

Spring 2003: Yoga in the Age of Fear

by Suzie Hurley

"Every moment of your life

You are offered the opportunity

To choose—

Love or fear,

To tread the earth

Or soar the heavens"

—From Emmanuel's Book II: The Choice for Love

I decided to write on Yoga in the Age of Fear last October during the three weeks that the snipers terrorized the Washington Metropolitan area. Teaching one night during that tense time, I noticed that attendance was much less than the norm. The next evening I asked my students how many of them had seriously thought about not coming to class that evening because of the sniper situation. Almost all of my Yoga 1 students raised their hands. My following class was a Yoga 3, many of whom have been studying Yoga for years, and have a strong home practice and devotion to the subject. When I asked them, I believe one person raised their hand. How interesting I thought, and began to give the subject some thought. How does the practice of Yoga teach us to not live out of fear?

There is no denying that today in our world, external fears surround us. It hit home terribly hard with 9/11, and was followed by the anthrax scare, the threat of bioterrorism, and the snipers. As I write this in mid-February, uncertainty prevails. Osama Bin Laden is still on the loose; terrorists are regrouping and have struck again in a number of places. North Korea is now threatening the planet with the development of nuclear weapons, and war with Iraq seems immanent. Our government has increased the threat level to Orange, bringing troops and anti-aircraft to DC. Some folks say it's only a matter of time before the U.S. sees its first suicide bombing. The stock market continues its long slide south, the economy is shaky, and people have lost both their jobs and their retirement savings as major corporations have collapsed because of greed and malfeasance. America has one of the highest murder rates in the world from handguns alone. (I heartily recommend the movie, "Bowling for Columbine," a brilliant documentary by Michael

Moore on the violent and fearful impact of handguns in our society.) I could go on, but you know the story. I'd say there are a few sound reasons to be darn scared. And do we think these fears do not take an immense toll on our bodies and minds?

Our ideal would include the freedom to live without fear plaguing our lives. We have enough of our own internal personal fears, let alone these very real external fears. The media constantly perpetuates fear. One can't turn on a radio or TV, or pick up a newspaper without the latest and most dramatic scare stories being blasted non-stop into our psyches. And it's often done with a sense of bravado, of adventure, even of titillation. What might be the effect on our attitudes and psyche if the media spent as much effort giving us the positive and uplifting events that occur daily in our world? We'd all feel much less fearful, I believe!

The media blitz often has one of two opposite effects; it either puts us into an active state of conscious fear, creating suspicion and distrust for everything and everyone, or it lulls and seduces us into seeing all this war, violence, murder, and chaos as another normal ho-hum day. "Well, that's just how it is." Is it? Is this how conscious, intelligent, spiritual people on our planet are supposed to live? I don't think so. It defies simple logic and good common sense, let alone the laws of Nature!

I think we have to look at how much responsibility each of us takes for buying into and promoting these fears. Since we can't seem to eliminate fear then the question becomes, "How do I respond to fear?" Some fears seem more manageable — ones that we can control to some degree. Others, like the ones mentioned above, seem completely out of our individual control. In either case, there are many subtle inroads fear can make in our lives, leading us down a slippery slope of sadness, anger, depression and despair. We can become afraid to take productive risks and to live fully awakened lives, joyful and vital, with purpose and dedication.

Yoga has something to say about living in fear. Ultimately the Yogic path is about recognizing our own Divine Nature, directly experiencing in our normal everyday lives that we and the Divine are One. It is the merging of our own individual consciousness with that

May the Love
that you are,
reflect upon
everyone
you meet

of the Divine, in whatever form you choose to see and experience the Divine. Yoga tells us that in order for this to happen, we must do several things: We first must practice diligently and with devotion (*abhyasa*). "Practice" refers to sadhana or spiritual practices, asana and pranayama, which prepare us for the practice of meditation. Second, we must step back from and gain perspective on the ego's agenda, meaning not getting swept up in the entanglement of desire. Practicing non-attachment is called *vairagya*. We must also keep good company (*satsang*). It is absolutely necessary that we hang out with conscious, loving, generally positive people.

The two major texts of Yogic philosophy, The Bhagavad Gita and the Sutras of Patanjali each have wonderful teachings on fear. The Bhagavad Gita is very clear that non-attachment doesn't mean living without passion. It states clearly that we must do our duty, including fighting for just causes when necessary and right. The path of the yogi is not passive. What we are also called to do however, the Gita tells us, is to release the fruits of those actions, not an easy task by any means. It teaches us to step into our fears but with non-attachment to the results. "He from whom the world does not shrink, and who does not shrink from the world, who is freed from joy, envy, fear and distress, is dear to Me."

The Sutras of Patanjali tell us there are five main obstructions (*klesas*) or struggles on the spiritual path. The fifth one is fear of loss or death (*abinaveshya*). This includes the fear of the familiar coming to an end, fear of losing what one has, and fear of annihilation, of ceasing to be. In order to be free of this obstruction we must see clearly into the true nature of things. Patanjali's guidebook of the entire Eight Limbed Path (*Ashtanga*) of Yoga tells us how to do this.

Of the 108 sutras (threads of wisdom), there are only three which address the postures (*asana*) of Yoga. All the rest deal with the nature of the mind. The first of these three say the posture should be steady and comfortable. The second says

it is accompanied by the relaxations of tension and the coinciding with the infinite. And the third states that when the first two have been achieved, the pairs of opposites cease to have an impact. In other words, we go beyond our fear of death, we lose the vulnerability to fear, to outward circumstances. Instead we find stability and freedom from the fruits of our practice.

We have a clear choice in responding to fear. We can acknowledge our fears, both external and those within us, accept what's there as difficult as it may be, and consciously choose to skillfully step into those fears as very best we can. This means embracing our fears, in order to lessen their paralyzing grip on us. This means choosing Love over fear. Every decision basically comes down to this. Do I choose Love or fear?

Once again, words from Emmanuel's Book II: The Choice for Love say it perfectly.

Fear speaks to you in logic and reason,

It assumes the language of love itself.

Fear tells you, "I want to make you safe."

Love says, "You are safe."

Fear says, "Give me symbols, give me frozen images,

Give me something I can rely on."

Loving truth say, "Only give me this moment."

Fear would walk you on a narrow path

Promising to take you where you want to go.

Love says, "Open your arms and fly with me"

I hope we can all welcome Spring in by deepening our Yoga practice and choosing Love.

Namaste,



what is yoga ...what we teach

Yoga is the oldest holistic system of personal development. It is a practical method of self-unfoldment which balances the physical, mental and spiritual aspects of ourselves. Yoga is comprised of postures, breathing exercises and meditation. The postures stretch, tone, and strengthen muscles, joints and spine. They also stimulate internal organs, glands and nerves. By releasing physical and mental tensions, the postures liberate vast resources of energy. The breathing exercises revitalize and cleanse, while the practice of meditation brings increased clarity and inner peace. As we practice yoga we become more and more aware of the interconnectedness of body, mind and spirit. As body, mind, and spirit are more deeply integrated, our lives begin to flow with optimal ease, energy and intelligence.

WSYC teaches Anusara Yoga, a uniquely integrated and therapeutic approach to Hatha Yoga, developed by John Friend. In Anusara Yoga, the flowering of the human spirit blends with the precise science of biomechanics. The Foundational Principles of Attitude, Alignment and Action make each pose a celebration of the Spirit.

