

Spring 2004 Reflections: Coming OM

by Suzie Hurley

As many of you know, I went to India for almost a month last December and January. It is a huge understatement to say that it was uniquely special. My purpose was to be with my spiritual teacher, ShantiMayi, whom my daughter, Kate, and I had met during our travels there in 2000.

Some of you met ShantiMayi last September when she gave a week of satsangs at Willow Street as part of her US tour. "ShantiMayi" – meaning Mother of Peace – is the Sanskrit name given to her by her teacher, but she is actually an American woman from Akron, Ohio, who had had a fierce desire to know God since she was a small girl. She went to India about 20 years ago in search of a teacher that could lead her to full Realization. After much searching she found that teacher in Hans Raj Maharajji, a now-elderly awakened soul, who taught her mostly in silence for many years.

ShantiMayi had her own Awakening over 12 years ago, and her clarity and wisdom is readily apparent. Yet she is as "real" and down to earth as any of us, and has had her own deep sorrows and major challenges in life.

She tells us again and again that we are already "Awake" but don't realize or recognize it. We think it is some different state to attain, yet, truly, it is as close to us as our own hearts, our own breath. Her teachings and her presence can often give us a doorway into our Self, a glimpse or more of our True Nature, the essence and goal of all Yogic teachings.

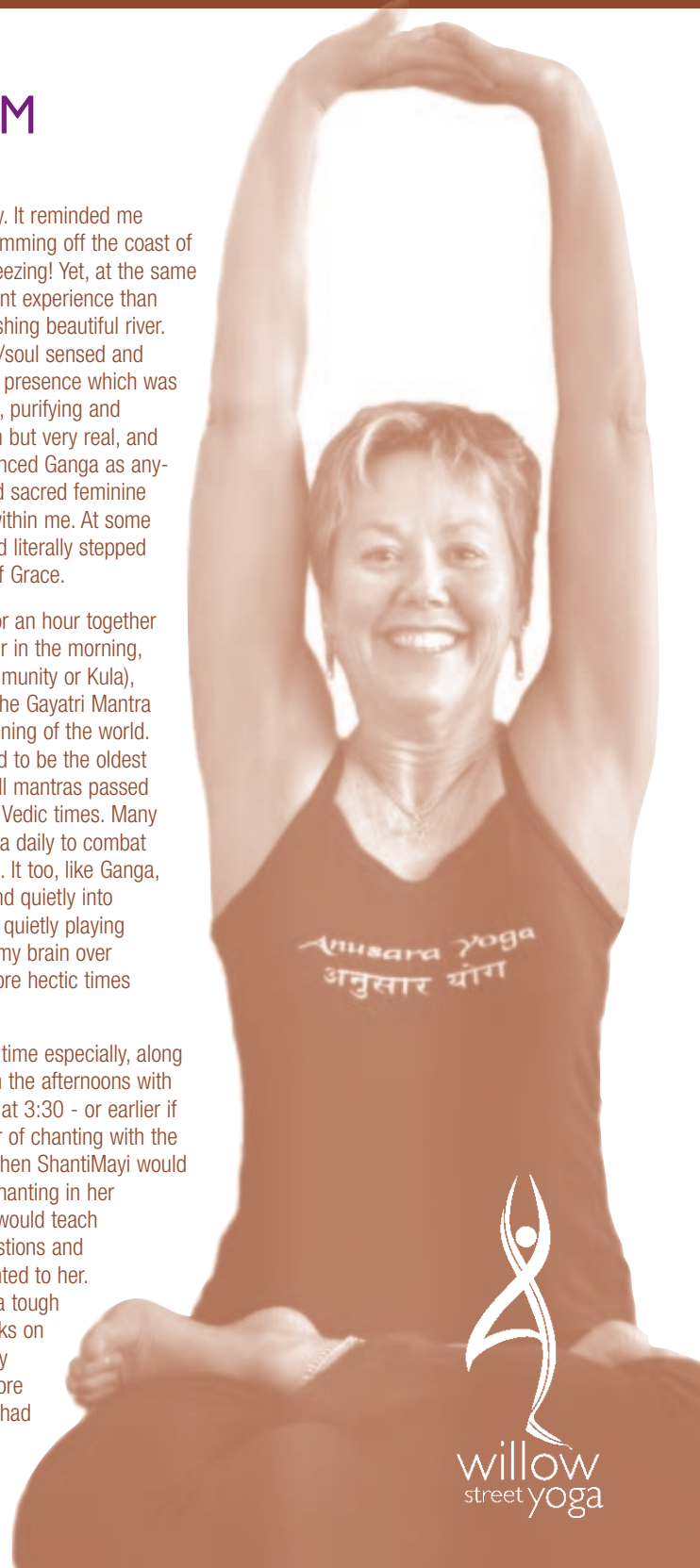
I stayed at a very small four room guest house right on the Ganges River. The ashram where both ShantiMayi and Maharajji live was about 50 feet away, also on Ganga. "Ganga" is a more personal name for this sacred river which flows through the deep and beautiful valley of the foothills of the Himalayas in the Laxman Jhula area, north of Rishikesh. Ganga is said to be the Mother of All, the tears of Shiva, and pilgrims from all over the world come to bathe in her waters.

It is quite cold in January in northern India and there is no heat in any of the buildings or guest houses, and the waters of Ganga are very chilly indeed. Two Australian friends and I plunged in for our "Blessing

Dip" one bright sunny day. It reminded me of my childhood days swimming off the coast of northern Maine. It was freezing! Yet, at the same time, it was a very different experience than just any plunge in any rushing beautiful river. Somehow, my body/mind/soul sensed and accepted its most sacred presence which was absorbed deep inside me, purifying and cleansing. Hard to explain but very real, and after that, I never experienced Ganga as anything but a very living and sacred feminine presence that was now within me. At some level, I felt and knew I had literally stepped into Her divine currents of Grace.

At dawn, we meditated for an hour together or alone if preferred. Later in the morning, the Sangha (spiritual community or Kula), again gathered to chant the Gayatri Mantra for an hour for the awakening of the world. The Gayatri Mantra is said to be the oldest and the most sacred of all mantras passed down by ancient seers in Vedic times. Many lineages chant this mantra daily to combat the darkness in the world. It too, like Ganga, seemed to seep gently and quietly into my soul and often will be quietly playing somewhere way back in my brain over and over, soothing the more hectic times of my days.

