Get very comfortable. Lie down on your back, using a blanket under your head to elevate your forehead slightly above your chin. If your lower back is uncomfortable, put a pillow under your knees. Make space between your arms and body so no part of your arm touches your torso. Use extra clothing or blankets to make sure you're warm enough.



- Be patient. The shift from the fight-or-flight side of your nervous system to the all-is-well part takes the average person 12–18 minutes.
- Give your mind a job. For example, count backwards on exhale from 108 to 0; start over if you lose your spot. Or use the “so ham” breathing mantra: hear the sound “so” as you breathe in and “ham” as you breathe out. Focusing on the breath will both help you relax AND keep you from falling asleep. (*Savasana* is not nap time, though you might fall asleep if you're especially stressed or sleep-deprived!)
- Done is better than perfect! Even if you can't get the environment exactly right, or you only have a few minutes, or you have trouble settling down, simply attempting *savasana* on a daily basis has a powerfully grounding effect.

Remember Your Feet

When your head is spinning with plans and worries, giving your feet some loving attention is remarkably grounding and calming. Try these practices:

- Massage your feet. Roll a tennis ball under your arches, press it into the ball of your foot, and circle it around your heel.
- Practice a foot-aware grounding meditation. Stand or sit with your feet on the ground, shoeless if possible. Send your awareness down to your feet, feeling your heel bones, foot soles,

and toe pads settled on the earth. Sense each exhalation travelling all the way down your body, through your feet, and into the ground.

- Oil your feet before bed. This time-honored ayurvedic practice improves your sleep and cares for your foot skin. Right before you go to sleep, simply coat your feet with oil: our favorite is the herb-infused Sleep Easy Oil from Banyan Botanicals (we add a little lavender essential oil, too), but any basic oil (sesame, avocado, jojoba) will do. If you're worried about your sheets getting oily, you can wear socks for 5 or 10 minutes while the oil soaks in.

Make Sure You're Registered to Vote

Seriously, that will make us ALL feel better. The deadline for Voter Registration in Maryland is October 18; in DC, you can register all the way up to Election Day, as long as you have valid proof of residence.

Come Be with Us

Our Fall Session is abundantly full of offerings that can help you keep your spirits buoyant, your lives centered, your bodies strong and open. Look inside, find a class or two, and join us. We're here for you.



Living in Balance with Yoga and Ayurveda

with Maria Hamburger & Penelope Diamanti • Monday nights • 6:15–7:45p • Takoma Park

Learn to recognize what your body, mind, and spirit need to be happy and healthy. Join Maria and Penny to explore Ayurveda's myriad tools for living in balance in this 14-week course.

Restorative Yoga Sundays

with Tara Lemerise • 3 Sundays: Oct 2, Nov 6, Dec 4 • 5:30–7:30p • Takoma Park

Undo, unwind, let go, and experience true rest. Instead of asking your body and mind to do more, this practice soothes your nervous system, quiets your mind, and helps you release deeply held tension. This workshop is a unique circuit of restorative poses where all the necessary blankets, blocks, and bolsters are skillfully arranged before you arrive. Everybody welcome. No yoga experience necessary. Sorry, no drop-ins; advance registration only. In Takoma Park.



Yoga Nidra Sundays

with Joy Kirstin • 4 Sundays: Sept 18, Oct 16, Nov 13, Dec 11 • 5–6:30p • Takoma Park

This profoundly transformative guided meditation is both deeply relaxing and revitalizing—physically, mentally, emotionally. Yoga Nidra's unique ability to gently dissolve layers of internal resistance helps free us to live with greater clarity, purpose, and joy. The 50min guided practice is followed by 20min personal meditation time (journals welcome). Everyone welcome—no previous experience necessary.

Zentangle®

with Jessica Davies, CZT • Sundays • 1–3p • Silver Spring

Zentangle® is an easy-to-learn, fun, and relaxing way to create beautiful images using repetitive patterns. Learn the basic methods of creating seemingly intricate designs, become familiar with the vocabulary and tools of Zentangle®, and finish with art worthy of framing.

