

# willow street yoga

Summer Session 2006 • July 10-September 3

Takoma Park and Silver Spring

Registration opens  
May 31 at 10 am

## Summer 2006 Reflections An Overview of Anusara Philosophy

by Suzie Hurley



Whenever I have studied anything seriously that I love, I find myself wanting to know more and more. Of course the more I learn, the less I realize I know, but still it's a start. When I felt that the system of Anusara Yoga was the system

that made my heart, body and mind sing in greater harmony than ever before, I wanted to know the philosophy that was behind it, as I knew each system of Yoga reflects its own basic philosophy. I was not disappointed. In this Reflections piece, I will give a basic overview of the philosophy of Anusara Yoga, so that perhaps there will be a greater understanding of what makes it what it is.

We know that yoga, in the most expanded sense of the word, not pertaining to only "asana", has been around a very long time, perhaps even up to 6500 years or more, having its origins in India. In fact, "asana" or the physical postures were a fairly recent addition to Yoga, with little written about them until the Hatha Yoga Pradipika around 6 AD. Aspects of yoga were first recorded in the Vedas, specifically the Rig Veda, ancient hymns that were created by sages and rishis from their own direct deep meditative experiences. Before (and after) the Vedas, the knowledge was conveyed orally from teacher to student. Some scholars say that aspects of yoga actually began 10-15,000 years ago in the Indus River Valley with an extremely advanced culture rich in spirituality. It is said that both the meditative aspects of yoga as well as the medical or healing branch of yoga, called Ayurveda, began here.

The Yoga Sutras of Patanjali, which codified in concise "threads" of 196 aphorisms what is now termed "Classical" yogic philosophy, was written between 150-200 CE/AD and Patanjali also wrote books on medicine (Ayurveda), and grammar (Sanskrit). Patanjali's sutras are always a wonderful place to

start understanding the roots of yogic philosophy, and the Classical system.

Over hundreds of years, the teachings of yoga have been interpreted in many ways by many different scholars, all bringing their own unique and diverse views. Different schools emerged, arguments broke out about where the real "Truth" was to be found, as well as to what that "Truth" actually was, and how to attain it. It is impossible in this short article to go into the comparisons of these different schools, though the three main schools can be classified into: Classical Yoga, Vedanta and Tantra. These three schools have much overlap, as well as some profound differences.

It is good to point out that what all systems of yoga have in common is a desire to attain freedom from suffering. The cause of suffering is change, and our inability to accept changes such as loss, old age, death, and other large and small life transitions. We get involved in, attached to, identified with what eventually changes - our own body, other people, and possessions - and suffer loss when they undergo change. Each school basically developed a system for getting out of suffering, and uniting or yoking (yoga comes from the root word "yug", meaning to yoke, bind, join, unite) with the one divine aspect of consciousness that takes many different names.

The Anusara system of yoga is based on the Tantric school of yoga. Tantra had its roots, as did the other schools, way back thousands of years ago, in the Indus valley. But it was much later, between the 7th and 13th century that a more radical interpretation came about and expanded on the previous teachings by enlightened sages and scholars in the Kashmir section of India. These sages said that God or Being or Consciousness was in everything. Tantra equates Being with Consciousness: everything outside is an expression or manifestation of what is within - the unchanging hub of all change. Everything limited within us is a manifestation of the unlimited perfection found in all.



*“Anusara’s remarkable popularity is due in large part to its uplifting philosophy, epitomized by a “celebration of the heart,” that looks for the good in all people and things”*

—John Friend

## reflections (cont.)

The One is not any one thing because it is all things. Tantra is an all inclusive view, which chooses the path of affirmation with ever-widening inclusion. The freedom we seek is freedom to, rather than freedom from, a major difference [from] the other two mentioned schools. We transcend limitation by active participation in service and giving. Desire is not considered something to be rid of, but is raised to a higher level of aligning with the greater will, a benevolent will - the will of God, which includes both our own good and the good of all. Desire limits us when it is only desire for this or that for oneself; desire frees us when it becomes desire that is aligned with the Creative, Divine Desire, the passion to create and manifest its goodness.

