



Willow Street Yoga Center

of Takoma Park

Summer Session 2002

July 15-September 8

Summer 2002 Reflections:

Summertime Yoga

by Suzie Hurley

For many of us, Summer means vacations with the kids, family and friends, trips, sea, sand, sun and relaxation. Sometimes we come home needing a vacation from our vacation! So how can we make our summer vacation a lot of fun yet still come away feeling refreshed, rested, fit and flexible? You guessed it! Take your yoga travel mat with you and commit to a short practice daily.

It's easy to lose the momentum that we've built up by attending class regularly. Many students take a break from classes at this time, since they are going to be away for a couple of weeks or more. Yet, I hear again and again when they re-up for the Fall session, how much they missed their weekly yoga class and are glad to be back.

Maybe we need a Yoga hot line! Or perhaps just some incentives and reminders of how yoga helps us in so many ways. We know Yoga inspires change. Our classes and practice help us to overcome negative habits and find supportive ones instead. Yoga helps us become more user friendly with our bodies, enhancing our self-image from within, and not relying on external sources of what we're "supposed" to be and look like. Perhaps the most important reason for doing Yoga is that we know we simply FEEL BETTER after we've done a few postures and have breathed more deeply!

Consistency counts. I feel it's more important to have a shorter focused practice five or six days a week, than one long session once a week. If you're a beginner, consistency means going to class regularly, making up any missed classes as soon as possible. Remember, you can make up classes before you leave too! They say it takes 30 days to create a new habit. Make your practice or class a summer habit.

Or try a Yoga vacation. It's great to get away to a beautiful retreat center in the mountains or by the sea and immerse yourself in the practice. Students and teachers alike come home filled with new enthusiasm and commitment. I'll be leading two yoga retreats this summer: the first at Inner Harmony Retreat Center in the mountains of Southern Utah, July 20-27th. This promises to be spectacular, with

gourmet vegetarian food, hot tubs, hiking, and a trip to Zion National Park. The second is the Anusara Teacher Training I'm giving with Todd Norian in the beautiful Berkshires of Massachusetts, Aug. 4-9th. And there are many, many others, as well. Possibilities abound; the point is to keep feeling good, have fun and keep your practice or classes regular. Your body, mind and spirit will thank you for it.

To encourage you to not give up on us this Summer let me remind you of our liberal make-up policy. Missed classes can be made up at any time during the current session. That means even if you're going to miss a couple weeks due to vacation you'll have plenty of time (and classes) to take advantage of when you are in town. Also, note we'll pro-rate registrations to Aug. 18, so if you aren't in town at the start of classes, you'll be able to pick one up when you return. And, no matter where you go, you may want to consider our less bulky Travel mats and mat carrier bags for sale in the shop.

We will have a fair amount of schedule and teacher changes for the Summer. I will be taking a break for the summer since I will be away guest teaching and doing a much needed personal retreat of my own for two weeks. Kate and a few other exceptional teachers will be taking over my classes this Summer. Please check the schedule carefully.

So whatever your plans are, we at Willow Street wish you safe travels, much fun, rest, renewal and don't forget your yoga mat! In joyful practice,

Namaste,



INSIDE

- Join us for a **Free Class**. See the schedule on page 3.
- There are many changes to our summer schedule. **Please look closely!**

ASANA LEVELS AND CLASSES

When one realizes that all life is One, then one fears no more. Until we realize the unity of life, our separateness becomes fear.

– *Taittiriya Upanishad*
7.11

We say a very fond farewell to Linda Howard who is leaving WS after 5 years. Linda is cutting back on her schedule and we will miss her enthusiastic and joyous teaching. Sheree Mullin, a recent graduate of our YTT program and a regular sub will be taking her place. We welcome Sheree, as well as Anna Sullivan, who will be taking over Robin's Mon. 8 am class. Both have big shoes to fill but we know you will love them as much as we do.

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) will be 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.

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 who 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.