Anusara Yoga Anusara Yoga integrates universal biomechanical principles of alignment, with equal emphasis on strength and flexibility, and a feeling for inner body awareness that begins from a place of self-acceptance and heartfelt celebration of life. Anusara Yoga combines a physically precise and challenging asana practice with an open-hearted embrace of the divinity of all life.

Anusara Yoga teachers are dedicated to serve each student and help them unveil their innate goodness, worthiness, and Supreme nature. They are committed to empowering and building each student's self-esteem, while inspiring light-heartedness, play and joyful creativity within the yoga practice. As an all-inclusive yoga, Anusara Yoga deeply respects and honors each student's various unique abilities and limitations.

The other systems of yoga that have most influenced our teaching are the Kripalu Center for Yoga and Health begun by Yogi Amrit Desai, and the Iyengar system of yoga as developed by B.K.S. Iyengar. We are grateful to each of these traditions and continue to be blessed with their teachings.

asana levels and classes

Yoga I is for beginning and continuing students to introduce them to the Anusara principles of alignment and breathwork. Primary poses and yoga basics will be taught, including the use of props. Emphasis will be on the standing poses and opening the shoulders.

Yoga I/II is for continuing students having completed Level I. The emphasis of this course is on building endurance and introducing Yoga II standing poses. This class is suitable for students who have practiced other styles of yoga besides the Anusara method, but is **not suitable** for those who have never studied yoga before.

Yoga II is for continuing students who have completed Yoga I/II and focuses on refining the revolved standing poses. Strengthening preparations for inversions (handstand, forearm balance, headstand & shoulderstand) are introduced.

Yoga II/III is for intermediate students who have completed Yoga II, and would like more instruction and practice in the revolved standing poses, backbends and inversions.

Yoga III is for intermediate/advanced students who have completed the Yoga II/III course. Inversions and variations will be emphasized as well as backbending poses and arm balances. Regular practice outside of class is strongly encouraged.

Pranayama or yogic breathing, explores the conscious regulation of the breath. We will learn the posture of sitting, and various types of breathing practices. The breath is a critical factor in creating a strong yet calm nervous system, purifying the mind, and bringing mental health and happiness. One year of asana practice is required to begin.

Vinyasa Flow Yoga means a steady continuous flow of postures linked together by the breath. Sun Salutations and other creative flows will be emphasized, with occasional instruction and demonstrations. Students should be familiar with the Anusara principles and be in good health and free of major injuries.

- **Beginning Flow Class** is for new students that want an introduction to vinyasa yoga. No pre-requisites.
- **Intermediate Flow Class** is for students that have completed at least one session of Yoga I/II at WSYC and are familiar with the Anusara principles.
- **Advanced Flow Class** is for students that have completed at least one session of Yoga II, are familiar with the revolved poses and have a working knowledge of the Anusara principles.

Women's Yoga focuses on the unique physical, psychological and spiritual concerns of women in a non-competitive, playful, exploratory atmosphere. Using breathwork, asana, and movement, we will focus on opening and strengthening the pelvic floor, increasing our inner source of power, energy and connection to the Earth.

Yoga for Special Conditions & Injuries is for those who have physical conditions (serious spinal problems, arthritis, heart problems, chronic and acute injuries for example), and that need more individual attention. Class will move at a slower pace to optimize the potential for healing and improvement. All poses will be carefully modified for each student's needs and abilities. (This class may **not** be used as a make up.)

Therapeutics is for students who are physically active, preferably have some experience with yoga, and have injuries related to hips, knees, necks and shoulders. We will be using the Anusara principles to bring the body back into its optimal

alignment, which will free energy and help to alleviate pain. This class is NOT for conditions such as MS, serious spinal conditions or heart-related conditions.

Gentle Yoga combines warm-ups, gentle and restorative postures, yogic breathing, and guided deep relaxation to reduce stress and increase movement and vitality. Designed for students who prefer a class less vigorous than Yoga I, Gentle Yoga is also ideal for students experiencing illness, injury, or chronic pain. Students may join the class at any time during the session.

Yoga for Kids is a class for ages 5-8, and 9-12, that helps children learn techniques for greater concentration, reducing stress, and connecting to their bodies in a loving way. The breath will be emphasized to focus and quiet the mind.

Teen Yoga is a class for ages 13-16 that empowers teenagers to become more self-aware and confident. The class promotes a sense of well-being while developing strength and flexibility. Breathing and relaxation techniques are also taught.

Pregnancy Yoga is a natural way to develop the flexibility, concentration and strength needed during this transformative time. Through yoga, breath awareness, and relaxation, you will have opportunities to experience the special connection you have with your baby, while developing trust and confidence in your body's resources for birth. (Permission required from midwife or physician).

Parent/Baby Yoga promotes a foundation of well being for yourself and your baby by combining Yoga, breath awareness, movement and relaxation. Learn fun and creative ways to involve your baby, while increasing your own flexibility, strength, comfort and ease. For babies not yet actively crawling.

YogaRhythmics® is the expression of yoga through dance. It draws from the roots of yoga to develop awareness and acceptance of body and self, using a synergy of creative movement, breathwork, and rhythm to open and energize the seven major energy centers or chakras. All bodies are welcome.

Fusion Flow Reconnect and recharge through this Anusara alignment, tapas inducing, flow yoga experience. Sweat out a week long accumulation of tension and stress. Through various musical and creative aspects, we will be guided to step into the Universal Flow of Life! Pre-requisite is one yoga session.

Yoga Nidra is a guided process which produces profound relaxation, makes the mind more conducive to meditation, and helps harmonize the two hemispheres of the brain. Subconscious blocks are removed, allowing you to manifest your life's goals more fully. Each student will formulate a sankalpa, or specific life goal, and work with it every class using Yoga Nidra (Yogic Sleep). By cultivating relaxation in the delicious state between waking and sleep, you can revitalize and step into your destiny.

Tai Chi (Level I) The central principle of Tai Chi is learning how to stay relaxed in activity. It is often referred to as meditation in motion. This class includes instruction in Taoist meditation, some Qigong (easy exercises designed to heal and strengthen the body), and the Tai Chi form (yang style).

Pilates I focuses on developing abdominal core strength. The exercises require concentration and focus on the abdomen, back and buttocks. It may take a few weeks into the session to feel a pronounced difference in your muscles and posture, but even a single session can leave you feeling stronger and more aware.

Pilates II is for students familiar with Pilates I and who have some abdominal strength to support the work. The class will progress faster than Pilates I.

Pilates II/III is for students who have completed level II Pilates, and want to progress further in their practice.

Spiritual Belly Dance Learn basic belly dance and energy movements for the physical and subtle bodies. Gracefully express your inner divine beauty and truth. Angel combines her knowledge of meditation, breathwork, bioenergetic healing, and Pilates into her teaching of dance to make spiritual belly dance fun, energizing, inspiring and healing.

Belly Dance Basics Sway, shimmy & vibrate! Let your inner feminine divinity emerge & play while your body becomes more flexible & lithe. The sensuous movements of belly dance come from learning how to isolate movements of the body. Step-by-step instructions will be given to make learning easy while enjoying great music. Together we will learn a simple choreography to dance with each other.