I find myself missing this time especially, along with the lively satsangs in the afternoons with ShantiMayi. We gathered at 3:30 - or earlier if you wanted to do an hour of chanting with the community beforehand. Then ShantiMayi would come and after leading chanting in her own beautiful voice, she would teach through the different questions and issues that people presented to her. ShantiMayi can be quite a tough teacher and really call folks on their issues and what they were really here for. In more than one satsang people had great breakthroughs and insights.



On Christmas day, after gathering at dawn and singing Christmas carols to Maharajji, ShantiMayi, and other members of the ashram, we gathered and filled basket after basket with thousands of flower petals and arranged them in different designs and colors. Later in the afternoon, ShantiMayi led us through the village to the swinging suspension bridge high over Ganga in which we took handfuls of the flowers and threw them off the bridge as our offering to God for the well being of the world in the new year. On this narrow bridge we met many other seekers, tourists, villagers, saduks, cows, carts, motorcycles, scooters, goats and monkeys, all friendly and very much in the holiday spirit. It brought home to me the intrinsic goodness in the hearts of all people, and how it is only our small mind's separation that labels and categorizes "us" and "them", perpetuating the barriers that lead to war and suffering.

This was also brought home on Christmas Eve, when ShantiMayi took us to Ramana's Garden, a home and school for neglected, abused, forgotten and lost children of all ages. It is run by an incredible American woman named Prabavati who went to India 25 years ago and stayed to take this on. A former Hollywood actress in the Katherine Hepburn mold, Prabavati exudes all the power and strength of the Sacred feminine you can imagine.

After these beautiful children gave us the most creative and touching Christmas pageant, and seeing how she has

transformed the lives of these children, I went back one day and we talked for over an hour. I had the desire to really help her as much as I could financially as she runs the place with now over 50 children on less than \$30K a year. She didn't make even that last year, and even though ShantiMayi and the community support her as much as they can, it was not enough. So, as many of you know, we at WSYC are conducting an ongoing campaign to raise money for these children so Ramana's Garden can stay open. You can go to Prabavati's website for more information -www.sayyesnow.org. You may also donate at WSYC or through our own website www.willowstreeyoga.com

My time in India was so very rich and surely opened new doors to the Divine for me. Simply seeing Ganga flow beneath me from my window each morning reminded me once again the meaning of Anusara: to step into the Divine current of Grace, to recognize our own innate goodness, to fully align with Grace and let her sweet yet strong currents pull us closer to Her in every aspect of our lives. I felt I had come home.

Namaste



Read more by or about ShantiMayi at www.shantimayi.com

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.

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.

WSYC teaches Anusara Yoga, a uniquely integrated and therapeutic approach to Hatha Yoga, developed by John Friend.

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 founded 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.

Lunchbreak & Early Morning Yoga are especially for those who want a good stretch and more energy for their mornings & afternoons. These classes are All Levels and will include the alignment principles of Anusara Yoga in a variety of poses. Breathwork and relaxation will be included.

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 is 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.

- **Vinyasa Flow I** is for new students who want an introduction to vinyasa. It will follow our Yoga I curriculum. No pre-requisites.
- **Vinyasa Flow I/II** is for students who have completed at least one session of Yoga I at WSYC and will follow our Yoga I/II curriculum.
- **Vinyasa Flow II** is for students who have completed at least one session of Yoga I/II, are familiar with the revolved poses and have a working knowledge of the Anusara principles. It will follow our Yoga II curriculum.
- **Vinyasa Flow II/III** is for students who have completed at least one session of Yoga II, and are prepared to deepen their inversions and backbends. It will follow our Yoga II/III curriculum.
- **Vinyasa Flow III** is for students who have completed at least one session of II/III and who can do handstand and Urdva Dhanurasana. It will follow our Yoga III curriculum.

Fusion Flow Reconnect and recharge through this Anusara alignment, tapas inducing, flow yoga experience. Sweat out a weeks' long accumulation of tension and stress. Through various musical and creative aspects we will be guided to step into the Universal Flow of life!. Kick start your weekend feeling grounded and free! Pre-requisite is one Yoga I session.

Cornerstones of Yoga explores the "Cornerstones" of a well-rounded Hatha Yoga practice: Asana, Pranayama, Meditation, Chanting (Nada or "Sound" Yoga), Svadhyaya (study of scriptures) and Puja (Ritual). When practiced together they become transformational. Since Hatha Yoga is an experiential practice, the emphasis of this class is on learning through actual practice. As a result, you will experience the rich, multi dimensional aspects of Hatha Yoga and discover the spiritual essence of Yoga's Cornerstones. Pre-requisite is one Yoga I session.

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 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.

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 13-18 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 will also be 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 is a class where you come with your baby to stretch, strengthen and restore through yoga poses, breath awareness and relaxation. The focus will be on promoting a foundation of well being which encourages interaction, touch, and fun with your infant. Parent/Baby Yoga is also a great way to meet and connect with other new moms and babies. For infants not yet 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.

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 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.

Alexander Technique The Alexander Technique is psycho-physical 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.

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.

Healing Modalities

Eduardo Cortina: 301-806-6633 Cranial Sacral & Body Work in Silver Spring

Joe Miller: 301-562-3114 Therapeutic Massage, Shiatsu & Neuromuscular Therapy in Takoma Park

John Hurley: 301-891-1332 Reconnective Healing Energy Work in Silver Spring.

Judy LaPrade: 301-585-4512 Connective Tissue & Sports Massage in Silver Spring & Takoma Park

Karin Silverman: 240-271-8963 Therapeutic Massage in Silver Spring

Mimi Ikle: 301-613-6830 Cranial Sacral, Polarity, Therapeutic Massage in Silver Spring

For more information about our therapists, please visit our website.

about us



Suzie Hurley is the founder and Director of the Willow Street Yoga Center, which opened in 1994. A Senior Anusara Yoga teacher and Teacher Trainer, and an Advanced 500 hour Kripalu teacher, Suzie has been teaching yoga since 1981. Her 27 years of yoga practice

include 16 years of Iyengar study, principally with John Schumacher. She is a certified Phoenix Rising practitioner, and was formerly on their Teacher Training faculty. Suzie gives Anusara workshops and trainings nationally.



Amy Outman is an affiliated Anusara Yoga teacher. She has studied Iyengar and Ashtanga yoga, and continues to study Anusara under John Friend, Suzie Hurley and others. Amy teaches a dynamic and invigorating class, and uses her own experience with yoga to encourage her

students to develop their own personal practice.



Anna Sullivan is an affiliated Anusara Yoga 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.