Introduction to Zentangle®: Sept 18, Oct 23 / Adventures in Zentangle®: Sept 25, Oct 9, Nov 6, Nov 13, Dec 4



Grow & Find Your Practice Your Center

WILLOW STREET YOGA IMMERSION 2016



Deepen your self-understanding and your yoga practice in our 55-hour Immersion Program this Fall.

Join Maria, Tara, Joe, and Natalie for 5 weekends of study where you'll:

- explore yoga philosophy
- learn key poses and basic sequencing to build personal practice
- expand your yoga with pranayama, meditation, mantra, and ayurvedic self-care
- co-create a community of like hearted people dedicated to living fully

Open to all dedicated students with one year of yoga study in a classroom environment. This is the 55-hour prerequisite for our Teacher Training program, which begins January 2017.

Learn more: willowstreetyoga.com/teachertraining



Introduction to Sanskrit: American Sanskrit Institute Level I

with Ellen Cull • Friday–Sunday, Oct 21–23 • Silver Spring

Sanskrit is the language of yoga. Anyone can resonate with Sanskrit's timeless sounds—and connect to words and ideas incredibly profound.

This weekend workshop will give you intimate familiarity with Sanskrit's sacred sounds. You will become firmly grounded in proper pronunciation, learn the alphabet, and receive the tools you need to explore your favorite sutras and chants. The ASI teaching method makes learning Sanskrit stress-free and fun!



LIVING YOGA

Making Time for What Matters



with Natalie Miller

Monday nights • 7:45-9:15p • Oct 3–Dec 12 (no class Oct 31)

Here's one of the most pernicious, life-squashing misconceptions we have:

"I don't have time."

In this Living Yoga course, join Natalie to get new perspective on why you're feeling so pressed for time. Over 10 weeks, you'll begin to see time itself differently, and learn effective strategies for finding more space in your everyday for the activities and people that make life worth living.

Our evenings include:

- Grounding, balancing yoga practice to clear our heads and open to new perspectives

- Self-reflection exercises to clarify our priorities and see where we get in our own way
- Life coaching to learn new ways to think about time, to maximize efficiency, and to be more present and spacious in every area of our lives
- Weekly reminders and light homework to integrate class insights into real life
- Camaraderie and connection with like-hearted people also creating more fulfilling everyday lives

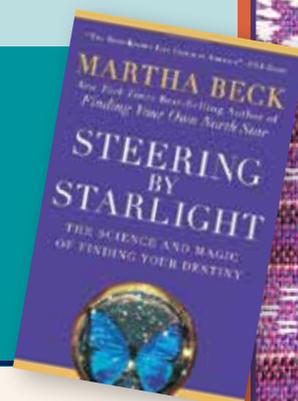
Everyone welcome! Take this approach for a test-drive in a free workshop, Freedom from Shoulds, Mon Sept 19 at 7:45p in Silver Spring.

Living Yoga Intensive: Be the Star of Your Life

with Natalie Miller • Thursdays • 6:30–8:15p • Sept 15–Feb 23 (no class Nov 24 and Dec 22)

Intended for students who have already completed a Living Yoga program, this class is a deep dive into Martha Beck's *Steering by Starlight*, a book about living dharmically.

We'll combine yoga, meditation, self-work, and coaching to practice being our whole selves, stoke our courage to make big changes, honor our dreams, and trust our ability to make them real. For LY alumni only; spaces limited.



Eat Breathe Thrive: Yoga, Food & Body Image Intensive

with Chelsea Roff • Friday–Sunday, Nov 4–6 • Silver Spring

We are thrilled to host this innovative yoga-based program that supports healthy eating and positive body image.

Open to helping professionals and the general public, this in-depth training is for yoga teachers, educators, fitness professionals, mental health practitioners, and anyone interested in the relationship between yoga and body positivity.

You will explore:

- yoga and meditation practices to tap the body's innate intelligence
- 4 simple and applicable principles to support a healthy relationship with food, body and self
- how your unique skills/talents can help individuals recover from food and body image challenges
- how yoga can be a double-edged sword for those with food and body image issues, and how you can support those who may be struggling



Chelsea Roff is an internationally-recognized pioneer of integrative mental health programs to prevent and help individuals fully recover from food and body image issues. Her work has been showcased by Good Morning America, The Today Show and Sanjay Gupta on CNN. See our website for more about Chelsea.