Tantra says the Absolute yearns for nothing other than itself; to express goodness in ever new and surprising ways - a spontaneous way of Wholeness which moves between passion to create, and dispassion which means it is not attached to its creation, but continually returning into itself to manifest a new creation. It’s a play, called “lila” that we all co-participate in with the Divine. We thus create our own reality each moment, with conscious choice to participate either in an expanded or a contracted way with the Divine.

John Friend, the founder and developer of Anusara yoga, eloquently puts it this way:

*“The vision of Anusara is grounded in a Tantric philosophy of intrinsic goodness. In this philosophy we take the premise that everything in this world is an embodiment of Supreme Consciousness, which at its essence pulsates with goodness and the highest bliss. All of creation is divinely danced into existence for the simple delight and the play of embodying the Supreme’s own blissful nature.*

*The highest intention of practicing Anusara Yoga is to align with the Divine. As we deepen our alignment with the Supreme, we step deeper into the flow of Grace. It is through the revelatory power of Grace that we awaken to the truth that this Divine flow is our essential nature. This higher knowledge naturally fuels our deepest desire to lovingly serve the creative flow of life through each breath and posture in our yoga practice. On*

## 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.*

*our yoga mat we artistically offer our individual light and our unique music with the heartfelt prayer of adding more beauty, love, and goodness to the world.*

*We see the physical body as a magnificent manifestation of Spirit, not simply an inferior material vessel. Similarly, our thoughts, desires, passions and emotions are not obstacles to spiritual awakening which need to be squelched or eliminated, but instead they are God-given means of glorifying and expanding our experience of the Supreme. Ultimately, the body/mind is a Divine gift to help us discover our glory, our greatness, and our worthiness to experience the highest sense of freedom. Embodiment is not some sort of karmic punishment, nor something we need to transcend. Moreover, although this material body/mind is ever-changing, it is not an illusion, nor a mistake of one’s perception.*

*The art of Anusara Yoga is a co-participation with the Supreme—not a practice of domination, subjugation, or control of Nature. The poses in Anusara Yoga are considered to be “heart-oriented,” meaning that they are expressed from the “inside out.” Instead of trying to control the body and mind from the outside, the poses originate from a deep creative and devotional feeling inside. On our mat, we endeavor to always remember the spiritual purpose or highest intention of practicing hatha yoga, including reconnecting with our innate goodness and expressing ourselves from that Divine place.*

*So through our Anusara Yoga practice we cultivate an ability to clearly discriminate between what is life-enhancing and what is not. We then use our power of discrimination and judgment to align with the good in order to reduce suffering, diminish ugliness, dissolve hatred, and conversely to exult in the splendor of life and our inherent auspiciousness.*

*Spiritual awakening is the ever-expanding process of recognizing that our true nature is perfect, full, and lacking nothing. Spiritual freedom or enlightenment is not a fixed state of being. Rather it is an ever-evolving process of unfolding our effulgence, goodness, balance, and perfection. Progress on the path of awakening is reflected in an increase in one’s spiritual centeredness; wisdom; trust in the Divine’s play; capacity to lovingly honor the Divine in each other; and ability to celebrate the Divine grandeur in life.”*

For me, this is how I want to live, this is what I’m called to do. So the Tantric philosophy really works for me. It may not for you. One of the most refreshing things I find about the yogic journey is that it never asks one to believe anything. It has no rules. Instead, it is an exploration into oneself at the deepest level. It is validated or not validated by one’s own personal experience over time. It can add to whatever more formal religious beliefs you hold or it can blow them to smithereens. So grab a sticky mat and a meditation cushion and get ready to play the Only Game in Town.