Elizabeth Cosgrove began her spiritual practice in yoga and meditation in 1974. She invites her students to celebrate in the awakening to freedom that Anusara can bring to yoga. A graduate of WSYC Teacher Training she continues to work toward certification, studying with Suzie Hurley,

Jenny Otto, Desiree Rumbaugh and John Friend.



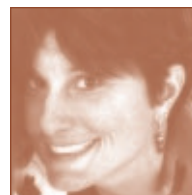
Jenny Otto has been studying yoga since 1987. She has been developing and teaching wellness and exercise programs, including back care classes, for over 20 years. Jenny is a certified Anusara Yoga teacher and is a designated Anusara Teacher Trainer by John Friend. She brings

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



Joe Miller is a certified Anusara Yoga teacher and continues to study with his principle teacher, John Friend. He is also certified in Kripalu Yoga and 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 witty and lighthearted, focusing on breath and alignment.



Karin Wiedemann is working toward Anusara certification and has completed a Teacher Training with David Swenson in Ashtanga Yoga. She empowers her students to explore yoga off the mat by practicing breath, alignment and meditation in every day situations. She specializes in teaching

stress relief through yoga at corporations in downtown DC.



Kate Miller is a certified Anusara Yoga teacher who 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.



Kathy Carroll is an affiliated Anusara Yoga teacher and a student of Suzie Hurley for almost 20 years. Kathy is also a professor in a Master of Education program and a "One Brain" facilitator, assisting people to remove stress and restore choice in life. A teacher and healer, Kathy helps students experience the joy that comes from integrating yoga into daily life.



Kelly Fisher has been practicing meditation and yoga since 1991. She is an affiliated Anusara Yoga teacher and a recent graduate of the WSYC Teacher Training program. Kelly's classes incorporate the alignment principles and core strength to create a spirit of contentment and to increase her students' sense of well being.



Lucy Lomax, RYT, credits yoga with keeping her balanced in a frenetic world. She is an Affiliated Anusara instructor, teaching yoga since 1999. Her primary teacher is John Friend, and she continues to study with Jenny Otto, Moses Brown, Suzie Hurley, and Joe Miller. Lucy infuses her teaching with enthusiasm and a sense of lightheartedness.



Lynn Matthews, RYT, is a Certified Anusara teacher. She is co-founder and co-director of Golden Heart Yoga in Annapolis. Lynn apprenticed with Jenny Otto and Suzie Hurley and continues to study with them. She brings compassion, humor and encouragement to her teaching and enjoys teaching a wide variety of students.



Maria Hamburger is an affiliated Anusara Yoga teacher. She continues to be inspired by her first yoga teacher, Suzie Hurley, as well as John Friend and other senior teachers. With her dance and movement background, and with great enthusiasm and clarity, Maria helps her students find a place of love, acceptance and courage within each class.



Marion Griffin is both an Anusara and Kripalu certified teacher. Her first yoga teachers were Rikki Middleton and John Schumaker. She 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.



Maureen Clyne shares her enthusiasm for the Yoga tradition by relating the ancient teachings to modern day life through dynamic, fun and creative classes. Maureen's beloved teachers include Sharon Gannon and David Life, John Friend and Georg Feuerstein, Ph.D. She is an Anusara Affiliated instructor and recently completed the 700 hour Yoga Research and Education Center Teacher Training Program.



Molly Ciampa is an affiliated Anusara Yoga teacher and a graduate of the WSYC Teacher Training 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 a designated Anusara Teacher Trainer. He believes that yoga should be a heart-opening experience that is supportive as well as empowering to the student. His teachings create an approach that is physically dynamic, mentally stimulating and therapeutic. Moses brings focus, concentration, and mindfulness to his classes, weaving them together with playfulness and fun.



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 other senior Anusara teachers, including John Friend. Paul's classes are playful and challenging and he enjoys co-teaching with his wife Sommer.



Preeti Rachel Greene, an affiliated Anusara Yoga teacher, is certified in Kripalu Yoga, Integral Yoga, and Yoga of the Heart (adapting yoga for heart disease). She is also the yoga instructor for the Integrative Cardiac Health Project at Walter Reed AMC. Rachel inspires her students to honor their inner wisdom and experience the healing potential of their hearts.

"As is one's thought, so one becomes. This is an eternal mystery."

-Maitri Upanishad

Our Mission

Willow Street Yoga Center seeks to ignite the flame of awareness, through the spiritual practice of Yoga, to awaken to the joy we innately are. We will be a vehicle for change to help students become strong and flexible in both mind and body, and through this, release attachments and inhibitions to embrace the divine spark within. We will do this in an environment that is safe, respectful and nurturing for all.



Sara Shelley is an affiliated Anusara Yoga teacher, specializing in yoga and meditation for the childbearing years. She empowers her students to cultivate greater trust, confidence and ease during this transforming time of life. Sara holds a Masters degree in Dance Movement Therapy, is a Certified HypnoBirthing Childbirth Educator, and the mother of 2 boys.



Sheree Mullen took her first yoga class 21 years ago. She has a Masters 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 Yoga 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 towards Anusara Certification.



Susana Crespo is a graduate of WSYC Teacher Training program and has studied under Suzie Hurley and John Friend, among others. Her teaching is full of enthusiasm for yoga's power to transform lives. Susi explores the Anusara principles of alignment with a sense of discovery, joy and freedom.

To her students she brings her encouragement, attention and humor.



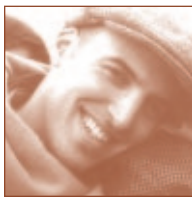
Vivian Campagna continues to experience the same sense of inner joy, freedom and empowerment that first captured her heart when she first rolled out her mat. Vivian is a graduate of the WSYC Teacher Training program and is working toward full Anusara Certification with guidance from her principal teachers Suzie Hurley and Kate Miller.



Adrienne Hamcke Wicker is a certified Kripalu Danskinetics® and 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.

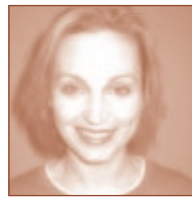


Clementina "Angel" Brown has studied and enjoyed Middle Eastern dance for over a decade with many of the world's best teachers. She has taught Spiritual Belly Dance since 1994, a unique form that combines traditional belly dance movements with healing energy, breathing, and visualization techniques.



Eduardo Cortina is a Certified T'ai Chi and Qi gong instructor who has been studying these and other martial arts since 1990. He is also a Certified Alexander Technique Teacher and Massage Therapist and is trained in Craniosacral therapy

and Reiki. Eduardo's classes are geared towards health, improving coordination and balance, and rediscovering our innate potential for poise in movement.