Silver Spring

8561 Fenton Street • 2nd Floor • Silver Spring, MD 20910

MONDAY		
Yoga I/II	10:00–11:15a	Galen
Yoga II	10:30a–12:00p	Maria
Aligned Vinyasa Flow	11:30a–12:45p	Galen
Yoga I/II	5:00–6:15p	Morgan
Yoga I: Accelerated	6:15–7:30p	Natalie
Pilates II	6:30–7:30p	Roberta
Yoga I/II	7:30–8:45p	Stephanie
Barre Basics	7:45–8:45p	Amaris
Living Yoga: Making Time for What Matters 10/3–12/12 (no class 10/31)*	7:45–9:15p	Natalie
TUESDAY		
Yoga II	7:30–8:30a	Sheree
Pilates II	7:45–8:45a	Roberta
Yoga I	10:00–11:15a	Kelly
Yoga II/III	10:30a–12:00p	Rachel
Yoga I/II	11:30a–1:00p	Kelly
Aligned Vinyasa Flow	6:15–7:30p	Francesca
Stretch and Integrate	6:15–7:30p	Helen
Gentle/Yoga I	6:15–7:45p	Rick
2 Yoga for Better Posture: Reduce the Hunch	6:30–7:30p	Sheree
Gentle Pilates	7:45–8:45p	Helen
Pregnancy Yoga	7:45–9:00p	Sarah
Hips + Hamstrings	8:00–9:15p	Galen
WEDNESDAY		
Stretch and Integrate	10:00–11:15a	Helen
Yoga I/II	10:00–11:30a	Maria
1+2 Gentle Yoga for Seniors	12:00–1:15p	Carol
Aligned Vinyasa Flow: Int/Advanced	6:15–7:30p	Daisy
1 Yoga Abs	6:30–7:30p	Tara
2 Get on Up in Handstand	6:30–7:30p	Tara
Pilates I/II	6:30–7:30p	Cecilia
Pilates I	7:45–8:45p	Cecilia
Yoga I	7:45–9:00p	Tara
Yoga I/II	7:45–9:15p	Daisy
THURSDAY		
Mindful Yoga + Meditation	6:15–7:15a	Philip
Yoga I/II	7:30–8:30a	Philip
1+2 Yoga Basics for Beginners	7:30–8:45a	Sheree
Yoga I/II	10:00–11:30a	Sheree
2 Parent Baby Yoga	11:30a–12:30p	Sarah
Yoga for Special Conditions and Injuries*	6:00–7:15p	Jenny
Yoga I/II	6:00–7:15p	Morgan
Pregnancy Yoga	6:15–7:30p	Daisy
Body Balance Yoga II	7:30–9:00p	Jenny
1 Postnatal Yoga	7:45–9:00p	Daisy
2 Late Night Yoga Practice	7:45–9:15p	Daisy
FRIDAY		
Yoga I/II	7:15–8:30a	Stephanie
Gentle/Restorative Yoga	10:00–11:15a	Tuesday
1 Yoga Nidra and Chinese Medicine for Autumn Health	10:30–11:45a	Shira
1+2 Slow Flow & Restore	6:30–7:45p	Emily
1+2 Kettlebells for a Balanced Body	7:00–8:00p	Marvin
SATURDAY		
Yoga CSI: Core Strength Integration	8:30–9:45a	Galen
Yoga I/II	8:30–10:00a	Maria
Mindful Yoga + Meditation	9:00–10:15a	Dawna
1 Handstand: Beyond Kicking Up!	10:00–11:15a	Galen
2 Strong & Healthy Shoulders	10:00–11:15a	Galen
Yoga I	10:15–11:45a	Maria
Body Postive: Strength Training plus Yoga	10:30–11:45a	Natalie
SUNDAY		
Yoga II	8:30–10:30a	Natalie
Yoga I	9:30–11:00a	Galen
Yoga I/II	10:45a–12:15p	Natalie
Yoga for Stiff Bodies	11:15a–12:30p	Galen

New to Yoga, Pilates, or Willow Street?