Namaste,  
*Suzie*

# asana levels and classes

**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.

**Gentle/Yoga I** This class is a transition between a gentler and slower approach to Anusara yoga, and a regular Yoga I class.

**Yoga I** introduces beginning and continuing students to the Anusara principles of alignment and breathwork, primary poses and yoga basics, including the use of props. Emphasis on the standing poses and opening the shoulders.

**Yoga I/II** is for continuing students who have completed Level I. It emphasizes building endurance and introducing Yoga II standing poses. Suitable for students who have practiced styles of yoga other than the Anusara method, but **not suitable for those who have never studied yoga before.**

**Yoga II** is for continuing students who have completed Yoga I/II. Focuses on refining the revolved standing poses. Introduces strengthening preparations for inversions (handstand, forearm balance, headstand, & shoulderstand).

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

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

**Vinyasa Flow Yoga** is a steady continuous flow of postures linked together by the breath. Sun Salutations and other creative flows will be emphasized. Students should be familiar with the Anusara principles and be in good health and free of major injuries. *Each Vinyasa class level will follow the curriculum of its corresponding Yoga class level.*

**Yoga for Special Conditions & Injuries** is for those with limiting physical conditions (i.e. serious spinal problems, arthritis, heart problems, chronic and acute injuries) 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.**

**Early Morning Yoga** is an all-level classes for those who want a good stretch and more energy for their days. The foundational alignment principles of Anusara Yoga, breathwork and relaxation will be included.

**Fusion Flow** is an ever-evolving shakti filled class, sure to get you jazzed for the weekend! This class is a creative fusion of vigorous yoga flows accompanied by a vast array of inspirational music selections. Open to all levels. Please have completed at least one full session of Yoga I, be ready for a challenge and have no injuries.

**Yoga & Abs** focuses on developing awareness, flexibility and strength in the core body through asana, various abdominal exercises and breath.

**Women's Yoga** is a celebration of Goddess energy. Through asana, pranayama, sharing and meditation, women explore their connection to lunar rhythms and increase inner harmony. This class is an opportunity to embrace the healing power of the sacred feminine within.

**Pregnancy Yoga** Practicing yoga during pregnancy 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).

**Postnatal Parent Baby Yoga** is a class for you and your baby to stretch, strengthen and restore through yoga poses, breath awareness and relaxation. It focuses on promoting a foundation of well-being which encourages interaction, touch, and fun with your infant. Meet and connect with other new moms and babies. For infants not yet crawling.

**Itsy Bitsy Yoga®** is a special program developed by Helen Garabedian, Infant Developmental Movement Educator and certified yoga instructor, to introduce parents and children to the benefits yoga can bring during the first years of life. A developmentally-appropriate series of yoga poses, songs, stories, and games will engage your child, as well as build the foundation for a healthy, active lifestyle in the future. You will not only strengthen the parent/child bond during class, but you and your child will also learn many activities that can keep you connected on a daily basis.

**Itsy Bitsy Yoga® for Babies** is a calming and nurturing yoga class where parents learn to help babies unfold their motor skills, sleep better, feel happier, and digest with ease. Get to know your baby better and enjoy the community of other growing families. Newborn and almost crawling babies welcome.

**Itsy Bitsy Yoga® for Tots** is a supportive, fun-loving, and active yoga practice for busy tots. Continue bonding with your child as you help her/him to feel comfortable with a moving body, develop self-confidence, and encourage a creative spirit. Experience the shared joy and delight when your tot moves into yoga poses on their own! For crawlers and walkers (up to 24 months). (Returning in the Fall Session)

**Itsy Bitsy Yoga® for Tykes** offers more than 50 unique and engaging yoga postures, rhymes and activities for you to share with your 21 month to 4 year-old. You and your tyke will delight in practicing yoga, discovering new movements and singing together. Preschoolers have a mind of their own, and trained Itsy Bitsy Yoga facilitators know exactly how to honor and appeal to these independent spirits.