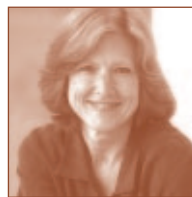
Julia Goodwin turned to Pilates to help achieve greater stability in her back and core muscles. She has a Masters in English, and has also studied voice, dance, boxing, and yoga. In 2003, she began studying with Roberta Stiehm, RSA Studio, L.L.C., and is certified to teach Pilates I Mat.



Laura Delaney is a certified YogaRhythmics® teacher, Phoenix Rising yoga therapist and life-long yogini. She whole-heartedly believes that the inner life creates the outer. She encourages her students to move from the inside out, to follow the spontaneous creative impulses that rise, and to compassionately express their authenticity, vitality, and courage.



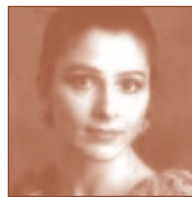
Roberta Stiehm is a dancer, teacher and yoga student living in Takoma Park. She has danced and taught modern and ballet professionally for 20 years, and danced and sang on Broadway. She is certified in Authentic Pilates and trains and certifies teachers in Pilates Mat through her studio, RSA Studio.



Robin Carnes discovered yoga at age 18, and it has gradually become the center of her life. An affiliated Anusara Yoga teacher, she studies with John Friend, Rod Stryker, 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.



Saku Janyce Papino is a certified YogaRhythmics® and Kripalu DansKinetics® instructor and brings her love of rhythm, movement, play and ingenuity into each class. Her personal philosophy is "Embrace your Joy and Live Abundantly!" She invites her students to discover play through movement and to dance with conscious abandon.



Theresa Notare began her Pilates training in the 1970s with Carola Trier, a student of Joseph Pilates and has practiced the Pilates Method ever since. In 2000 Theresa began to privately train with Roberta Stiehm, RSA Studio, L.L.C. Theresa received her certification in Pilates Mat, levels I and II by RSA Studio.



Tiffany Montavon is a certified Kripalu Danskinetics® and YogaRhythmics® instructor. Her experience with dance, cathartic movement and yoga have led to the belief that dance is a healing art. She is committed to creating safe and deepening experiences for students to explore and express themselves through creative free dance and guided movement.

teacher feature—Sommer & Paul Sobin



“What we call the beginning is often the end and to make an end is to make a beginning. The end is where we start from.” — T.S. Eliot

It is so amazing how grace has always flooded our lives and led us on our path together. The shedding of skin to prepare for re-birth can be painful and joyful, confusing and empowering. The opening to this beautiful process began, in some respects, for Paul and me on the exact same day. Neither of us had any intention of becoming yogis. Paul had just sold two businesses in Atlanta and we were both feeling ready for a major lifestyle change. We’d always felt that our lives should be devoted in service and in healing towards others but we had no idea in what way the universe would reveal that direction to us and we certainly had healing to do in order to get there.

One day, in search of our new selves, we (reluctantly) went to a yoga class. I couldn’t touch my toes and Paul had a big hunch in his upper back that inhibited him from standing up straight. Both of us had been regular smokers so breathing in deep fresh air was something new and intense. I never liked “stretching” and thought that yoga wouldn’t be for me. The magic of yoga began immediately from that very first class. A sense of joy arose, a desire to embrace life flooded our spirits and lingering depression was lifted. It was as if we had “seen the light” we were searching for. We returned to classes to keep those feelings alive. We immediately started taking class multiple times a week and joined intensive workshops with many senior yoga teachers. Little did we know one day we’d be putting our legs behind our heads and helping hundreds of students step into the transformational power of yoga that hit us so hard.

In the process of shedding our skin we moved from Atlanta to the sunny beach town of Siesta Key Florida. We studied many books on yogic philosophy, and practiced hatha yoga and meditation, on average 8 hours a day. We knew we had to work hard at releasing old patterns and instinctively began our preparation to accept our new roles in life. This went on for an entire year, everything in us was shifting it was as if the whole matrix of our beings was being prepared for something great. We joined an Integrated Yoga Teacher Training program down the line and that eventually led us to meeting our teacher and mentor Betsey Downing, “the Grande Dame of Anusara Yoga,”

as John Friend says. Betsey introduced us to the beautiful system of Anusara yoga and we began studying and eventually apprenticing with her. In time we were both teaching full time and saw how the Anusara system of yoga healed and empowered our students to grow to their highest potential. We studied with as many amazing Anusara Teachers as possible and are most grateful to our dear friends and teachers, Mitchel Bleier and Sianna Sherman as well as the incomparable John Friend.

We began to teach classes together and realized the joy of sharing our teaching together. Paul offers the humorous and solar Shiva energy and I offer the feminine Shakti energy, we feel together we can symbolize the synthesis of union, the meaning of yoga (some days are certainly harder than others!). In teaching together it has magnified the divine essence of co-creation to better help us transmit a playful and empowering experience for our students.

Joining the amazing community in Maryland has been a wonderful expansion and a gift of grace in our lives. As we step into this new spring, welcome our new skin and watch life burst into magnificent colors around us, we are grateful to be sharing this time with our Willow Street family. The enthusiasm of the kula has uplifted our lives in so many blessed ways. Thanks to our students and fellow teachers for creating a wonderful healing community that holds all of us and allows us to step into and share the gift of this ancient practice!

spring class registration form—april 26–july 4, 2004

(Please fill out all information and print clearly) *required

Name*

Address*

City* State*

Zip* Email

Phone (H)* () (W) ()

Check if this is a NEW address. Check if you prefer NL by email.

Class & Level	Location	Day	Time	Instructor	Class Fee
<input type="checkbox"/> Takoma Park <input type="checkbox"/> Silver Spring	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> Takoma Park <input type="checkbox"/> Silver Spring	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> Takoma Park <input type="checkbox"/> Silver Spring	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Kids/Teen	Location	Day	Time	Instructor	Class Fee

Discount (only one discount applies)

- \$5.00 for paying in full and in one transaction prior to April 26, 2004
- \$20.00 for students (w/valid college ID) and seniors over 65
- 10% family discount (refer to p.iv of insert for “family discount”)
- 10% AYTT discount (full registration only)

Payment Check No. _____ Cash
 Credit Card Check box to charge only \$45 deposit.

Visa / MC _____ Exp. Date _____ / _____

Signature _____ Name of cardholder if different from above (please print) _____

REGISTRAR USE ONLY

- By registering for a class, you agree to adhere to our policies as outlined in this newsletter and on our website.
- To register, return this form along with payment in full or a \$45 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 December 8. After December 8, all registration, new and current, will receive equal consideration.