Alexander Technique Class The Alexander Technique is psychophysical approach to organizing movement for optimal efficiency and poise. Emphasis is on learning how to allow the spine to lengthen in activity and relearning primary movement patterns that occur developmentally in small children. This class will involve hands on as well as verbal instruction, and will allow for students to focus on individual problem areas, such as injuries, chronic pain or tension, or other concerns. Eduardo is a certified teacher and has completed a 3 year 1500 hour training in the Alexander Technique.

Therapeutic Massage

Therapeutic Massage reconnects us with our bodies, promoting a sense of wholeness. It eases tension, brings oxygen to tissue, removes toxins, reduces injury recovery time and helps prevent muscle strain. A massage brings peace and calm to the mind, relaxing the entire being. We offer therapeutic massage from two therapists at Willow Street Yoga Center. Contact them directly to schedule an appointment.

Joe Miller is a graduate of the New Mexico School of Natural Therapeutics in Albuquerque. He is a certified Kripalu bodyworker and yoga teacher. Joe specializes in Swedish, Deep Tissue, Shiatsu, as well as Reflexology and Neuromuscular Therapy. He has over 1,000 hours of training and is sensitive and highly intuitive to a client's individual needs. **He may be reached at 301-562-3114.**

Judy LaPrade practices Connective Tissue and Neuromuscular Therapy. She has 12 years of bodywork experience since graduating from the Florida School of Massage in Gainesville where she received over 1,000 hours of massage training. She complements her work with Sports Massage techniques and holds a Masters degree in counseling psychology and rehabilitation. **She may be reached at 301-585-4512.**

Private Yoga Instruction

Many of our students find that occasional private yoga lessons help to increase their understanding of alignment, breathing or therapeutic needs. Private lessons with our instructors are available by appointment by calling the Center. We will put you in touch with an instructor.

*Eternity is a
dimension of
here and now.
The Divine
Lives within
You.*

teacher feature—Molly Ciampa



When I was a little girl, my two passions were practicing gymnastics and playing school. I spent hours doing cartwheels down the block. When I got tired, I would retreat inside to teach my imaginary classroom of students.

In many ways, I feel like practicing and teaching yoga has allowed me to carry my childhood passions into my adult life. Rather than teaching imaginary students, I now have the privilege of touching real people's lives; and, rather than engaging in mere physical movement, I've learned the precious gift of connecting movement to breath and spirit.

My mother introduced me to yoga when I was three years old. My favorite asana was the one where she lay on her back with her legs straight up in the air and I balanced my abdomen on the soles of her feet with my arms and legs outstretched like Superman. "I'm flying!" I would say—and I truly believed I was.

My next experience with yoga wasn't until college. I took a class, hated it, and vowed never to do yoga again. I now realize I didn't have a very good teacher. She had a drill sergeant personality and taught yoga like calisthenics.

After college, as a fitness instructor, I became certified to teach Reebok Flexible Strength, the fitness industry's first version of "Power Yoga". At first, I didn't realize it had anything to do with yoga and by the time I found out it did, it was too late. I was already hooked. By whatever name, all I knew was that it made me feel good.

Over the next few years, I dabbled in practicing yoga and teaching yoga-based classes. The first classes I taught were called

"Strengthen and Stretch" because the gym's class coordinator was worried people would be turned off by the word "yoga" — imagine that! I loved teaching these classes and soon a fitness-colleague-turned-yoga-instructor became a mentor, helping me to deepen my practice and understanding of yoga and refine my teaching style.

Despite my love for yoga, I kept it "on the side" and became more serious about teaching step aerobics and spending time in the weight room. As my muscles became more and more defined, I became more and more disconnected from my body. Eventually, I lost the "real me" somewhere in the midst of my daily workouts and calorie counting.

It took the process of rediscovering the "real me" and a lot of professional trial and error before I finally came to be a full time yoga instructor. I often tell people that when I left my corporate job to do fitness and personal training full time I was in the right neighborhood. When I started focussing on Pilates and Yoga, I was on the right street. When I focussed exclusively on yoga I was in the right house; and when I discovered Anusara Yoga, I finally found the right room.

Sometimes I find myself wishing I could have skipped all the trial and error and become a yoga instructor ten years ago. Then, I remind myself how much my experience as a fitness instructor, my knowledge from Pilates and personal training and my personal growth informs my yoga teaching. I am truly grateful for all the experiences I've had along the way (even the difficult ones) and the unwavering support of my fiancé, family and friends. I simply feel blessed to be where I am today, enjoying an "adult version" of my little-girl passions.

about us



Suzie Hurley is the founder and Director of the Willow Street Yoga Center, which began in 1994. A Senior Anusara Teacher and Teacher Trainer, and an Advanced 500 hour Kripalu teacher, Suzie has been teaching since 1981. Her 24 years of yoga practice includes 16 years of

Iyengar study, her principal teacher being John Schumacher. She is also a certified Phoenix Rising practitioner, and was on their Teacher Training faculty. Suzie gives Anusara workshops and trainings nationally.



Amy Outman is an Affiliated Anusara yoga teacher. She teaches a dynamic and invigorating class focusing on the Universal Principles of Alignment and celebration of the heart. Amy has studied other styles of yoga including Iyengar and Ashtanga and she continues to study

under John Friend, Suzie Hurley and others. Amy uses her own experience with yoga to encourage her students to develop their own personal practice.



Anna Sullivan is an Anusara Affiliated teacher and Phoenix Rising practitioner. She began her study of yoga in 1995 and continues to be inspired by Jenny Otto. Anna cheerfully shares her love of Yoga and encourages her students to embrace their own true nature with

honor and patience.



Jenny Otto has been studying yoga since 1987. She has been developing and teaching wellness and exercise programs (including back care classes) for over 20 years. Jenny is Anusara certified and is designated an Anusara "Teacher Trainer" by John Friend. She brings both

warmth and humor to teaching, as well as detailed knowledge in working with injuries and special conditions.



Joe Miller is an Affiliated Anusara teacher and continues to study with his principle teacher, John Friend. Joe received his first Yoga certification as a resident of Kripalu Center in 1995. He graduated as a Certified Therapeutic

massage therapist from the New Mexico School of Natural Therapeutics. From this, he brings a deep understanding of anatomy to his teaching. Joe's classes are lighthearted with a focus on breath and alignment.



Karin Wiedemann was introduced to yoga by her mother as a way of relieving stress. She is working toward Anusara Certification and has completed a Teacher Training with David Swenson in Ashtanga Yoga. Karin empowers her students to explore yoga off the

mat by practicing breath, alignment and meditation in every day situations.



Kate Miller is a Certified Anusara Yoga Teacher. Kate playfully incorporates her dance background and her knowledge of anatomy and therapeutics into her classes. Her intention is to guide her students into a practice that allows them to discover greater sensitivity, awareness

and harmony within themselves.



Kerry Traylor is a Certified Anusara Yoga Teacher, whose primary teacher is John Friend. She has been teaching yoga since 1997, when she received her original yoga teacher certification from Kripalu. She has also studied with many other wonderful teachers, including Suzie

Hurley, Carolyn Bluemle, Desiree Rumbaugh, and Rod Stryker.



Maria Hamburger is an Affiliated Anusara teacher and began her Yoga studies with Suzie Hurley. She continues to be inspired by her, as well as John Friend and other senior teachers. Maria helps her students find a place of love, acceptance and courage within each

class. She brings her dance and movement background to her classes, along with great enthusiasm and clarity.