**Yoga for Kids for ages 5-7 and 8-12**, 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. And it's FUN!

*Tantra is an all inclusive view, which chooses the path of affirmation with ever-widening inclusion.*

“As above,  
so below.”

—Tantric text

**Homeschooled Kids Yoga for ages 6-10** This special program for 6-10 year olds homeschoolers combines the basic elements of yoga in a playful and fun way that incorporates art, creative movement, music, sensory integration and lots of imaginative play. Each session ends with a final relaxation in which the children relax their bodies and minds and take in all the benefits of the practice. The program provides a non-competitive, non-judgmental environment in which kids can enjoy exercising while developing awareness for their bodies and inner selves.

**Teen Yoga for ages 13-16**, 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.

**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. Each student will formulate a sankalpa, or specific life goal, and work with it every class using Yoga Nidra (Yogic Sleep). Subconscious blocks are removed, allowing you to manifest your life's goals more fully.

**Monday Night Meditation** In this time we explore the power of various meditation techniques, but most of all, it is a time to come together and share in the profound value of Silence. Beginners welcome. Donations go to good causes.

**Vipassana Meditation** Led by Luisa Montero-Diaz, Dori Langevin and Catherine Brousseau. The class includes opening chants, Vipassana meditation instruction and dharma talk with an opportunity for questions. In keeping with the tradition of “dana” (generosity), there is no charge for the class. What you offer in the dana basket pays the rent and supports the teachers.

**Gayatri Mantra** The Gayatri Mantra is said to be the Mother of the Vedas. Chanting the Gayatri Mantra influences the physical body, clears the emotional body, and leads one to the inner heart. Join us in chanting the Gayatri Mantra 108 times, helping bring peace to ourselves and peace to the world. No experience necessary. Free.

**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.

**Pilates** focuses on developing abdominal core strength. The exercises require concentration and focus on the abdomen, back and buttocks. Effects are cumulative, but even a single session can leave you feeling stronger and more aware of your strength. Different level classes for different levels of experience.

### Healing Modalities

**Eduardo Cortina:** 301-806-6633 Cranial Sacral & Body 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

**Harlee Goodwin:** 301-580-9996 Therapeutic Massage in Silver Spring

**Joletta Humpert, CMT:** 202-352-3112 or joletta@mettamassage.net. Therapeutic, pregnancy and lymph drainage massage in Silver Spring

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

## 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 inter-connectedness 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**, developed by Master teacher, John Friend. Anusara means “flowing with Grace” and is one of the most spiritually inspiring, therapeutically effective and physically transformative styles of hatha yoga. It is now the fastest growing style of yoga in the world. It attracts yogis of all levels with its light-hearted yet profound celebration of the human spirit and its deeply therapeutic power. The Anusara Universal

Principles of Alignment allow the body, breath and spirit to align with the power of Grace, so that we can tap into our potential for a full and radiant 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.

Willow Street Yoga Center is the largest Anusara center in the country with many options for in-depth study.



John Friend

# about us

Please visit our website to see photos and full bios for all of our fabulous instructors. Go to [www.willowstreetyoga.com](http://www.willowstreetyoga.com), click on "About Us" and then on "Instructors."