Class Costs:

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

Discount

Total Fees

willow street yoga

9330 Carroll Ave.
Suite 100
Takoma Park MD
20912
301.270.8038
Fax: 301.270.8045

Visit our website:
willowstreetyoga.com

free classes

April 19-25

These classes are offered to new students as an introduction to Willow Street and yoga. 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.

TAKOMA PARK CLASSES

Mon. April 19

12:00-1:00pm	Beginning Yoga	Kate
5:00-6:00pm	Pranayama	Moses
6:15-7:30pm	Beginning Yoga	Moses

Tues. April 20

7:15-8:15am	Early Morning Yoga	Elizabeth
10:30-11:45am	Beginning Yoga	Sheree
12:00-1:15pm	Yoga II	Sheree
12:00-1:00pm	Lunchbreak Yoga	Maria
4:30-5:45pm	Yoga Nidra	Robin
6:15-7:30pm	Beginning Yoga	Kate
8:00-9:00pm	Pilates I	Julia

Wed. April 21

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

Thurs. April 22

10:00-11:15am	Gentle Yoga	Sara
6:15-7:30pm	Beginning Yoga	Sommer
6:15-7:30pm	YogaRhythmics®	Laura
7:45-9:00pm	Beginning Yoga	Suzie
7:45-9:00pm	Therapeutics	Lynn

Fri. April 23

10:00-11:15am	Continuing Class	Amy
12:00-1:00pm	Yoga Nidra	Robin
5:30-6:45pm	YogaRhythmics®	Laura
5:45-7:00pm	Beginning Yoga	Moses

Sat. April 24

9:00-10:15am	Beginning Yoga	Karin
10:45-12:00pm	Yoga II	Karin
11:15-12:15pm	Pilates I	Roberta
12:30-1:45pm	YogaRhythmics®	Saku

Sun. April 25

9:30-10:45am	Beginning Yoga	Rachel
11:15-12:30pm	Beginning Yoga	Amy
5:15-6:30pm	Tai Chi	Eduardo

SILVER SPRING CLASSES

Mon. April 19

5:30-6:45pm	Yoga Nidra	Robin
5:30-6:45pm	Beginning Yoga	Kate
7:45-8:45pm	Pilates I	Roberta

Tues. April 20

10:30-11:30am	Parent-Baby Yoga	Sara
4:30-5:30pm	Kids Yoga ages 5-8	Molly
6:15-7:30pm	Gentle Yoga	Vivian
7:45-9:00pm	Beginning Yoga	Susana

Wed. April 21

8:30-9:45am	Beginning Yoga	Molly
12:00-1:00pm	Gentle Yoga	Kathy
6:15-7:15pm	Pilates I	Theresa
7:15-8:30	Beginning Yoga	Kate

Thurs. April 22

10:30-11:45am	Continuing Class	Sheree
4:30-5:45pm	Beginning Yoga	Maureen
6:15-7:30pm	Cornerstones of Yoga	Maureen
7:45-9:00pm	Pregnancy Yoga	Sara

Fri. April 23

4:30-5:45pm	Continuing Class	Elizabeth
-------------	------------------	-----------

Sat. April 24

10:00-11:15am	Beginning Yoga	Sommer & Paul
---------------	----------------	---------------

Sun. April 25

10:45-12:00pm	Beginning Yoga	Kelly
---------------	----------------	-------



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

Return Service Requested

PRSRT STD
U.S. POSTAGE
PAID
PERMIT NO 5482
SILVER SPRING, MD

class schedule and workshops

spring session (10 weeks)—april 26-july 4

takoma park studios

6930 Carroll Ave. Suite 100
Takoma Park, MD 20912

monday

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

tuesday

Time	Class	Instructor	Studio
7:15-8:15am	Early Morning Yoga	Elizabeth	1B <small>new class</small>
10:30-12:00pm	Yoga I	Sheree	1A
12:00-1:00pm	Lunchbreak Yoga	Maria	1B
12:15-1:45pm	Yoga II	Sheree	1A
4:30-6:00pm	Vinyasa Flow I	Jenny	1A
4:30-6:00pm	Yoga Nidra	Robin	2
6:15-7:45pm	Yoga I	Kate	2
6:15-7:45pm	Yoga II/III	Maria	1B
6:15-7:30pm	Spec. Cond. & Injuries	Jenny	1A
8:00-9:30pm	Yoga II	Jenny	1A
8:00-9:00pm	Pilates I	Julia	1B <small>new class/teacher</small>
8:00-9:30pm	Yoga I/II	Kate	2

wednesday

Time	Class	Instructor	Studio
8:15-9:45am	Yoga II/III	Kate	2
11:15-12:15pm	Pilates II	Roberta	1A
12:30-1:30pm	Pilates I	Roberta	1A
12:30-2:00pm	Spiritual Belly Dance	Angel	2
4:30-5:30pm	Kids Yoga ages 9-12	Molly	1A
4:30-6:00pm	Yoga I/II	Karin	1A
6:15-7:45pm	Gentle Yoga	Rachel	1B
6:15-7:45pm	Yoga I/II	Suzie	2
6:15-7:45pm	Yoga II	Lucy	1A <small>new teacher</small>
8:00-9:30pm	Vinyasa Flow I/II	Karin	1B
8:00-9:30pm	Yoga III	Suzie	2
8:00-9:30pm	Yoga I	Joe	1A

thursday

Time	Class	Instructor	Studio
10:00-11:30am	Gentle Yoga	Sara	1B
12:00-1:30pm	Yoga II	Suzie	1A
12:00-2:00pm	Vinyasa Flow III	Kate	2 <small>longer class</small>
4:30-6:00pm	Yoga II	Joe	1A
6:15-7:45pm	Yoga II/III	Suzie	1A
6:15-7:45pm	YogaRhythmics®	Laura	2
6:15-7:45pm	Yoga I	Sommer	1B
8:00-9:30pm	Yoga I	Suzie	1A
8:00-9:30pm	Therapeutics	Lynn	1B
8:00-9:30pm	Yoga I/II	Joe	2

friday

Time	Class	Instructor	Studio
8:30-9:45am	Fusion Flow	Paul	2
10:00-11:30am	Yoga I/II	Amy	1A
10:30-11:30am	Parent-Baby Yoga	Sara	1B
12:00-1:00pm	Yoga Nidra	Robin	1A
5:30-7:00pm	YogaRhythmics®	Laura	2
5:45-7:15pm	Yoga I	Moses	1A
6:30-8:00pm	Yoga I/II	Joe	2
7:30-9:00pm	Yoga II	Moses	1A