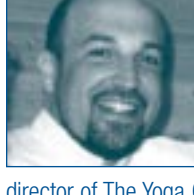
Marion Griffin is both an Anusara and Kripalu certified teacher. For thirty years she taught Dance, Fitness and Health at Wootton High School in Montgomery County where she implemented and taught the only yoga program in the county. Her first yoga teachers were

Rikki Middleton and John Schumacher. Marion continues her love for yoga by studying with John Friend, Rod Stryker, Suzie Hurley and Moses Brown. With love, a smile and inspirational words Marion invites her students to look at and enjoy the deeper aspects of their yoga practice.



Molly Ciampa is an Anusara Affiliated Yoga Teacher and a graduate of the Willow Street YTT program. After years in the fitness industry, she finally found her heart and home in practicing and teaching Anusara Yoga. Her intention is to help her students grow to embrace their true

selves and feel empowered through the practice of yoga.



Moses Brown is a Certified Anusara Yoga Teacher and designated Anusara Teacher Trainer. He has been teaching in Columbia, Maryland since 1991. He began his studies in Iyengar Yoga with Stan Andrzejewski, director of Greater Baltimore Yoga and Bob Glickstein,

director of The Yoga Center of Columbia. Moses brings focus, concentration, and mindfulness to his classes, weaving them together with playfulness and fun.

Asana is firmness of body, steadiness of intelligence, and benevolence of spirit.

*—Yoga
Sutras 11.46*



Paul Sobin has devoted his life for the past several years to the practice and study of yoga. His main teacher and mentor has been Betsey Downing and he has studied with many of the top Anusara teachers including John Friend. Paul's classes are playful and challenging and he enjoys co-teaching with his wife Sommer. Paul also enjoys serenading his two goofy dogs while learning to play guitar.



Preeti Rachel Greene began her study of Yoga in 1989. She is an Affiliated Anusara Yoga teacher and holds certifications in Integral Yoga, Kripalu Yoga, and Yoga of the Heart. Rachel is the Yoga Instructor for the Coronary Artery Disease Reversal Program at Walter Reed Army Medical Center. Her gentle nature combined with skillful technique attract many to her classes.



Robin Carnes discovered yoga at age 18, and it has gradually become the center of her life. An Anusara affiliated teacher, she studies with John Friend and Suzie Hurley. Robin is also a certified Kripalu DansKinetics and YogaRhythmics® instructor. She invites students to explore the power of movement rooted in sacred intention.



Sara Shelley is an Affiliated Anusara teacher and has been teaching at Willow Street since 1999. She specializes in Yoga and Meditation for the childbearing years, and empowers her students to cultivate greater trust, confidence and ease during this transforming time of life. Sara also holds a Masters degree in Dance Movement Therapy, is a Certified HypnoBirthing Childbirth Educator, and the mother of 2 boys.



Sheree Mullin attended her first yoga class 21 years ago. She has a Master's in Health Education and has taught high school, college, and adults for over 20 years. She is the mother of three, and credits her (relative) sanity to her yoga practice. Sheree is an Affiliated Anusara teacher and continues to study with Suzie Hurley, John Friend and others.



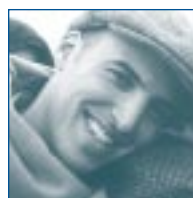
Sommer Parris-Sobin has been a devoted yogini since 1999. Betsey Downing has been her main teacher and mentor. Sommer continues her study with John Friend and many other Anusara instructors. She took a year long sabbatical to train and deepen her understanding and practice of yoga. She is currently working toward Anusara Certification. She also loves dogs and chocolate!



Adrienne Hamcke Wicker is a certified KripaluDanskinetics/ YogaRhythmics® instructor. She believes whole-heartedly in Gabrielle Roth's notion that, "If you have a body, you are a dancer." She invites you to play with, learn from, discover, and set free the dancer within.



Clementina "Angel" Brown has studied and enjoyed Middle Eastern dance for over a decade with many of the world's best teachers. She has taught Spiritual Belly Dance since 1994, a unique form that combines traditional belly dance movements with healing energy, breathing, and visualization techniques.



Eduardo Cortina is a Certified T'ai Chi and Qi Gong instructor who has been studying T'ai Chi and other martial arts since 1990. Eduardo is also a Certified Alexander Technique Teacher and Massage Therapist and is trained in Craniosacral Therapy and Reiki. Eduardo's classes are geared toward health, improving coordination and balance, and rediscovering our innate potential for poise in movement.



Judy Rose "Aziza" Siebert has been a certified Trager® Movement Education practitioner since 1996. She has many years of dance experience and taught jitterbug workshops for 9 years. For the last 3 years she has focused on Middle Eastern dance with her teachers Artemis & Angel. She began teaching belly dance at Willow Street in June 2002.



Roberta Stiehm is a dancer and teacher living in Takoma Park. She has danced and taught Modern and Ballet professionally for 20 years, and danced and sang on Broadway. She teaches at MD Youth Ballet and at ACA/Shakespeare Theatre. She is certified in "Authentic Pilates" and is a student of Yoga at WSYC.



Tiffany Montavon is a certified Kripalu YogaRhythmics® instructor. Her experience with social, folk, and modern dance, cathartic movement, and yoga have all led to the belief that dance is indeed a healing art. She is committed to creating safe and deepening experiences in which people can explore and express themselves through sacred intention, creative free dance, and guided movement.

Our Vision Our Purpose...

is to enhance health and well-being in body, mind and spirit. We believe the essence of Yoga is transformation. We don't have to be perfect to be whole. Through awareness, we learn to accept, and through acceptance, we create an opening for adjustment and change. Thus begins the journey within, thus begins YOGA.



workshop registration form—spring 2003

(Please fill out all information and print clearly)

Name _____

Address _____

City _____ State _____

Zip _____ Email _____

Phone (H) (____) _____ (W) (____) _____

Workshop	Day	Time	Instructor	Fee
_____	_____	_____	_____	_____

Workshop	Day	Time	Instructor	Fee
_____	_____	_____	_____	_____

Workshop	Day	Time	Instructor	Fee
_____	_____	_____	_____	_____

Total Fees _____

Credit Card Payment

Visa / MC Exp. Date /

Signature _____

- All workshop registrations must be accompanied by payment in full.
- Workshop cancellations requests must be received at least 48 hours before a workshop takes place in order to receive a refund.
- Please register early to avoid missing a full workshop.
- We do not confirm workshop registration.
- Day-of workshop registrations must be paid by cash or check.

6930 Carroll Ave.
Suite 100
Takoma Park MD
20912
301.270.8038
Fax: 301.270.8045
willowstreetyoga.com



spring class registration form—april 28-july 6

(Please fill out all information and print clearly)

Name _____

Address _____

City _____ State _____

Zip _____ Email _____

Phone (H) (____) _____ (W) (____) _____

Check if this is a NEW address. Check if you prefer NL by email. Check if you'd like to be added to our email group.