Talk to us! We love to help you choose a class.
301-270-8038 • yoga@willowstreetyoga.com

- **Yes, you can drop in!**
(Most classes welcome drop-ins, space permitting. Arrive early and check in at the front desk)
- **Yes, you can register anytime!**
(We pro-rate the fees)
- **Yes, you can make up missed classes!**
(Do your make-ups before OR after your absence, in any class appropriate for your level, in either location)

Takoma Park

6930 Carroll Ave • Suite 100 • Takoma Park, MD 20912

MONDAY		
Seeds! Yoga for Crawlers to 2-year-olds	9:45–10:30a	Ylla
Sprouts! Yoga for 2- to 4-year-olds	10:45–11:30a	Ylla
Pilates II/III	11:30a–12:30p	Roberta
1+2 Itsy Bitsy Baby	12:00–1:00p	Rebecca
Gentle Pilates	12:45–1:45p	Roberta
Yoga II	4:30–6:00p	Maria
1+2 Gentle Yoga for Seniors	4:45–6:00p	Carol
Yoga for a Healthy Back	6:15–7:15p	Joe
Yoga I/II	6:15–7:45p	Rick
Living in Balance w/Yoga and Ayurveda*	6:15–7:45p	Maria & Penny
Yoga I	7:30–9:00p	Joe
Pilates I	8:00–9:00p	Jessica
Yoga II	8:00–9:30p	Rick
TUESDAY		
Yoga I	9:45–11:15a	Sheree
Mindful Yoga + Meditation	10:00–11:30a	Philip
2 Fascial Release + Movement Therapy	11:30a–12:45p	Tricia
Aligned Vinyasa Flow	4:30–5:30p	Rick
Barre Basics	4:30–5:30p	Roberta
Trees! (4–7 yrs)	4:30–5:30p	Ylla
Yoga I/II	6:15–7:45p	Suzie
Yoga II/III	6:15–7:45p	Maria
Pilates II	6:45–7:45p	Jessica
Pilates I/II	8:00–9:00p	Jessica
2 Core and More	8:00–9:00p	Suzie
1 Fascial Release + Movement Therapy	8:00–9:15p	Tricia
Yoga Basics for Stress Relief	8:00–9:30p	Tuesday
WEDNESDAY		
Yoga I/II	10:15–11:45a	Bitia
Pilates II	11:30a–12:30p	Roberta
Gentle/Yoga I	12:00–1:30p	Kathy
Yoga I	12:00–1:00p	Bitia
Pilates I	12:45–1:45p	Roberta
Teens Yoga (13–16 yrs)	5:00–6:00p	Margaux
Twins Yoga (8–12 yrs)	5:00–6:00p	Rebecca
Gentle Yoga	6:00–7:15p	Joe
Yoga II	6:15–7:45p	Suzie
Yoga I	6:30–7:45p	Lakshmi
Yoga I/II	7:30–9:00p	Joe
1 Pilates for Very Beginners	8:00–9:00p	Jessica
Yoga III	8:00–9:30p	Lakshmi
THURSDAY		
Gentle/Yoga I	10:00–11:30a	Joe
Yoga II	10:30a–12:00p	Suzie
Yoga + Meditation (I/II+)	4:30–6:00p	Joe
1+2 Intro to Yoga for Stiff Bodies	6:15–7:30p	Galen
Living Yoga: Be the Star of Your Life 9/15–2/23 (no class 11/24 or 12/22)*	6:30–8:15p	Natalie
Aligned Vinyasa Flow	6:45–7:45p	Tara
Yoga I: Accelerated	7:45–9:00p	Galen
Yoga I/II	8:00–9:30p	Tara
FRIDAY		
Seeds! Yoga for Crawlers to 2-year-olds	9:45–10:30a	Rebecca
Aligned Vinyasa Flow	10:00–11:15a	Francesca
Sprouts! Yoga for 2- to 4-year-olds	10:45–11:30a	Rebecca
Aligned Vinyasa Flow: Advanced	12:00–1:30p	Francesca
Yoga II	7:30–9:00p	Bitia
SATURDAY		
Pilates II/III	7:45–8:30a	Roberta
Aligned Vinyasa Flow	7:45–8:45a	Tara
Community Meditation (pay-what-you-can)	8:00–8:45a	Tom
Pilates II	8:45–9:45a	Roberta
Aligned Vinyasa Flow	9:00–10:00a	Tara
Yoga I/II	9:00–10:30a	Joe
Pilates I/II	10:00–11:00a	Roberta
Yoga I/II	10:15–11:45a	Tara
Yoga I	10:45a–12:15p	Joe
1 Pilates for Very Beginners	11:15a–12:15p	Roberta
2 Jump into Pilates I	11:15a–12:15p	Roberta
SUNDAY		
Yoga + Meditation (I/II+)	8:30–10:00a	Philip
Yoga I/II	9:00–10:15a	Amyre
Yoga II	9:30–11:00a	Maria
Mindful Yoga + Meditation	10:15–11:30a	Philip
Yoga I	10:30–11:45a	Amyre
1 Little Families	11:30a–12:15p	Ylla
2 Itsy Bitsy Baby	11:30a–12:15p	Rebecca
Aligned Vinyasa Flow	1:00–2:00p	Rachel
Trees! (4–7 yrs)	1:00–2:00p	Ylla
Twins Yoga (8–12 yrs)	1:00–2:00p	Rebecca & Margaux
2 Postnatal Yoga	2:30–3:45p	Michelle
Teens Yoga	2:30–3:30p	Rebecca & Margaux
2 Little Families	3:00–3:45p	Ylla
Pregnancy Yoga	4:00–5:30p	Michelle
Vipassana Meditation	7:00–8:30p	imcw.org