saturday

Time	Class	Instructor	Studio
7:45-8:45am	Vinyasa Flow II/III	Sommer	2
8:00-9:30am	Yoga II/III	Paul	1A
8:45-9:45am	Pilates I	Roberta	1B
9:00-10:30am	Yoga I	Karin	2
10:00-11:00am	Pilates II	Roberta	1A
10:45-12:15pm	Yoga II	Karin	2
11:15-12:15pm	Pilates I	Roberta	1A
12:30-2:00pm	YogaRhythmics®	Saku	2

sunday

Time	Class	Instructor	Studio
9:30-11:00am	Yoga II	Molly	1B
9:30-11:00am	Yoga I	Rachel	2
9:30-11:00am	Yoga I/II	Amy	1A
11:15-12:45pm	Yoga I	Amy	2
11:15-12:45pm	Vinyasa Flow II	Molly	1B
4:30-5:45pm	Teen Yoga ages 13-18	Sommer	1A
4:30-6:00pm	Pregnancy Yoga	Sara	2
5:15-6:45pm	T'ai Chi	Eduardo	1B
6:30-8:00pm	YogaRhythmics®	Adrienne & Tiffany	2
7:00-8:30pm	Meditation (Free)	Luisa/Dori	1A <small>new teacher</small>

CLASS SCHEDULE SUBJECT TO CHANGE, please check our website for updates at willowstreetyoga.com.

*Sunday evening Insight Meditation classes 7:00-8:30pm: Luisa Montero-Diaz and Dori Langevin 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).

silver spring studios

8561 Fenton Street, Silver Spring, MD 20910

monday

Time	Class	Instructor	Studio
12:00-1:00pm	Vinyasa Flow I/II	Sommer	1
5:30-7:00pm	Yoga Nidra	Robin	2
5:30-7:00pm	Yoga I	Kate	1
7:30-8:30pm	Pilates I	Roberta	1
7:30-9:00pm	Yoga II	Kate	2 <small>new time</small>

tuesday

Time	Class	Instructor	Studio
8:15-9:15am	Pilates I	Roberta	1
9:00-10:30am	Yoga I/II	Kate	2
10:30-11:30am	Parent/Baby	Sara	1 <small>new description</small>
4:30-5:30pm	Kids Yoga ages 5-8	Molly	1
12:00-1:00pm	Lunchbreak Yoga	Paul	1
6:15-7:45pm	Gentle Yoga	Vivian	2
6:15-7:45pm	Yoga I/II	Sommer & Paul	1
8:00-9:30pm	Yoga I	Susana	1
8:00-9:30pm	Vinyasa Flow II	Sommer & Paul	2

wednesday

Time	Class	Instructor	Studio
8:30-10:00am	Yoga I	Molly	1
10:15-11:45am	Yoga II	Molly	1
6:15-7:15pm	Pilates I	Theresa	2
12:00-1:00pm	Gentle Yoga	Kathy	2
6:00-7:30pm	Yoga I/II	Kate	1 <small>new time/level</small>
7:45-9:15pm	Yoga I	Kate	1 <small>new time/level</small>

thursday

Time	Class	Instructor	Studio
10:15-11:45am	Yoga I/II	Sheree	1
4:30-6:00pm	Yoga I	Maureen	2
5:30-6:45pm	Spec. Cond. & Injuries	Jenny	1
6:15-7:45pm	Cornerstones of Yoga	Maureen	2
7:00-8:30pm	Yoga II	Jenny	1
8:00-9:30pm	Pregnancy Yoga	Sara	2

friday

Time	Class	Instructor	Studio
4:30-6:00pm	Yoga I/II	Elizabeth	1 <small>new class/new teacher</small>
6:15-7:45pm	Vinyasa Flow II	Sommer & Paul	1

saturday

Time	Class	Instructor	Studio
8:30-10:30am	Yoga II	Marion	1 <small>longer class new level**</small>
10:00-11:30am	Yoga I	Sommer & Paul	2
10:45-12:15pm	Yoga I/II	Marion	1 <small>new time</small>

sunday

Time	Class	Instructor	Studio
9:00-10:30am	Yoga I/II	Kelly	1 <small>new level</small>
10:45-12:15pm	Yoga I	Kelly	1

CLASS SCHEDULE SUBJECT TO CHANGE, please check our website for updates at willowstreetyoga.com.

** 2 hr Yoga II with Marion is for strong Level II students and above. Class will include Asana, meditation, pranayama and Yoga Nidra.

directions to willow street yoga center

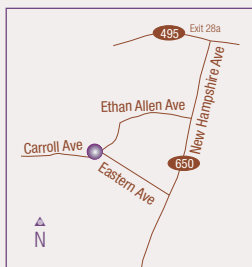
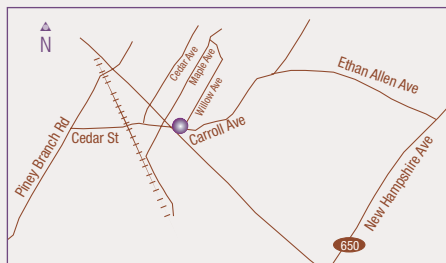
Takoma Park Studio

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 3.5 miles, turn right on Ethan Allen Ave/ MD-410. Ethan Allen becomes Carroll Ave/MD-195. In town, turn right to continue on Carroll Ave. to 6930 (on the right) across from the CVS.



Silver Spring Studio

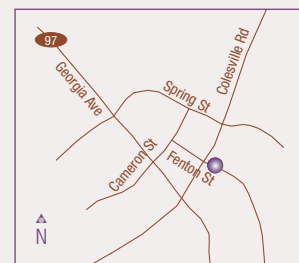
Located in downtown Silver Spring, Maryland at 8561 Fenton Street, across from City Place Mall. Entrance to WSYC is on Fenton. Go up to the second floor.

By Metro: Take the Red Line to the Silver Spring Station. After exiting the station, walk north two blocks on Colesville Road to Fenton Street. Make a right on Fenton Street, walk a 1/2 block to 8561 (on the left).

From Downtown: Take 16th Street to the DC Line. At the DC Line (traffic circle), take a right on Colesville Road. Go about half a mile on Colesville Road, make a right on Fenton Street to 8561.