Class & Level	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____

Class & Level	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____

Kids/Teen	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____

Discount (only one discount applies)

- \$5.00 for paying in full and in one transaction prior to March 30, 2003
- \$20.00 for students (w/valid college ID)
- \$20.00 for seniors over 65
- 10% family discount (refer to p.iv of insert for "family discount")
- 10% YTT and Anusara Immersion discount (full registration only- refer to p. iv of insert for details)

Discount	_____
Total Fees	_____

- By registering for a class, you agree to adhere to our policies stated on page iv of the insert.
- To register, return this form along with a \$30 non-refundable deposit to WSYC. Balance is due the first day of class or your registration will be canceled. Registration will not be accepted by telephone.
- WSYC does not confirm registrations. You will be contacted only if the class you select is full.
- Current students may reserve a space until March 30. After March 30, all registration, new and current, will receive equal consideration.

Class Costs:

1 1/4 and 1 1/2 hr classes:	
1st Class	\$150.00
2nd Class	\$130.00
1 hr classes:	\$130.00
Kids/Teen Yoga classes	\$85.00

Credit Card Payment

Visa / MC Exp. Date /

Signature _____

6930 Carroll Ave.
Suite 100
Takoma Park MD
20912
301.270.8038
Fax: 301.270.8045
willowstreetyoga.com

free classes

april 21-27

These classes are offered to new students as an introduction to Willow Street and yoga. Upper level yoga classes, such as Flow and Continuing, are for current students only. We do not take reservations for free classes and attendance is allotted on a first-come, first-served basis. To ensure a space in the class, please come early. Admittance is not allowed after the class has begun.

Mon. April 21

12:00-1:15 pm	Beginning Yoga	Kate
4:15-5:00 pm	Kids Yoga ages 5-8	Molly
5:15-6:00 pm	Kids Yoga ages 9-12	Molly
5:00-6:00 pm	Pranayama	Moses
6:15-7:30 pm	Beginning Yoga	Moses

Tues. April 22

10:30-11:45 am	Beginning Yoga	Sheree
12:00-1:15 pm	Yoga II	Sheree
12:00-1:00 pm	Lunchbreak Yoga	Maria
4:30-5:45 pm	Yoga Nidra	Robin
4:30-5:45 pm	Beginning Flow	Jenny
6:15-7:45 pm	Beginning Yoga	Kate

Wed. April 23

12:30-1:45 pm	Spiritual Belly Dance	Angel
12:30-1:30 pm	Pilates	Roberta
6:15-7:30 pm	Gentle Yoga	Rachel
7:45-9:00 pm	Beginning Yoga	Joe

Thurs. April 24

9:30-10:45 am	Women's Yoga	Sommer
12:00-1:15 pm	Gentle Yoga	Sara
6:15-7:30 pm	Beginning Yoga	Sommer & Paul
7:45-9:00 pm	Beginning Yoga	Suzie

Fri. April 25

8:30-9:45 am	Fusion Flow	Paul
10:00-11:15 am	Continuing Class	Robin
4:45-6:00 pm	YogaRhythmics	Adrienne & Tiffany

Sat. April 26

7:45-8:45 am	Intermediate Flow	Sommer
9:30-10:45 am	Beginning Yoga	Karin
10:00-11:00 am	Pilates	Roberta
11:15-12:30 pm	Intermediate Flow	Karin

Sun. April 27

9:30-10:15 am	Beginning Yoga	Rachel
11:15-12:30 pm	Beginning Yoga	Amy
11:15-12:30 pm	Intermediate Flow	Sommer & Paul
4:00-5:00 pm	Alexander Technique	Eduardo
4:30-5:45 pm	Yoga for Pregnancy	Sara
4:30-5:45 pm	Teen Yoga	Sommer
5:15-6:15 pm	T'ai Chi	Eduardo
7:00-8:15 pm	Therapeutics	Kate



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class schedule and workshops

spring session (10 weeks)—april 28–july 6

monday

Time	Class	Instructor	Studio
8:00-9:30 am	Yoga II	Anna	1A
10:15-11:45 am	Yoga I/II	Kate	2
12:00-1:30 pm	Yoga I	Kate	2
12:15-1:15 pm	Pilates I	Roberta	1A <small>new class</small>
1:30-2:30 pm	Pilates II/III	Roberta	1A <small>new class</small>
4:30-6:00 pm	Yoga I/II	Joe	2
4:15-5:00 pm	Kids Yoga ages 5-8	Molly	1A
5:15-6:00 pm	Kids Yoga ages 9-12	Molly	1A
5:00-6:00 pm	Pranayama	Moses	1B
6:15-7:45 pm	Yoga I/II	Moses	1A
6:15-7:45 pm	Yoga III	Suzie	1B
6:15-7:45 pm	Advanced Flow	Joe	2
8:00-9:30 pm	Yoga I	Moses	2
8:00-9:30 pm	Yoga I/II	Suzie	1A
8:00-9:30 pm	Yoga II	Kate	1B

tuesday

Time	Class	Instructor	Studio
10:30-12:00 pm	Yoga I	Sheree	1A
12:00-1:00 pm	Lunchbreak Yoga	Maria	1B
12:15-1:45 pm	Yoga II	Sheree	1A
4:30-6:00 pm	Beginning Flow	Jenny	1A
4:30-6:00 pm	Yoga Nidra	Robin	1B
6:15-7:45 pm	Yoga I	Kate	2
6:15-7:45 pm	Yoga II/III	Marion	1A
6:15-7:30 pm	Spec. Cond. & Injuries	Jenny	1B
8:00-9:30 pm	Yoga II	Jenny	2
8:00-9:30 pm	Advanced Flow	Kerry	1B
8:00-9:30 pm	Yoga I/II	Kate	1A

wednesday

Time	Class	Instructor	Studio
8:15-9:45 am	Yoga II/III	Kate	2
8:30-10:00 am	Yoga I/II	Molly	1A
11:15-12:15 pm	Pilates II	Roberta	1A
12:00-1:30 pm	Advanced Flow	Kate	1B <small>day change</small>
12:30-2:00 pm	Spiritual Belly Dance	Angel	2
12:30-1:30 pm	Pilates I	Roberta	1A
4:30-6:00 pm	Yoga I/II	Karin	1A
6:15-7:45 pm	Gentle Yoga	Rachel	1B
6:15-7:45 pm	Yoga I/II	Suzie	2
6:15-7:45 pm	Yoga II	Marion	1A
8:00-9:30 pm	Intermediate Flow	Karin	1B
8:00-9:30 pm	Yoga III	Suzie	2
8:00-9:30 pm	Yoga I	Joe	1A

thursday

Time	Class	Instructor	Studio
9:30-11:00 am	Women's Yoga	Sommer	2
12:00-1:30 pm	Gentle Yoga	Sara	1B
12:00-1:30 pm	Yoga II	Suzie	1A
4:30-6:00 pm	Yoga II	Joe	1A
6:15-7:45 pm	Yoga II/III	Suzie	1A
6:15-7:45 pm	YogaRhythmics®	Robin	2
6:15-7:45 pm	Yoga I	Sommer & Paul	1B <small>new teachers</small>
8:00-9:30 pm	Yoga I	Suzie	1A
8:00-9:30 pm	Yoga II	Kate	1B
8:00-9:30 pm	Yoga I/II	Kerry	2

friday

Time	Class	Instructor	Studio
8:30-9:45 am	Fusion Flow	Paul	1A
10:00-11:30 am	Yoga I/II	Robin	1A
10:30-11:30 am	Parent-Baby Yoga	Sara	1B
12:00-1:00 pm	Lunchbreak Yoga	Maria	1A <small>new class</small>
12:00-1:30 pm	Pregnancy Yoga	Sara	1B
4:45-6:15 pm	YogaRhythmics®	Adrienne & Tiffany	2
5:45-7:15 pm	Yoga I	Moses	1A
6:30-8:00 pm	Yoga I/II	Joe	2
7:30-9:00 pm	Yoga II	Moses	1A