## Yoga

**Suzie Hurley**

**Annette Zabolotsky**

**Caitlin Bevivino**

**Cheryl Catranbone**

**Cinema Wood**

**Elizabeth Cosgrove**

**Elizabeth Goodman**

**Jenny Otto**

**Joe Miller**

**Kate Miller**

**Kathy Carroll**

**Kathy O'Rourke**

**Kelly Fisher**

**Laura Delaney**

**Lucy Lomax**

**Lynn Matthews**

**Maria Hamburger**

**Marion Griffin**

**Moses Brown**

**Naomi Gottlieb-Miller**

**Orly Leizerov**

**Pat Blum**

**Rebecca Gitter**

**Robin Carnes**

**Sara Shelley**

**Sheree Mullen**

**Susana Crespo**

**Tyagan Scott Attaway**

**Vivian Campagna**

## Pilates

**Roberta Stiehm**

**Catherine Turner**

**Milt Pugh**

**Julia Goodwin**

## Teacher Feature—Lynn Matthews

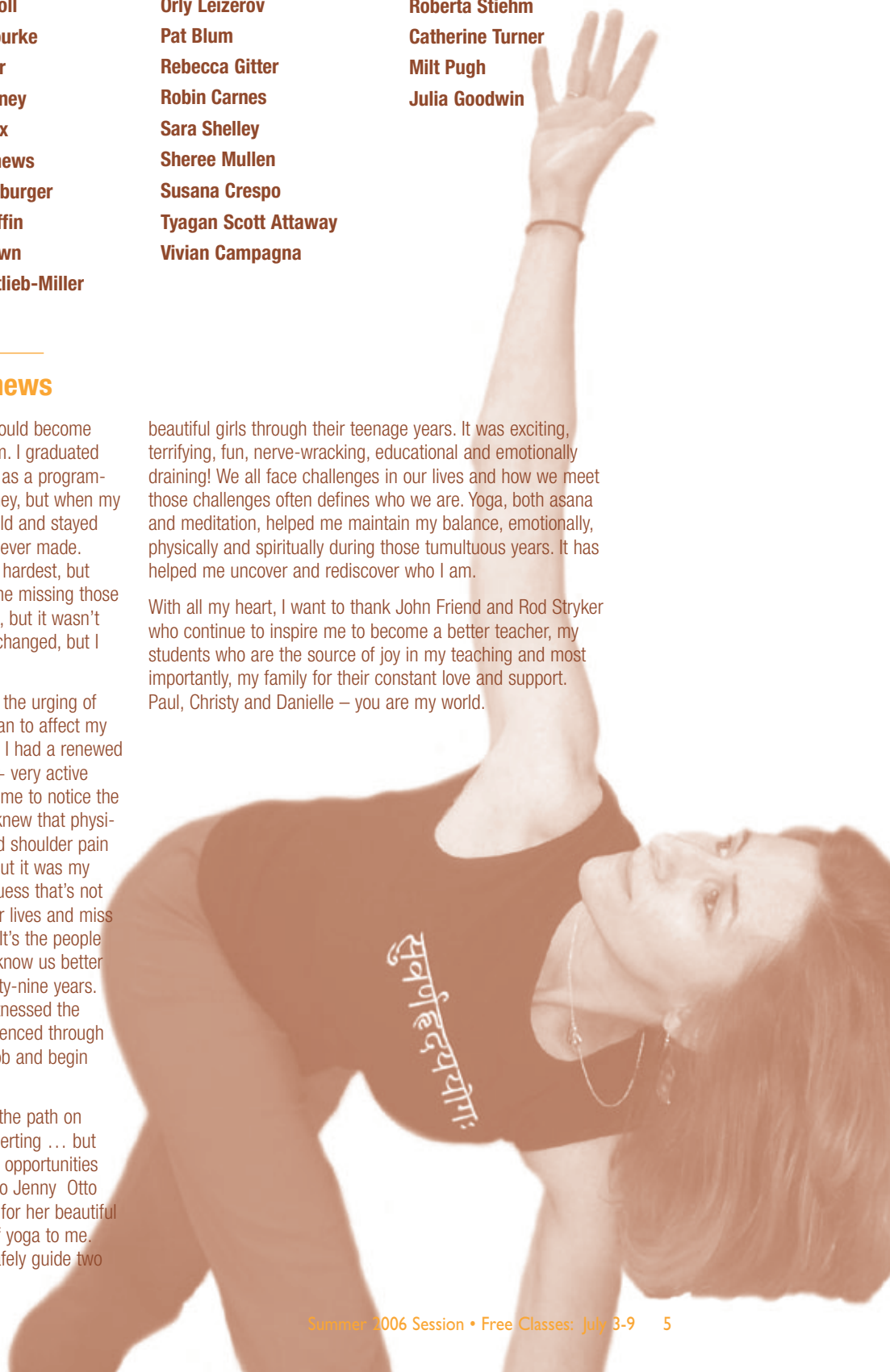
If someone had told me 10 years ago that I would become a yoga teacher, I would not have believed them. I graduated from college and went into the computer field as a programmer, then database designer. It was good money, but when my first daughter was born, I put my career on hold and stayed at home. It was one of the best decisions I've ever made. I love being a mom — it is without a doubt the hardest, but most rewarding job in the world. I can't imagine missing those amazing years. Eventually I went back to work, but it wasn't the same. I wasn't the same; something had changed, but I wasn't sure what.