Vinyasa Flow Yoga means a steady continuous flow of postures being 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 who 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.

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 for ages 5-8, and 9-11 that helps children learn techniques for greater concentration, reducing stress, and connecting to their bodies in a loving way. The breath to focus and quiet the mind.

Teen Yoga is a class for ages 12-16 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 will also be taught.

Pregnancy Yoga involves the use of yoga poses, breath work and relaxation, to enable you to experience the special connection you have with your baby while developing trust and confidence in your body's resources for birth. Permission is required from your midwife or physician.

Parent/Baby Yoga is a movement class for new parents and babies designed to nurture, energize, strengthen and expand your capacity to share time with your baby in fun and creative ways. Drawing from principles of dance, yoga, relaxation, and infant development, parents will be given opportunities to experience their changing bodies with greater comfort, confidence and ease. (For babies 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.

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

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.

Sacred Sweat Breathe. Stretch. Move. Play. Sweat. Smile. Start your day (and weekend) off with a fun, dynamic flow of asana and movement to great music designed to get your heart beating and your spirit soaring. Together we'll experience the sweet alchemy which results from mixing conscious, aligned stretching and strengthening with a really good sweat. Pre-requisite: at least 2 semesters of Level 1/2.

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 compliments 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.



WORKSHOP REGISTRATION FORM—SUMMER 2002

(please fill out all information and print clearly)

Name: First Last Phone: (Home) (Work)

Address City State Zip E-mail address

Workshops

- July 20: "Yoga On and Off the Mat" \$20
- July 28: "Your Shoulders" \$45
- Aug. 18: "GET HIP" \$45
- Aug. 24: "Couples Workshop" \$65/couple
- Aug. 25: "A Midsummer's Flow Class" \$35

Teacher Training Weekends: (if space permits)

- June 28-30: "Meditation & Philosophy" \$300
- July 26-28: "Sanskrit" \$300
- August 23-25: "Sequencing" \$300

Total Number of Workshops: _____

Total Workshop Fees: _____

(Send separate checks for each workshop)

- All workshop registrations must be accompanied by payment in full. Send separate checks for each workshop.
- We accept cash, checks, and money orders only (no credit cards).
- Workshop cancellations must be received at least 5 business days before a workshop takes place in order to receive a refund.
- Please register early to avoid missing a full workshop.

Willow Street Yoga Center • 6930 Carroll Ave. Suite 100 • Takoma Park MD 20912 • 301-270-8038 • www.willowstreeyoga.com



SUMMER CLASS REGISTRATION FORM—JULY 15-SEPT 8

Class costs: 1 1/2 hour classes First class \$120.00 1 hour classes \$104.00
 Second class \$104.00 (no discount for more than 1 class)

(please fill out all information and print clearly)

Name: First Last Phone: (Home) (Work)

Address City State Zip E-mail address

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

	Teacher	Class/Level	Day/Time <i>(circle one)</i>	Class Length <i>(check one)</i>	Fee
Class 1 - first choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$120 1 hr for \$104	
alternative choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$120 1 hr for \$104	
Class 2 - first choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$120 1 hr for \$104	
alternative choice			Su M T W Th F Sa Time: _____	1 1/2 hr for \$120 1 hr for \$104	

Discount (please check only one discount)

- \$5.00 for paying in full and in one transaction prior to July 15, 2002
- \$10.00 for seniors over 65

Deposit/Discount

Total Class Fee

- Please read all policy information on page IV of the insert before completing this form
- To register for classes, return this form along with a \$30 nonrefundable deposit to WSYC. Balance is due the first day of class or your space is forfeited. Registrations cannot 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 July 1. After July 1, all registration, new and current will receive equal consideration.
- Pro-rated registration for fewer than 8 classes are accepted only after August 18 in classes that still have space.
- WSYC accepts cash, checks, and money orders only (no credit cards). **You must submit separate checks for classes and workshops payable to: Willow Street Yoga Center**

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FREE CLASSES—JULY 8-14

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.