Class Schedule

MAKE YOURSELF AT HOME

Wear comfortable clothing and bare feet

BYO props, or borrow ours for free

Feel free to use our changing rooms

Bring valuables with you into the classroom

Let your instructor know if you're dealing with an injury or special condition

Sweaty? Bring a towel!

IMPORTANT DATES

WED, AUG 10
Registration opens

TUES, SEPT 6
First day of Summer session

SUN, OCT 2
Last day for class refunds

SUN, DEC 18
Last day of Summer classes and last day for make-ups

Class schedule subject to change, please visit our website for updates

Six-week specials (6) are Sep 12–Oct 23 for round 1 (I) and Oct 24–Dec 11 (no class Thanksgiving week) for round 2 (2) / Kid's offerings are in Blue / Pilates/Barre offerings are in Orange

* Sorry, no drop-ins or make-ups in this class.

Visit willowstreetyoga.com to learn more about our classes, teachers, and policies.

Six-week Specials

great beginnings for every body

Yoga Basics for Beginners

w/Sheree Mullen • Silver Spring • Thursdays, 7:30–8:45a,
Sept 15–Oct 20 and Oct 27–Dec 8 (no class Nov 24)

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

Pilates for Very Beginners

w/Jessica Sloane • Takoma Park • Wednesdays •
8–9p • Sept 14–Oct 19
w/Roberta Stiehm • Takoma Park • Saturdays •
11:15–12:15p • Sept 17–Oct 22

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

Jump Into Pilates I

w/Roberta Stiehm • Takoma Park • Saturdays •
11:15–12:15p • Oct 29–Dec 10 (no class Nov 26)

Six weeks to power up your powerhouse! Dive right into the basic Pilates sequence, refine your technique, and build steady strength. Great for people returning to Pilates after a hiatus, practitioners seeking key insights into great alignment, and body-aware beginners.

build strength and steadiness

Handstand: Beyond Kicking Up!

w/Galen Tromble • Silver Spring • Saturdays •
10–11:15a • Sept 17–Oct 22

You can kick up to handstand at the wall—now what? Gain strength, learn how to align and balance your handstand, and explore handstand variations—even learning how to start on the road toward pressing up. For students already able to kick up to handstand at the wall.

Intro to Yoga for Stiff Bodies

w/Galen Tromble • Takoma Park • Thursdays • 6:15–7:30p •
Sept 15–Oct 20 and Oct 27–Dec 8 (no class Nov 24)

So you can't touch your toes: this makes you an IDEAL candidate for yoga! Join Galen for a nicely-paced, carefully aligned practice that helps you to find a game-changing sense of ease from your neck and shoulders all the way to your legs and lower back. Everybody welcome.