Shortly thereafter, I took my first yoga class at the urging of my osteopath. It didn't take long before it began to affect my body and my life, but I was too busy to notice. I had a renewed career, a very active Girl Scout troop (with 20+ very active pre-teens) and a family to care for. Who had time to notice the amazingly subtle effects that yoga creates? I knew that physically I felt better and that the chronic back and shoulder pain I had been living with was barely noticeable, but it was my husband, Paul, who saw the real changes. I guess that's not unusual. We get swept up in the current of our lives and miss the still places in which to observe ourselves. It's the people closest to us who can be objective and often know us better than we know ourselves, especially after twenty-nine years. Paul knew I was unhappy at work and had witnessed the subtle and not-so-subtle changes I had experienced through yoga. He convinced me to quit my database job and begin apprenticing and taking teacher trainings.

It's interesting. Often in life when you change the path on which you've been traveling, it can be disconcerting ... but this felt right. And it must have been, because opportunities keep appearing along the path. I am grateful to Jenny Otto for helping me begin my journey and to Suzie for her beautiful spirit and for revealing the deeper practices of yoga to me. These practices truly saved me as I tried to safely guide two

beautiful girls through their teenage years. It was exciting, terrifying, fun, nerve-wracking, educational and emotionally draining! We all face challenges in our lives and how we meet those challenges often defines who we are. Yoga, both asana and meditation, helped me maintain my balance, emotionally, physically and spiritually during those tumultuous years. It has helped me uncover and rediscover who I am.

With all my heart, I want to thank John Friend and Rod Stryker who continue to inspire me to become a better teacher, my students who are the source of joy in my teaching and most importantly, my family for their constant love and support. Paul, Christy and Danielle — you are my world.



## Help Us Help the Environment

Many of you have switched from receiving a paper newsletter, to receiving an electronic version by email. We greatly appreciate that! It helps us keep printing costs down, which helps out the environment. And by using 100% postconsumer recycled paper for our newsletter, we save almost 5,000 pounds of virgin wood every year (that's about 8 trees). However, we are always looking to do more.

If you haven't switched to an electronic newsletter, it's easy. Just send an email to [savepaper@willowstreeyoga.com](mailto:savepaper@willowstreeyoga.com) and tell us you'd like to switch to an email newsletter. Be sure to include your full name (as it appears on your paper newsletter) with your request.

Thanks,  
Willow Street staff

## Willow Street Yoga Center Administrative Staff

**Suzie Hurley-Director:**  
[suzikali@aol.com](mailto:suzikali@aol.com)

**Kate Miller-Assistant Director:**  
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**Joy Kirstin-Manager:**  
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**Vanessa King-Registrar:**  
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301.270.8038 ext. 15

**Caitlin Bevivino-Student Services Manager:**  
[caitlin@willowstreeyoga.com](mailto:caitlin@willowstreeyoga.com)  
301-270-8038 ext. 16

## directions to willow street yoga center

### Takoma Park Studio

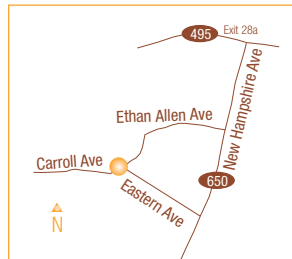
Located in downtown Takoma Park, MD, just outside the DC line in the Takoma Business Center, Suite 100.