Tues. July 9

11:30-12:45pm	Beginning Yoga	Sheree
4:30-5:30pm	Kids Class (9-11)	Molly

Wed. July 10

12:30-1:45pm	Spiritual Belly Dance	Angel
12:30-1:30pm	Pilates Based Mat	Roberta
6:15-7:30	Gentle Yoga	Rachel

Thurs. July 11

9:30-10:45am	Women's Yoga	Robin
6:15-7:30pm	Beginning Yoga	Joe
7:45-9:00pm	Beginning Yoga	Sheree

Fri. July 12

9:00-10:00am	Sacred Sweat	Robin
10:15-11:30am	Continuing Class	Robin
4:45-6:15pm	YogaRhythmics®	Tiffany & Adrienne

Sat. July 13

10:00-11:0 am	Pilates	Roberta
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Sun. July 14

11:15-12:30pm	Beginning Yoga	MaryJean
5:15-6:15pm	T'ai Chi	Eduardo



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CLASS SCHEDULE AND WORKSHOPS—JULY 15-SEPTEMBER 8

SUMMER 2002 SCHEDULE IN ALL 3 STUDIOS



MONDAY

Time	Class	Instructor	Studio
8:00-9:30 am	Yoga II	Anna	1A <small>teacher change</small>
10:15-11:45	Yoga I/II	Kate	2 <small>new</small>
12:00-1:30 pm	Yoga I	Kate	2 <small>studio change</small>
4:30-6:00 pm	Yoga I/II	Joe	2
4:30-6:00 pm	Kids Yoga ages (5-9)	Karin	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	Sheree	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	Robin	1A
8:00-9:30 pm	Yoga II	Kate	1B

TUESDAY

Time	Class	Instructor	Studio
7:15-8:15 am	All Levels	Asya	1B <small>teacher change</small>
11:30-1:00 pm	Yoga I	Sheree	1A
1:15-2:45 pm	Yoga II	Sheree	1A <small>new</small>
4:30-6:00 pm	Kids Yoga (9-11)	Molly	1B <small>teacher change</small>
4:30-6:00 pm	Beginning Flow	Jenny	1A
6:15-7:45 pm	Yoga I	Kate	2
6:15-7:45 pm	Yoga II	Karin	1A
6:15-7:30 pm	Spec. Cond. & Injuries	Jenny	1B
8:00-9:30 pm	Yoga II/III	Jenny	1B
8:00-9:30 pm	Intermediate Flow*	Robin/W	2 <small>teacher change</small>
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 <small>time & studio change</small>
10:30-11:30 am	Parent/Baby Yoga	Sara	1B <small>name/date change</small>
11:15-12:15 pm	Pilates Mat II	Roberta	1A
12:30-2:00 pm	Spiritual Belly Dance	Angel	1B <small>studio change</small>
12:30-1:30 pm	Pilates Mat 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	Kate	2
6:15-7:45 pm	Yoga II	Karin	1A
8:00-9:30 pm	Intermediate Flow*	Karin	1B
8:00-9:30 pm	Yoga III	Kate	2
8:00-9:30 pm	Yoga I	Joe	1A

*See page 4 and 4 for prerequisites.

**This special time is for ongoing Vipassana community meditation practice including short dharma talks, sitting practice, and an opportunity for discussion. Luisa and Lynn are long time practitioners bringing dedication to their teaching. These classes are offered free, following the tradition of "dana", meaning generosity. Donations are accepted. Luisa may be reached at 301-891-2780 and Lynn at 301-530-4363.

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).