Core and More

w/Suzie Hurley • Takoma Park • Tuesdays • 8–9p •
Oct 25–Dec 6 (no class Nov 22)

A strong core helps create good posture, a strong low back, and empowers us in our daily lives. If you find you tend to avoid the actual “doing” of core work, this “in-joy-able” series is for you! Get ready to experience creative and fun ways to strengthen your core, go upside down, and stand stronger on your own two feet. All levels welcome.

Yoga Abs

w/Tara Lemerise • Silver Spring • Wednesdays •
6:30–7:30p • Sept 14–Oct 19

Forget about crunches designed to give you “six pack” abs and explore a new perspective on a strong core. Cultivate strength, stability, and ease with yoga postures and breathwork. All levels welcome.

Get On Up in Handstand

w/Tara Lemerise • Silver Spring • Wednesdays • 6:30–7:30p •
Oct 26–Dec 7 (no class Nov 23)

Handstand is invigorating and empowering—unless you can't get your feet off the ground. If you've been struggling to figure out the logistics of kicking up, or you can kick up but have trouble staying up, this class is for you! This progressive class will help you face your fears, and demystify handstand mechanics so you can get up more gracefully and balance more effortlessly. For students practicing in Yoga I/II+.

Kettlebells for a Balanced Body

w/Marvin King • Silver Spring • Fridays • 7–8p •
Sept 16–Oct 21 and Oct 28–Dec 9 (no class Nov 25)

Improve your strength, flexibility, and coordination in Marvin's unique combination of Kettlebell exercise and yoga. We focus on the 2-arm swing, the most beneficial exercise in the Kettlebell arsenal. It stabilizes and strengthens your feet, legs, hips, butt, and back, improves finger and grip strength, improves abdominal breathing, corrects posture, and is a phenomenal fat burner. This class is the perfect balance of Yin and Yang. Everyone welcome.

Strong and Healthy Shoulders

w/Galen Tromble • Silver Spring • Saturdays •
10–11:15a • Oct 29–Dec 10 (no class Nov 26)

Strong and open shoulders are important for yoga practice and for life in general. Learn how your shoulders work, good alignment, exercises to strengthen and open them, and how to keep them safe in yoga practice so they will securely support you. All levels.

practices for deep balance

Gentle Yoga for Seniors

w/Carol Mermey • Silver Spring • Wednesdays • 12–1:15p • Sept 14–Oct 19 and Oct 26–Dec 7 (no class Nov 23)

w/Carol Mermey • Takoma Park • Mondays • 4:45–6p • Sept 12–Oct 17 and Oct 24–Dec 5 (no class Nov 21)

Especially for older adults, this class addresses age-related functional changes by working to build strength, increase flexibility, develop better balance, reduce stress, and enhance equanimity. Class moves at a relaxed pace, and includes ample adaptations. Beginners welcome.

Fascial Release and Movement Therapy

w/Tricia Kull • Takoma Park

Tuesdays • 8–9:15p • Sept 13–Oct 18

Tuesdays • 11:30a–12:45p • Oct 25–Dec 6 (no class Nov 22)

Fascia is connective tissue that surrounds your muscles, blood vessels, and nerves. When it's healthy, your muscles slide and glide as you move. But when it's tight, your movement is restricted. Learn how to release the layers of fascia in your body using special props, techniques, and yoga poses. Everyone welcome.

Late Night Yoga Practice

w/Daisy Whittemore • Silver Spring

Thursdays • 7:45–9:15p • Oct 27–Dec 8 (no class Nov 24)

My true home practice began in the evenings, after my small children were asleep and the kitchen was cleaned. Here, I share what I learned practicing at home those late nights—helping you unwind from your day, get a great night's sleep, and gain the tools to do this on your own. A strong practice focused on moving with breath, hips and hamstrings, grounding postures, some love for shoulders and upper back, and finishing with deep relaxation. For students Level II+.

Slow Flow & Restore

w/Emily Star • Silver Spring • Fridays • 6:30–7:45p • Sept 16–Oct 21 and Oct 28–Dec 9 (no class Nov 25)

Let go of your week with a Friday evening yogic happy hour! A balanced practice of mellow vinyasa and restorative yoga to clear out and release stress, and begin your weekend with clarity and calm. For students Level I/II+.