From Beltway: Take exit 30 (Colesville Road/US 29) south toward Silver Spring. Continue on Colesville Road for about 1.7 miles, take a left on Fenton Street.

Closest Parking: Parking garage, Spring St. & Colesville Rd. 1 block North of Fenton St.



spring workshops

Takoma Park Campus - TP
Silver Spring Campus - SS

April 30-May 1: Asatti Yoga Workshop with Kelley Akin—TP

Fri 6:30-8:30pm \$35

Sat morning 9:30am-12pm \$45

Sat afternoon 2:30-4:30 \$35

Entire Workshop \$100

One hour private sessions \$125

By appointment only

Sun May 2 & Mon May 3

Call 704-655-9642 to schedule

Asatti is both a philosophy and a healing system that teaches us to open to the wealth of information available to us from our spirits. Learning to commune more fully with your spirit involves refining your ability to feel and move energy in the body. Hatha Yoga is a physical practice of breathing and postures that promotes awareness and ease in the body as well as strength, suppleness, and balance. Asatti Yoga combines Asatti philosophy with Hatha Yoga as a consciousness practice that promotes optimal physical well-being and greater emotional and energetic awareness.

Join Kelley Akin, Asatti Practitioner and founder of Lake Norman Yoga Center, for a fun, physical, and meditative workshop devoted to gaining a deeper understanding of your own energy patterns. Practice expanding emotional awareness and consciously moving your energy to create your life experiences from a higher vibrational level.

Sun May 2: Breath, Vibrations, Sound with Mary Naden 1-3:30pm \$35—TP

"BREATHE!" says your yoga teacher. But at it's simplest, what is the process called breathing, and where is the original source for breath in the body? Feel how that source can be effortlessly shaped into sound and develop awareness of habitual patterns that inhibit us from breathing and expressing freely. Find your breath and your voice with master teacher Mary Naden. This workshop is designed to inform not only yoga practitioners, but anyone interested in freeing their breath and bringing their sound to the world.

Sun May 9: Restorative Workshop with Karin 3-5:30pm \$35—TP

Celebrate Mother's Day with a late afternoon of Restorative Yoga. This workshop will help you to relieve stress and restore your body and mind through exploring a series of passive poses. By supporting your body with various props, you will alternately stimulate and relax your body to move towards a more balanced state. Each pose creates a specific physiological response which is beneficial to your health and reduces the effects of stress related diseases and deep fatigue. This workshop is open to all levels. Beginners to yoga are welcome. Men too!

Sat May 15: Get Hip; Hip Openers for Beginners & Special Conditions with Kate 1-3pm \$35 —TP

Join Kate Miller for an afternoon of yoga practice with a focus on the hips. As we get older the hips are one of the first areas to tighten and close down, blocking our creative and sensual energy. In this workshop, Kate will guide us through slow movements and mindful yoga asanas that help unlock old patterns in the body and learn news of creating more freedom in the hips, legs and lower back. This workshop will be highly therapeutic and be a great practice for those suffering from lower back, hip and knee issues. The pelvis is the center of our body and when it is in balance, the rest of the body can sing the rewards!

Sun May 23: Yoga and Asthma with Sheree 1-5pm \$55—TP

If you teach people with asthma or have it yourself, this workshop is for you. In this workshop you will discover poor breathing habits you may have (even if you don't have asthma), learn and practice the 6 pranayama techniques safe for asthma, learn which pranayama techniques to avoid, practice Barbara Benagh's 5 exercises for asthma, and learn and practice yoga asanas recommended for asthma.

Sun June 6: Beyond Making an Asana of Yourself with Marion Griffin and Scott Tyagan Attaway 1-3:30pm \$35—TP

What is the yogic difference between merely striking the pose and fully being the pose? By exploring and reflecting on the symbolic meaning of the yoga asanas, we broaden the limits of our own understanding. To begin this inquiry we will practice bringing to light the deeper meaning hidden within the asanas. For example, is mountain pose an expression of patience and dependability or a stubborn unwillingness to change? Is eagle pose more an expression of healthy independence or egotistical pride? Is Savasana more an expression of opening to grace or a dull unreceptivity? Through this deeper exploration we will begin to see how asana is both the expression of and the means to a deeper connection with all life.

suzie's travel schedule

April 23-25

Anusara Weekend Workshop in Minneapolis, MN

Contact Nancy Potek, 715-483-5066 or nechamapotek@centurytel.net

May 21-23

Anusara Weekend Workshop in Albany, NY

Contact Albany Kripalu Yoga Center, NY, 800-741-7353 or info@akyc.org

May 29-June 5

Anusara Teacher Training with Suzie, Betsey Downing & Jenny Otto at Inner Harmony Retreat Center in Utah

Visit www.innerharmonyretreat.com, call 1-800-214-0174 or email info@ihretreat.com

June 18-20

Anusara Workshop in Charlottesville, VA

Contact Chris Tucker, 434-296-1005 or vashrinks2@earthlink.net or Ebyogini@aol.com

August 6-9

Anusara "Opening to Grace" at Kripalu in Lenox, MA

Contact Albany Kripalu Yoga Center, NY, 800-741-7353 or info@akyc.org

Sat June 12: Cornerstones of Yoga with Maureen 1-4pm \$45—TP

Asana, Pranayama, Meditation, Chanting (Nada or "Sound" Yoga), Svadhyaya (study of scriptures), and Puja (Ritual) are the "Cornerstones" of a well - rounded Hatha Yoga practice. When practiced together they become transformational. Since Hatha Yoga is an experiential practice, the emphasis of this workshop is on learning through actual practice. As a result, you will experience the rich, multi dimensional aspects of Hatha Yoga and discover the spiritual essence of Yoga's Cornerstones.

Sat June 12: Partner Workshop with Karin 1-3pm \$65 per couple—TP

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 13: Abs and Arm Balances with Sheree 1-4pm \$45—TP

Astound your Friends! Be Challenged! Develop your core strength! But MOSTLY come have FUN in Sheree's ABS & ARM BALANCES workshop. We will cover a wide range of arm balances with variations and end our class with an extra long restorative savasana. This workshop is appropriate for fun-loving students at level I/II and above, and teachers who want to further their practice and teach arm balances.

Sat June 19: Preparation for Childbirth - a Partner Yoga Workshop for Pregnancy and Birth with Sara 1-5pm \$75/Couple; \$45/Individual—TP

This workshop provides an opportunity to develop increased confidence, flexibility and ease for the process of pregnancy, labor and birth. Combining a gentle yoga practice and discussion, focus will be on birthing positions, breath awareness, relaxation, massage and other techniques to enhance your birthing experience. Expectant dads will leave with a better understanding of how to be supportive during the birthing process. Bring a partner, or come alone. Mom's can be paired with other moms.