THURSDAY

Time	Class	Instructor	Studio
9:30-11:15 am	Women's Yoga	Robin	2
12:00-1:00 pm	All Levels	Kate	1B
12:00-1:30 pm	Yoga II	Maureen	1A
6:15-7:45 pm	Yoga II/III	Kate	1B
6:15-7:45 pm	YogaRhythmics®	Robin	2
6:15-7:45 pm	Yoga I	Kerry	1A
8:00-9:30 pm	Yoga I	Sheree	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
9:00-10:00 am	Sacred Sweat	Robin	2 <small>new</small>
10:15-11:45 am	Yoga I/II	Robin	1A
4:45-6:15 pm	YogaRhythmics®	Adrienne & Tiffany	2 <small>date change</small>
5:30-7:00 pm	Yoga I	Moses	1A
6:30-8:00 pm	Yoga I/II	Joe	2
7:15-8:45 pm	Yoga II	Moses	1A

SATURDAY

Time	Class	Instructor	Studio
8:45-9:45 am	Pilates I	Roberta	1B
8:00-9:30 am	Yoga II/III	Kerry	2
9:00-10:30 am	Yoga I	Karin	2
10:00-11:00 am	Pilates Mat I	Roberta	1A
10:45-12:15 pm	Yoga II	Karin	2
11:15-12:15 pm	Pilates Mat II	Roberta	1A

SUNDAY

Time	Class	Instructor	Studio
9:30-11:00 am	Yoga I	Rachel	2
9:30-11:00 am	Yoga I/II	Mary Jean	1B
9:30-11:00 am	Yoga II	Molly	1A
11:15-12:45 pm	Yoga I	Mary Jean	1B
5:15-6:45 pm	T'ai Chi	Eduardo	1A
5:30-7:00 pm	Teen Yoga	Kate	1B <small>time change</small>
7:00-8:30 pm	Pregnancy Yoga	Sara	2
7:00-8:30 pm	Meditation (Free)**	Luisa/Lynn	1A
7:30-9:00 pm	Therapeutics	Kate	1B <small>time change</small>



SUMMER WORKSHOPS

*The world stands
out on either side*

*No wider than
the heart is wide;*

*Above the world is
stretched the sky,*

*No higher than
the soul is high.*

– Edna St. Vincent Millay

July 20: "Yoga On and Off the Mat, Climate Change, and Spiritual Activism from the Inside Out" with Jen Crawford 1-3:30 pm \$20 (lunch included)

This workshop will include a tasty wholesome, organic lunch as we learn about climate change and how it relates to yoga (classical yoga, and eco-yoga) and to spiritual activism (being the change you wish to see in the world).

Discussion, meditation, and asana practice will be part of the workshop, offering a number of tools and options for integrating this knowledge and awareness into our lives and into our yoga on and off the mat.

July 28: "Your Shoulders: How to Release, Strengthen and Increase Their Range of Motion" with Jeanne Feeney 1-4 pm \$45

This workshop will focus on the shoulder girdle and how it's health and alignment can enhance your yoga practice as well as movement in your daily life. Through the somatic work of Body-Mind Centering, we will learn about the shoulder,

arm, wrist and hand, discovering how they support one another and lever into the whole body for better resiliency and stability. Using anatomy and hands-on body work, we will embody the power of the upper body and let it improve your yoga practice.

Aug. 18: "GET HIP" with Kate Miller, Certified Anusara Teacher 1-4 pm \$45.

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 work shop we will move slowly and mindfully through yoga asanas that help unlock old patterns in the body and learn new ways of creating more freedom in the hips, hamstrings and lower back. This workshop will be highly therapeutic. The pelvis is the center of our body. When the pelvis is in balance the rest of the body can sing the rewards.

Aug. 24: "Couples Workshop" with Sara Shelley 2-5pm \$65/couple

This workshop is for couples interested in cultivating greater relaxation and enjoyment for childbearing, while enhancing awareness and confidence for labor and birth. Through gentle postures, breathwork, meditation and massage, couples will experience a deeper connection with each other as well as to the life of their unborn child. Expectant partners will be able to participate with a better understanding of how to be supportive during the birthing process. Moms may be accompanied by partner or whoever might be present at birth. No yoga experience necessary.