saturday

Time	Class	Instructor	Studio
7:45-8:45 am	Intermediate Flow	Sommer	2
8:00-9:30 am	Yoga II/III	Kerry	1A
8:45-9:45 am	Pilates I	Roberta	1B
9:00-10:30 am	Yoga I	Karin	2
10:00-11:00 am	Pilates II	Roberta	1A
10:45-12:15 pm	Yoga II	Karin	2
11:15-12:15 pm	Pilates I	Roberta	1A
12:30-2:00 pm	Belly Dance Basics	Aziza	2

sunday

Time	Class	Instructor	Studio
9:30-11:00 am	Yoga II	Molly	1B
9:30-11:00 am	Yoga I	Rachel	2
9:30-11:00 am	Yoga I/II	Amy	1A
11:15-12:45 pm	Yoga I	Amy	1A
11:15-12:45 pm	Intermediate Flow	Sommer & Paul	2 <small>new class</small>
4:00-5:00 pm	Alexander Technique	Eduardo	1A <small>new class</small>
4:30-5:45 pm	Teen Yoga ages 13-16	Sommer	1B
4:30-6:00 pm	Pregnancy Yoga	Sara	2
5:15-6:45 pm	T'ai Chi	Eduardo	1A
7:00-8:30 pm	Meditation (Free)*	Luisa/Lynn	1A
7:00-8:30 pm	Therapeutics	Kate	1B

*Sunday evening Insight Meditation classes 7:00-8:15pm: Luisa Montero-Diaz and Lynn Kelly lead an open class designed to guide individuals toward establishing and developing a meditation practice in the vipassana tradition. Each evening includes a short chant, meditation period, and the introduction and discussion of a part of the teachings of the Buddha. The classes rely on your free-will donations (dana).



spring workshops

Sat. May 3: Alexander Technique Workshop with Eduardo Cortina 1:00-4:00 pm, \$45

The Alexander Technique is a process of movement re-education that facilitates an integration of mind-body function. It improves flexibility and produces a dynamic and balanced posture, resulting in freedom and ease in everyday activity, sports, and performance. Eduardo has completed a three year 1500 hour training in the Alexander Technique and is a certified teacher. This workshop is meant to be an introduction to the Alexander Technique Principles and how they apply to everyday living.

Sat. May 10: Flow With the Rhythm & Sounds of Grace with Sommer & Paul 2:30-4:30 pm, \$30

This workshop is an Anusara Vinyasa Workshop, co-taught by husband and wife team, Sommer and Paul Sobin along with musical bhakti yogi Ramesh. This workshop will offer the individual to experience deep levels of meditative movement and cleansing as the vinyasa is guided by the intuitive sultry sounds of the tablas and devotional sounds of India. Come experience how the musical rhythm of bhakti complements the practice of hatha yoga to rejuvenate your body, mind, & soul! Please bring a towel, empty stomach, barefeet and an open mind. (Must have completed one session of level one).

Sat. May 10: Kids Workshops 1:00 -2:15 pm, \$15/Per Child

Kids Workshop for 5-8 Year-olds with Karin
Kids Workshop for 9-12 Year-olds with Molly

Yoga can help your child become more flexible, coordinated, and feel more focused and relaxed. Come join Certified Children's Yoga teachers Karin Wiedemann and Molly Ciampa for a fun-filled afternoon of yoga postures, games and songs. Children will learn poses that help them to let go of feelings of anger and sadness and begin to feel happier and more confident.

Sat. May 17: Massage for Couples Or Friends with Eduardo Cortina, CMT and Melinda Schwab, NCTMB 1:00-4:30 pm, \$130/Couple Or Pair (Workshop limited to 8 pairs. Please register early.)

This workshop will introduce a variety of massage techniques for your partner or friend. We will cover basic swedish technique, trigger points, Reiki, and some deep tissue applications. Melinda Schwab is a nationally certified Massage Therapist and author of the book Fifty Ways to Love Your Lover. Eduardo teaches T'ai Chi, is a certified Massage Therapist and Alexander Technique Teacher and Reiki Level III. Please bring shorts for men, and two piece bathing suit for women or equivalent (what you are comfortable with). We will provide tables, oil or cream, and sheets for draping. If you have questions call Eduardo at 301-806-6633 or Melinda 301-461-8498.

Sun. May 18: Scoliosis Workshop with Jenny and Joe 1:00-3:30 pm, \$75

Scoliosis can cause chronic pain, breathing difficulties, and predisposes us to injury because the spine has less stability. It's important to continue to move and stretch to keep it from progressing. Yoga provides specific techniques for deepening our awareness of our bodies' adapted patterns of movement and bringing about adjustment and balance in the body. This workshop is open to anyone with scoliosis and yoga experience is not necessary.

Sat. May 24: The Anatomy of Anusara for Students with Joe 1:00-3:00 pm, \$35

In this workshop we will take time to playfully examine the anatomical effects of the Universal Principles of Alignment. By deepening our understanding of how physiological actions affect our structure, we will learn what is really happening in our bodies during asanas. This workshop will be a combination of lecture and experiential movement, with some asana. As we discover the intelligence of the body's design, we can align with that intelligence for greater health and well-being.

Sat. May 31: Preparation For Childbirth-A Couples Yoga Workshop with Sara 2:30-5:30 pm, \$65/couple; \$45/individual

This workshop is for couples interested in enhancing awareness and confidence in pregnancy, labor and birth. Through discussion, gentle postures, breathwork, meditation and massage, couples will cultivate greater relaxation, and enjoyment for childbearing. Expectant dads and partners will better understand how to be supportive during the birthing process. Included will be a practice of specific postures that are beneficial and enjoyable throughout pregnancy, as well as positions that will be useful during labor. Together, couples will experience a deeper connection with each other and to the life of their unborn child. No previous experience necessary! This workshop is beneficial at any time during pregnancy. Mom may be accompanied by her partner or anyone who will be present at birth.

Sun. June 1: Adult Child Workshop with Molly Ciampa 1:00-2:30, \$25 Per Adult and Child - \$5 Each Additional Family Member

This workshop is designed for children ages 3-6 with an adult partner. We will explore the joys of yoga with fun and imaginative play. A great way to introduce a child to yoga and rediscover the child in you! No experience is necessary.

yoga teacher training

Anusara Teacher Training Weekends: Open to advanced students or budding teachers if space permits.

April 25-27: New 2003 YTT Begins, Languaging from the Heart \$250

Sat: 10:00-5:30, Sun. 9:00-4:30

May 30-June 1: Pranayama and the Anusara Principles with Moses and Joe \$300

Fri: 6:30-9:30pm, Sat. 10:00-5:30pm, Sun. 9:00-4:30pm

June 27-29: Deepening the Anusara Principles in Practice with Suzie and Jenny \$300

Fri: 6:30-9:30pm, Sat. 10:00-5:30pm, Sun. 9:00-4:30pm

July 25-27: Anatomy & Physiology with Focal Points with Joe and Jenny \$300

Fri: 6:30-9:30pm, Sat. 10:00-5:30pm, Sun. 9:00-4:30pm



Sun. June 6: Restorative Workshop with Karin 7:30-9:00 pm, \$30

This workshop will explore a series of passive poses designed to relax, restore and renew. By supporting the body with various props we will alternately stimulate and relax the body to move toward harmony. Each pose creates a specific physiological response which is beneficial to health and can reduce the effects of stress related disease and deep fatigue.