Sat June 19: Massage for Couples Or Friends with Eduardo 1-4:30pm \$150 per couple—SS

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. Eduardo teaches T'ai Chi, is a certified Massage Therapist, 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). Tables, oil or cream, and sheets for draping will be provided. If you have questions call Eduardo at 301-806-6633 or e-mail cortinae@juno.com. **Workshop limited to 5 pairs so, please, register early.**

Fri June 25: Kirtan with Bhagavan Das to Benefit Rita Project 8:00pm—SS \$20 Minimum donation at the door

Bhagavan Das is a world-renown devotional musician, heralded as the Jimi Hendrix of Kirtan (call and response Hindu chanting). Rita (Sanskrit for Truth) is a global movement to stop suicide and to celebrate life. Rita Project is a 501c3 non-profit organization devoted to using the arts to help survivors of suicide get in touch with the power of creation, and in doing so, foster healing and transformation. www.ritaproject.org. www.bhagavandas.com. No registration required.



advanced yoga teacher training

Open to Advanced Students or YTT Graduates if space permits. Days, times and locations for all weekends: Fridays 6:30-9:30pm in Silver Spring, Saturdays 10am-5:30pm in Takoma Park, Sundays 9am-4:30pm in Silver Spring.
Cost: \$350/weekend

- **April 2-4: Bandhas, Mudras and Kriyas with Suzie and Jenny plus The Energy Body with Maureen Clyne on Saturday (\$60 for Maureen only - 1/2 day)**
- **May 7-9: Sanskrit Weekend with the Sanskrit Institute (Saturday and Sunday open to all)**
- **June 4-6: Art of Sequencing, Therapeutics, Meditation; Ayurveda with Roberta Reeves on Ayurveda**
- **July 9-11: Pranayama & Philosophy II, special guest Doug Keller on Saturday**

Sat June 26: Anusara Basics with Kate 1-4pm \$45—TP

This is a great opportunity for those who are new to Anusara but not new to yoga, students who would like a better understanding of the loops and spirals and students who are interested in a fun-filled afternoon deepening their understanding of the universal principles of alignment!

Sun June 27: Exploring Your Chakras Through Art with Karen Gallant and Laurie Young 1-4pm \$45—TP

A healthy body has a strong current of life force (or prana) that flows freely through the seven energy centers known as chakras. By exploring and balancing these energy centers, we devote mindful energy to harnessing and nurturing our full potential. Participants will explore the meaning of each of their chakras, its degree of balance, and create colorful life sized representations of their body's energy. This workshop is particularly well suited for those who would like to take their understanding of chakras to a deeper, more personal level. No special artistic talent or skill required!



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

Visit our website:
willowstreetyoga.com

workshop registration form—spring 2004

(Please fill out all information and print clearly) * Required

Name*

Address*

City* State*

Zip* Email*

Phone (H)* () (W) ()

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Workshop	Day	Time	Instructor	Fee

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Workshop	Day	Time	Instructor	Fee

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Workshop	Day	Time	Instructor	Fee

Credit Card Payment

Total Fees

Visa / MC | Exp. Date /

Signature Name of cardholder if different from above (please print)

REGISTRAR USE ONLY

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

costs and class policies

Willow Street Yoga Center Administrative Staff

Suzie Hurley-Director
suzikali@aol.com
301.270.8038 ext. 38

John Hurley-Marketing Manager
jfhurley@comcast.net

Mary Romagnolo-Office Manager
mary@willowstreetyoga.com
301.270.8038 ext. 14

Denise Lyons-Administrative Assistant
denise@willowstreetyoga.com
301.270.8038 ext. 11

Joy Kirstin-Registrar
joy@willowstreetyoga.com
301.270.8038 ext. 15

Geneva Moss-Student Services Manager
geneva@willowstreetyoga.com
301.270.8038 ext. 16

Caitlin Carty-Work Study Coordinator
caitlin@willowstreetyoga.com
301.270.8038 ext. 17

Phil Bender-Webmaster, Etc.
phil@willowstreetyoga.com

Session Dates 4/26/04 – 7/4/04

Registration

Priority Registration

Class size is limited. Students are encouraged to register early. Current students may reserve a space until **March 28**. After **March 28**, all students, new and current, will receive equal consideration.

Costs for 10-week Spring Session

1.25, 1.5, 2 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*

All discounts only available through the first week of classes.

Early Bird Payment (must receive prior to 4/26)	-\$5.00
Students (with a valid college ID) and Seniors (65+)	-\$20.00
Family	10% off
AYTT students**	10% off

***Only one discount applies.** No discounts for drop-ins, workshops, or merchandise. Early Bird Payment is valid only when paying in full and in one payment 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.**

**Discount only available to those registered for the entire program.

Registration

Registrations are accepted at the studios, by mail, or by 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 \$45 non-refundable deposit. WSYC accepts cash, check, 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 do not confirm registrations and will only contact you if there is a problem. 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.

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. For specific children's class policies, please refer to willowstreetyoga.com or call for more information.

Drop-ins are NOT accepted for FULL children's classes! Please call ahead before dropping-in!

Refunds

If you discover you can no longer attend class, please contact the Registrar as soon as possible. Refunds are calculated based on the time the cancellation request is made, not the day of the last class attended, less the \$45 non-refundable deposit. **Tuition cannot be carried over to a later session.** Refunds are given according to the following schedule: first week of classes, 100%, second week, 75%, third week, 50%, fourth week, 25%. No refunds are given after the fourth week.

Please note: Refund Policies are Firm!

Coming to Class

Drop-ins

Drop-in students are accepted (space permitting) at \$20.00 for a non-registered student, and \$15 for a registered student, and for hour-long classes. Please pay drop-in fee directly to your instructor.

Make-ups

Missed classes can be made up at either location, 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 with 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 gum, perfume and worries outside the studio. We have changing rooms and all the yoga props you'll need. WSYC is a cell-phone free zone. Please respect our policy and turn yours off! **Please be on time for class. Late arrivals may be turned away.**

Studio Cancellations

If classes are canceled due to inclement weather or an emergency, there will be an announcement on the Center's voice mail 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 or workshop 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.

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

Takoma Park: Mon.-Fri.: 10 am-2 pm and 4 pm-8:30pm; Sat.: 10 am-1 pm. Sun. closed, will open for workshops and teacher trainings.