Aug. 25: "A Midsummer's FLOW Class" with Kate Miller 2-4 pm \$35

Come join Kate Miller for a summer afternoon of Vinyasa Yoga. Vinyasa is the term used for synchronizing asana and breath in a continuous sequence. This practice draws attention inward and so creates a deep sense of harmony of body, mind and spirit. By practicing with mindfulness and precision we experience a greater sense of witness and are able to open to the quality of each moment as it unfolds into the next. This workshop is sure to enhance your connection to breath, improve your technique of transitioning between poses and quiet your mind. Must have completed at least a level 1/2 asana class.

SUZIE'S TRAVEL SCHEDULE

- June 7-9: Anusara Workshop in Charlottesville, VA.
Call Chris Tucker at 804-296-1005 or email Vashrinks2@hotmail.com or Ebyogini@aol.com
- July 20-27: Anusara All Levels Week at Inner Harmony Retreat Center, Utah
Call Dodie at 1-800-214-0174 or email dodie@ihretreat.com; more info www.innerharmonyretreat.com
- August 4-9: Anusara Teacher Training with Suzie and Todd Norian in W. Stockbridge, MA.
Call Phoenix Rising at 800-288-9642 or email: enroll@pryt.com
- October 4-6: Anusara Weekend Workshop in Charlotte, NC
Call Marylou Buck at 704/525-2293 or email Maryloubuc@aol.com
- October 25-27: Anusara Weekend Workshop in Dallas, TX
Call Annette Doody at 972-619-3205 or email Gdoody@gte.net; more info: www.yogaforwellness.net
- Nov. 8-10: Anusara Fall Beach Retreat in Ocean City, MD
Email Suzie at suzicali@aol.com or call Willow Street Yoga Center at 301/270-8038 or see: www.willowstreeyoga.com
- Feb. 1-8, 2003: Yoga Vacation in Belize with Suzie and Betsey Downing
Call Betsey at 941-907-9006 or email: Betsey@GardenofTheHeartYoga.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.

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 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.

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.

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.

Reminder

Summer means many schedule changes! Please review the class schedule closely for new classes and other changes.

TEACHER TRAINING WEEKENDS

Anusara Teacher Training Weekends: Open to Advanced Students or budding teachers if space permits. Must do each weekend in its entirety.

1. June 28-30: Suzie Hurley & Moses Brown "Meditation & Philosophy"

Fri. 6:30-9:30, Sat: 10:00-5:00,
Sun. 9:00-4:00 \$300

2. July 26-28: Jenny Otto & Moses Brown "Sanskrit"

Fri. 6:30-9:30, Sat: 10:00-5:00,
Sun. 9:00-4:00 \$300

3. August 23-25: Joe Miller & Moses Brown with Betsey Downing "Sequencing"

Fri. 6:30-9:30, Sat: 10:00-5:00,
Sun. 9:00-4:00 \$300

YOGAWARES...THE SHOP AT WSYC

Come browse our shop "Yogawares". We have one of the most extensive collections of yoga props, books, videos, CDs and great looking yoga apparel in the Washington Metro area. Watch for the arrival of our Summer line of Yogi Wear and City Lights apparel. (Sorry, no mail orders)

Store hours are Mon-Fri: 10:00-2:00pm, 4:00-8:30pm; Sat: 10:00-1:00pm; Sun: closed. (Special hours held for workshops and teacher training.)

Store questions: store@willowstreetyoga.com

Gift Certificates are available for items or classes and Visa and MasterCard are accepted for shop purchases. (No credit payments accepted for classes or workshops.)

COSTS AND CLASS POLICIES

Session Dates 7/15/02-9/8/02

Registration

Priority Registration

Class size is limited so please register early. Current students may reserve a space until July 1st. After July 1st, all registrations, new and current, will receive equal consideration.