Sat. June 7: Partner Workshop with Karin & Joe 2:00-4:00 pm, \$35/Person Or \$60/Couple

Partner Yoga creates an opportunity to explore an interdependent partnership. We will playfully focus on finding balance and support as we deepen our awareness and tune in to our partner. Double your Yoga, double your fun! Open to all levels. Bring a partner or come alone.

Sun. June 8: Establishing a Home Practice with Marion 1:00-3:30 pm, \$35

It is often said that home practice is the place where we grow and improve the most. If this is so, then why is it often so difficult to get started and maintain such a practice? In this workshop we will open to our Divine Companion and take a look at the various ways that can help in creating a practice that comes from within. We will spend time in both discussion and practice, helping to discover why a home practice can be challenging but soooo rewarding. If you are struggling with getting started or wanting to fine tune your current home practice, this fun and creative workshop is for you.

June 24-26: Workshop with Desiree Rumbaugh

Check studio for more information.

Sun. June 29: Set Your Sails: a Therapeutic Shoulder Workshop with Kate 1:00-4:00 pm, \$40

The shoulders are often referred to as the "wings" or "sacred sails" of the heart. In this workshop we will learn how to balance the shoulder girdle so we can properly set our sails for the winds of Grace to fully support us. Through the use of Anusara principles of alignment, basic anatomy, and breathing techniques we will start to tap into the range of motion and freedom we all deserve. This workshop will be highly therapeutic and greatly benefit those with chronic pain or injuries to the upper limbs and neck.

Sun. July 13: Full Arm Balance Workshop with Molly Ciampa 1:00-4:00 pm, \$35

Full arm balance is an invigorating and empowering asana. Many people, however, find it challenging and intimidating. In this workshop, we will discuss common fears and apprehensions related to full arm balance and learn techniques for addressing and overcoming them. We will use the Anusara Universal Principles of Alignment as a template for understanding the physical components necessary for achieving a "steady and comfortable" full arm balance. Come prepared to have fun and practice preparatory asanas, modifications and (yes!) full arm balance. Appropriate for level II students and above.

the anusara immersion

The Anusara Immersion with Kate Miller. The Anusara Immersion is a five weekend experience for students and teachers of all levels to take a deeper step into the teachings of yoga in all its dimensions. This program is an opportunity to cultivate more knowledge and power and experience the teachings in a more profound way. Certified Anusara Yoga teacher, Kate Miller will lead the practices of asana, pranayama, meditation and discussions on anatomy/therapeutics, Ayurveda and the chakra system. There will be a special weekend on the teachings of Tantric Philosophy with renowned scholar Professor Douglas Brooks. Evenings of chanting and satsang will be also be enjoyed. Students who enroll and pay for the entire Anusara Immersion are eligible for a 10% discount on two or more regular classes at Willow Street during Spring 2003 and Summer 2003 sessions. Join The Anusara Immersion and take your practice to a new level!

The Dates: May 16-18, June 20-22, July 11-13, August 8-10, September 5-7

The Schedule: Fri. 7-9:30pm, Sat. 1-4 & 6-8:30, Sun. 1-4

The Cost: \$700. For all five weekends \$165. For individual weekends (if space permits)

To Register: Complete registration form and send \$100 non-refundable deposit to WSYC. Balance due by 5/16/03.

suzie's travel schedule

May 24-May 31: **Anusara Teacher Training with Suzie, Betsey Downing & Jenny Otto at Inner Harmony Retreat Center, Utah**
Contact Dodie at 1-800-214-0174, dodie@ihretreat.com or visit Inner Harmony at www.innerharmonyretreat.com

June 6-8: **Anusara Workshop in Charlottesville, VA**
Contact Chris Tucker at 804-296-1005, vashrinks@earthlink.net or Ebyogini@aol.com

July 18-20: **Anusara Workshop in East Hampton, LI**
Contact Albany Kripalu Yoga Center, NY: 518/454-9642; info@akyc.org

Sept. 19-21: **Anusara Weekend Workshop in Asheville, NC**
Contact Mark Stevens at 828-684-1084 or visit www.Awakening-Heart.com

September 25-28: **Anusara "Opening to Grace" at Kripalu in Lenox, MA.**
Contact Kripalu Center at 800-741-7353

Time	Class	Instructor
monday		
8:00-9:30 am	Yoga II	Anna
10:15-11:45 am	Yoga I/II	Kate
12:00-1:30 pm	Yoga I	Kate
12:15-1:15 pm	Pilates I	Roberta
1:30-2:30 pm	Pilates II/III	Roberta
4:30-6:00 pm	Yoga I/II	Joe
4:15-5:00 pm	Kids Yoga ages 5-8	Molly
5:15-6:00 pm	Kids Yoga ages 9-12	Molly
5:00-6:00 pm	Pranayama	Moses
6:15-7:45 pm	Yoga I/II	Moses
6:15-7:45 pm	Yoga III	Suzie
6:15-7:4 5pm	Advanced Flow	Joe
8:00-9:30 pm	Yoga I	Moses
8:00-9:30 pm	Yoga I/II	Suzie
8:00-9:30 pm	Yoga II	Kate
tuesday		
10:30-12:00 pm	Yoga I	Sheree
12:00-1:00 pm	Lunchbreak Yoga	Maria
12:15-1:45 pm	Yoga II	Sheree
4:30-6:00 pm	Beginning Flow	Jenny
4:30-6:00 pm	Yoga Nidra	Robin
6:15-7:45 pm	Yoga I	Kate
6:15-7:45 pm	Yoga II/III	Marion
6:15-7:30 pm	Spec. Cond. & Injuries	Jenny
8:00-9:30 pm	Yoga II	Jenny
8:00-9:30 pm	Advanced Flow	Kerry
8:00-9:30 pm	Yoga I/II	Kate
wednesday		
8:15-9:45 am	Yoga II/III	Kate
8:30-10:00 am	Yoga I/II	Molly
11:15-12:15 pm	Pilates II	Roberta
12:00-1:30 pm	Advanced Flow	Kate
12:30-2:00 pm	Spiritual Belly Dance	Angel
12:30-1:30 pm	Pilates I	Roberta
4:30-6:00 pm	Yoga I/II	Karin
6:15-7:45 pm	Gentle Yoga	Rachel
6:15-7:45 pm	Yoga I/II	Suzie
6:15-7:45 pm	Yoga II	Marion
8:00-9:30 pm	Intermediate Flow	Karin
8:00-9:30 pm	Yoga III	Suzie
8:00-9:30 pm	Yoga I	Joe
thursday		
9:30-11:00 am	Women's Yoga	Sommer
12:00-1:30 pm	Gentle Yoga	Sara
12:00-1:30 pm	Yoga II	Suzie
4:30-6:00 pm	Yoga II	Joe
6:15-7:45 pm	Yoga II/III	Suzie
6:15-7:45 pm	YogaRhythmics@	Robin
6:15-7:45 pm	Yoga I	Sommer & Paul
8:00-9:30 pm	Yoga I	Suzie
8:00-9:30 pm	Yoga II	Kate
8:00-9:30 pm	Yoga I/II	Kerry
friday		
8:30-9:45 am	Fusion Flow	Paul
10:00-11:30 am	Yoga I/II	Robin
10:30-11:30 am	Parent-Baby Yoga	Sara
12:00-1:00 pm	Lunchbreak Yoga	Maria
12:00-1:30 pm	Pregnancy Yoga	Sara
4:45-6:15 pm	YogaRhythmics@	Adrienne & Tiffany
5:45-7:15 pm	Yoga I	Moses
6:30-8:00 pm	Yoga I/II	Joe
7:30-9:00 pm	Yoga II	Moses