Yoga Nidra and Chinese Medicine for Autumn Health

w/Shira Oz-Sinai • Silver Spring • Fridays • 10:30–11:45a • Sept 16–Oct 21

In Chinese medicine, autumn is the season of inspiration and elimination. We use an elixir of iRest® Yoga Nidra Meditation, Chinese Medicine theory, and self-applied

acupressure to ease the effects of the changing seasons, promote the health of our respiratory system and bowels, and replenish body, mind, and spirit. Everybody welcome. Please bring notepad and pen.

for the mamas, papas, babies

Postnatal Yoga

w/Daisy Whittemore • Silver Spring • Thursdays • 7:45–9p • Sept 15–Oct 20

w/Michelle Cohen • Takoma Park • Sundays • 2:30–3:45p • Oct 30–Dec 11 (no class Nov 27)

Enjoy the company of other new mamas as well as a whole 75 minutes focused on replenishing your strength and serenity. Simple, inspiring yoga helps to rebalance your body, open tight hips and shoulders, build core strength, and close with restful restorative yoga. For mothers 6 weeks to 2+ years post-partum. Beginners and drop-ins welcome.

Itsy Bitsy Baby

w/Rebecca Gitter • Takoma Park

Mondays • 12–1p • Sept 12–Oct 17 and Oct 21–Dec 5 (no class Nov 21)

Sundays • 11:30a–12:15p • Oct 30–Dec 11 (no class Nov 27)

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 • 11:30–12:15p • Sept 18–Oct 23

Sundays • 3–3:45p • Oct 30–Dec 11 (no class Nov 27)

Yoga and games geared to the 2–4yo set, supported by caregivers, with opportunities for baby siblings to join in. Fun for your whole little family!

Parent Baby Yoga

w/Sarah Park • Silver Spring • Thursdays • 11:30–12:30p • Oct 27–Dec 8 (no class Nov 24)

Parents of not-yet-crawling infants: join fellow new parents for a yoga practice that gives you a good stretch, a chance to love your hard-working body, and some time with other grown-ups! We will include babies (unless they need to nurse or snooze), but will focus on you. Everybody welcome—please bring a small blanket for your kiddo.

Workshops

Takoma Park

4 Sundays: Sept 18, Oct 16, Nov 13 and Dec 11 • 5:00–6:30p	Yoga Nidra Sundays with Joy Kirstin	\$30 ea / 2 for \$55 / 3 for \$75 / all 4 for \$80
4 Fridays: Sept 23, Oct 14, Nov 11, Dec 9 • 6:30–8:30p	Full Moon Goddess + Aromatherapy Circles with Lakshmi Kanter	\$40 ea/ all 4 for \$120
3 Sundays: Oct 2, Nov 6, Dec 4 • 5:30–7:30p	Restorative Yoga Sundays with Tara Lemerise	\$38 ea / 2 for \$60 / all 3 for \$80
Sat, Oct 29 • 1–2:30p	Yoga Nidra: Relax and Renew with Carol Mermey	\$25
Sat, Nov 12 • 1–3p	Vocal “Chord” Muscle Development for a Strong, Clear Voice with Judy LaPrade	\$30
Sat, Nov 12 • 1:30–3:30p	Yoga for Grief with Lakshmi Kanter	\$30
Sun, Nov 13 • 4–7p	Lower-Body Active Isolated Stretching for Yourself and Others with Judy LaPrade	\$45
Sat, Dec 10 • 12:30–3:30	Labor with Love: Yoga, Positioning, and Partner Support to Enhance Your Birth with Michelle Cohen	\$105/couple