Costs for 8 week Summer Session

1.5 hr. classes	\$120.00
	(additional class: \$104.00/class)*
1 hr. classes	\$104.00

*If you purchase more than one 1.5 hr class, each additional class is \$104 plus the \$120 for the first class. There are no discounts for additional 1 hr. classes. Check schedule carefully.

Tuition Discounts

Seniors (65+)	-\$10.00
Early Bird Payment	-\$5.00 off tuition

if paid in one transaction prior to July 15th.

One tuition discount per student on a full session only. No discounts on drop-ins, workshops, or merchandise. The discount for Early Bird Payment is valid only when paying in one payment at the time of registration prior to the start of the session.

Registration

To register for a class, complete the registration form and enclose a \$30 non-refundable deposit or payment in full. Phone registrations are not accepted. The balance is due on the first day of class. **We do not confirm registrations. We will contact you only if the class you request is full.** Only registrations for the full session are accepted through the first two weeks of class. Classes that are not full after the second week of class will accept students on a pro-rated basis through August 18th. After that time, students may come to classes on a drop-in basis. New Yoga I students are not accepted after the third week of class.

Workshop Policies

All workshop registrations must be accompanied by payment in full. It's best to mail your registration and check early to avoid missing a full workshop. Workshop cancellations must be received at least five business days before a workshop takes place in order to receive a refund.

Policies for Children

We ask that children under the age of 16 attend classes specifically for children and teens. Ages 16 and above may attend the regular classes at regular rates.

Refunds

We offer refunds to those students who discover they cannot attend classes. The \$30 deposit is non-refundable, even if you cancel registration prior to the beginning of the session. The schedule for refunds is as follows:

If refund request is received by:

The end of the first week of class: 100% of refundable tuition*
The end of the 2nd week of class: 75% of refundable tuition*
The end of the 3rd week of class: 50% of refundable tuition*
The end of the 4th week of class: 25% of refundable tuition*

* less \$30 deposit

No refunds are available after the end of the 4th week of class. Exceptions to this policy will not be made. By registering for a class, you agree to adhere to these policies. To receive a refund, please fill out a Refund Request Form available at the reception desk and ask your instructor or our staff to help you. In addition, you may phone in your refund request if you are unable to come in person. **The refund is based on the date the form is received rather than the date of the last class attended.**

Coming to class

Drop Ins

A drop-in is a student who is not currently registered who takes a single class or a current student taking a single class that he is not registered in. Drop-ins are accepted (space permitting) at \$18 per class (or \$15 for the hour-long classes). For students registered in a current class, the drop-in price is \$13 per class. Registered students who are making up a class have priority over drop-ins. **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 lower. 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.**

Clothing, etc.

Wear comfortable clothes such as t-shirts with long shorts, bike shorts, tights or leggings. No baggy pants, please! They obscure leg alignment. Students should be barefoot in class. We have changing rooms available. Come to class on an empty stomach. Please, no perfumes or heavy jewelry. Cell phones and pagers must be turned off and left outside the yoga studio.

Weather/Emergency Cancellations

If classes are canceled due to inclement weather or other emergencies, there will be an announcement on the Center's voice mail (mailbox #35) two hours or more before the class is scheduled to begin. Canceled classes will either be rescheduled or you will receive a voucher.

Holidays

Classes will be held as usual on all holidays unless specifically announced in class and on the bulletin board outside the studios. Classes will be held on Labor Day, September 2.

Injuries/Physical Limitations

We have a wide range of classes to accommodate people with various physical conditions. It is the student's responsibility to let their teacher know before class about any physical problems or medical conditions.

Office Hours

We are staffed in our reception area during store hours. (Monday–Friday: 10:00 am–2:00 pm and 4:00 pm–8:30 pm; Saturday: 10:00 am–1:00 pm; Sunday: closed. (Special hours held for workshop and teacher training.)

*Learn more about
us and our instructors
on our website,
www.willowstreeyoga.com,
or by calling the Center.*