costs and class policies

Time	Class	Instructor
saturday		
7:45-8:45 am	Intermediate Flow	Sommer
8:00-9:30 am	Yoga II/III	Kerry
8:45-9:45 am	Pilates I	Roberta
9:00-10:30 am	Yoga I	Karin
10:00-11:00 am	Pilates II	Roberta
10:45-12:15 pm	Yoga II	Karin
11:15-12:15 pm	Pilates I	Roberta
12:30-2:00 pm	Belly Dance Basics	Aziza
sunday		
9:30-11:00 am	Yoga II	Molly
9:30-11:00 am	Yoga I	Rachel
9:30-11:00 am	Yoga III	Amy
11:15-12:45 pm	Yoga I	Amy
11:15-12:45 pm	Intermediate Flow	Sommer & Paul
4:00-5:00 pm	Alexander Technique	Eduardo
4:30-5:45 pm	Teen Yoga ages 13-16	Sommer
4:30-6:00 pm	Pregnancy Yoga	Sara
5:15-6:45 pm	T'ai Chi	Eduardo
7:00-8:30 pm	Meditation (Free)	Luisa/Lynn
7:00-8:30 pm	Therapeutics	Kate

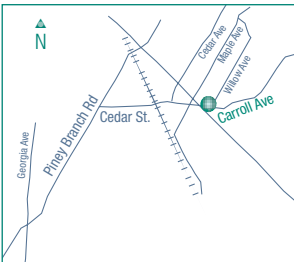
Directions to the Willow Street Yoga Center

We are located in downtown Takoma Park, Maryland, just outside the DC line in the Takoma Business Center (Suite 100).

By Metro: Take the Red Line to the Takoma Station. After exiting the station, walk straight ahead, continuing on Carroll Avenue. Go two blocks on Carroll Avenue to 6930 (on the left).

From Downtown: Take 13th Street north. As it crosses Georgia Avenue, it becomes Piney Branch Road. Take a right on Cedar Street (about 7 blocks from Georgia). After you cross under the train tracks, Cedar Street becomes Carroll Avenue. Continue along Carroll Avenue to 6930 (on the left).

From Beltway: Take exit 28 (New Hampshire Avenue) south toward Takoma Park. After about 4 miles, take a right on Eastern Avenue. Go about 1 mile. We are located at 6930 Carroll Avenue, just after Eastern Avenue merges into Carroll Avenue (on the right).



Session Dates 4/28/03 – 7/6/03

Registration

Priority Registration

Class size is limited. Students are encouraged to register early. Current students may reserve a space until **March 30**. After **March 30**, all students, new and current, will receive equal consideration.

Costs for 10 week Spring Session

1.25 -1.5 hr. classes	\$150.00 (\$15.00 per class) (additional class \$130.00/class)*
1 hr. classes	\$130.00 (\$13.00 per class)
Kids/Teen classes	\$85.00 (\$8.50 per class)

* Register for more than one 1.5 hr class and subsequent classes are \$130 each. This discount is not applicable to 1 hr. classes. Check schedule carefully.

Tuition Discounts*

Students (with a valid college ID) and Seniors (65+)	\$20.00
Family	10% off total tuition
Early Bird Payment (must receive prior to 4/28)	-\$5.00

YTT and Anusara Immersion students** 10% off (full registration only)

* **One discount per student on a full session only.** No discounts for drop-ins, workshops, or merchandise. Early Bird Payment is valid only when paying in full prior to the first day of classes. Family discount is applicable to spouses/domestic partners, parents/guardians & kids living at the same address and registered for classes during the same session. **Families must turn in registrations and payment together to receive the discount.**

**Anusara Immersion students must register for two classes to receive discount. Discount only available to those registered for the entire program.

To Register

Registrations are processed on a first-come, first-served basis in person, by mail, or by fax (fax # 301.270.8045). Phone registrations are not accepted. To register for a class, complete the registration form and enclose payment in full or a \$30 non-refundable deposit. WSYC accepts cash, check, money order, Visa or Mastercard. If you register by fax, you must pay by credit card. **The balance is due the first day of class, or your registration will be canceled.** We will only contact you if the class you signed up for is full. No news is good news!

Workshop Policies

All workshop registrations must be accompanied by payment in full. Early registration is strongly encouraged, as workshops fill up quickly! Workshop refund requests must be received 48 hours before a workshop takes place to receive a refund. If you cannot pre-register, you can sign-up on the day of the event, but payment must be made by cash or check. No credit cards will be accepted for day-of workshop registration.

Policies for Children

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.

Refunds

We offer refunds to those students who discover they can not attend classes. The \$30.00 deposit is not refundable. Refunds are given according to the following schedule: during the first week of classes 100%, during the second week of classes 75%, during the third week of classes 50%, during the fourth week of classes 25%. No refunds are given after the fifth class. Please speak with a WSYC staff member to arrange for your refund. The refund is based on the date the form is received, rather than the date of the last class attended. **Tuition can not be carried over to a later session.** Allow 2 weeks to process your refund.

Coming to class

Drop-ins

Drop-in students are accepted (space permitting) at \$20.00 for a non-registered student, and \$15 for registered students, and for hour-long classes. **See the instructor BEFORE dropping into any class to ensure there is space and to pay your fee.**

Make-ups

Missed classes can be made up at any time during the current session at the same level or below. You may make up in advance of an anticipated absence. There is no need to call in advance. **Missed classes cannot be carried over to another session.**

What to Bring to Class

Bring yourSelf on an empty tummy; wear your barefeet and a smile. Tee shirts, tanks, biking shorts, and tights/leggings are great. Avoid wearing baggy pants, as they prevent us from helping you with your knee and leg alignment. Also, please leave your cell phones, gum, perfume and worries outside the studio. We have changing rooms and all the yoga props you'll need. **Please be on time for class.**

Studio Cancellations

If classes are cancelled due to inclement weather or an emergency, there will be an announcement on the Center's voice mail, **mailbox #35**, two hours or more before the class is scheduled to begin. Classes will be held as usual on all holidays unless specifically announced. Canceled classes will either be rescheduled or you will receive a voucher.

WSYC reserves the right to cancel a class when the required minimum enrollment is not met. Earliest notification will be given and students may choose a full refund, or transfer to another class. Workshops may be canceled due to low enrollment. If we need to cancel your workshop, the instructor will notify you within 24 hours of the event and you will receive a full refund.

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.

Reception and Store Hours

Monday-Friday: 10:00am –2:00pm and 4:00pm-8:30pm;
Saturday: 10:00am-1:00pm; Sunday: closed.
(Special Sunday hours held for workshop and teacher training).