Silver Spring

Sundays • 1–3p Sept 18, Oct 23	Zentangle® with Jessica Davies Introduction to Zentangle®	\$40 ea / any 3 for \$100
Sept 25, Oct 9, Nov 6, Nov 13, Dec 4	Adventures in Zentangle® Tangle to Tangle / Black Tiles, White Ink / Color in the Round / Thanksgiving Project / Holiday Tangling Break	
Mon, Sept 19 • 7:45–9:15p	Freedom from Shoulds with Natalie Miller	Free (registration required)
Sat, Sept 24 and Sat, Oct 22 • 2–5p	Teaching Yoga to Seniors with Carol Mermey and Debbie Martin	\$60 ea / both for \$108
Sun, Sept 25 • 2–4:15p	Vulnerable & Alive: iRest® Yoga Nidra with Shira Oz-Sinai	\$35
Sat, Oct 1 • 12–7p	ENOUGH!/enough: Anger, Assertiveness and Abundance for Women with Beth Charbonneau and Janice Campbell	\$125
Sat, Oct 1 • 1:30–4:30p	How to Survive and Thrive in an Election Year! with Dawna Newcomb	\$50
Sat, Oct 8 • 4–7p	Autumn Harvest Workshop with James Foulkes	\$45
Sun, Oct 9 • 1–3:30p	Free Your Psoas with Joe Miller	\$45
3 Saturday meetings: Oct 15, 22, 29 • 12–1:15p	Reinvent: A Whole Food Autumn Cleanse with Janice Levitt	\$169 / \$129 for repeat cleansers
Sat, Oct 15 • 1:30–4p	Yogic Flight: Half Moon Pose and Warrior III with Galen Tromble	\$35
Sat, Oct 15 • 1–4p	Labor with Love: Yoga, Positioning, and Partner Support to Enhance Your Birth with Michelle Cohen	\$105/couple
Fri–Sun, Oct 21–23	Introduction to Sanskrit: American Sanskrit Institute Level I Workshop with Ellen Cull	\$275
Fri–Sun, Nov 4–6	Eat, Breathe, Thrive: Yoga, Food & Body Image Intensive with Chelsea Roff	\$299 before Sept 24 / \$349 after
Sun, Nov 6 • 4–6p	Pre-Election Day Ahimsa Practice with Maria Hamburger	\$30
Fri, Nov 25 • 10–12p	Burn the Bird with Sommer and Paul Sobin	\$40 before Nov 13 / \$50 after
Sun, Dec 11 • 1–4p	From the Ground Up: Happier, Healthier Feet with Jenny Otto	\$80

Fees and Registration

Registration opens Aug 10

Register online, via mail, or in person.

Full Session Class Registration Fees

Class	Price per class	Full session cost
First class registration		
Any adult class	\$18	\$270
Six-week special	\$18	\$108
Seeds, Sprouts, Trees, Tweens and Teens	\$13	\$195
For additional registrations		
Any adult class	\$15	\$225
Six-week specials	\$15	\$90

*Registration costs are pro-rated based on date of registration.

Payment Plan

Pay half of tuition at the time of registration and half on Oct 10; available in-person with Visa/Mastercard only.

Discounts

10% off class and six-week special registrations for seniors, military personnel, and students.

Drop-Ins

Space permitting, drop-ins are welcome in most classes all session. Please see class schedule for exceptions.

Class	Number of classes student registered in:	
	None	1 or more
Any adult class/special	\$25	\$20
Seeds, Sprouts, Trees, Tweens and Teens	\$15	\$15



One-on-one at Willow Street

Customize your practice, clear up confusion, get extra support, and feel better. We offer private, individualized sessions in therapeutically-oriented yoga, meditation, and life coaching.

Learn more: willowstreetyoga.com/one-on-one

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Find Us

Our locations are very close to Red Line Metro stations in downtown Silver Spring and Old Town Takoma Park. Visit our website for directions and parking tips.

Takoma Park Studio
6930 Carroll Ave., Suite 100
Takoma Park, MD 20912

Silver Spring Studio
8561 Fenton Street, 2nd floor
Silver Spring, MD 20910

Design by Captzzi Designs, Washington, DC

Please visit willowstreetyoga.com/policies for registration, transfer, make-up, and refund policies.



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Takoma Park, MD 20912
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Registration opens August 10

Learn more at willowstreetyoga.com

Community Weeks

Sept 6-11 & Oct 24-30

Together we thrive! Bring your friends to see how much Willow Street has to offer. During Community Weeks:

- unlimited FREE drop-ins for registered students
- \$10 drop-ins for everyone else
- free passes for friends—inquire at the desk!