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

#### From Downtown:

Take 13th St. North. As it crosses Georgia Ave, it becomes Piney Branch Rd. Continue until you cross under the train tracks. Take an immediate right on Eastern Ave. At the 2nd stop sign, turn right on Cedar Ave. At the light, turn left on Carroll Ave. Go two blocks. WSYC is on your left in 10-storey building at 6930 Carroll Ave, across from the CVS.

**From Beltway:** Take exit 28 (New Hampshire Ave/MD-650) south toward Takoma Park. After about 3.5 miles, turn right on Ethan Allen Ave/MD-410. At the 2nd light, Ethan Allen becomes Carroll Ave/MD-195. Continue about a half-mile on Carroll Ave to downtown Takoma Park. (Caution - do not follow MD 410 as it turns right at the Fire Station.) At the light in the center of town, turn right on the continuation of Carroll Ave. Landmark: the large gray stone Adventist Church across the street to your right. Continue to 6930 Carroll Ave, 10-storey building on right, across from the CVS.



### Silver Spring Studio

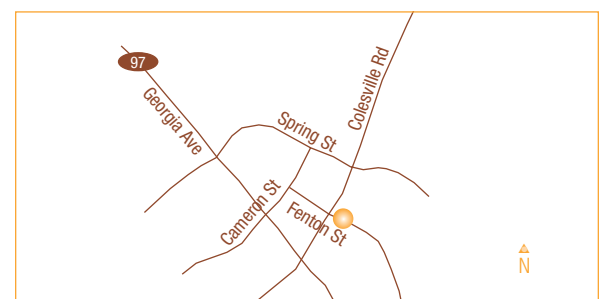
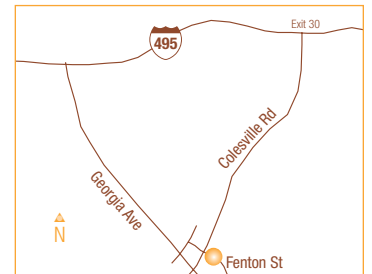
Located in downtown Silver Spring, MD at 8561 Fenton St, across from City Place mall. Entrance to WSYC is on Fenton. Go up to the second floor.

**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 1/2 block to 8561 (on the left).

**From Downtown:** Take 16th Street to the DC line (traffic circle). Bear right on Colesville Rd/US-29. Go about 1/2 a mile on Colesville Rd. One block after crossing Georgia Ave, take a right on Fenton to 8561 (in first block on left).

**From Beltway:** Take exit 30 (Colesville Rd, US 29) south toward Silver Spring. Continue on Colesville Road for about 1.7 miles. At the light just past the Hilton Hotel (on left), take a left onto Fenton to 8561 (in first block on left).

**Best Parking:** Town Square Parking Garage, corner of Fenton St and Roeder Rd. Entrance on Roeder Rd, one-half block from street entrance to studio.



# workshop registration form—summer 2006

## REGISTRAR USE ONLY

- Unless otherwise noted in advertising and on website, workshop cancellation requests must be received at least 72 hours before a workshop takes place in order to receive a refund. There is a 20% cancellation fee unless otherwise noted.
- Please register early.
- We do not confirm workshop registration.
- Day-of workshop registrations must be paid by cash or check only.

Visit our website:  
[willowstreeyoga.com](http://willowstreeyoga.com)

## Online registration is preferred—willowstreeyoga.com

\*Required field. Missing information will delay registration.

I want to save a tree! Send my newsletter by email instead.

Name\* \_\_\_\_\_

Address\* \_\_\_\_\_

City\* \_\_\_\_\_ State\* \_\_\_\_\_ Zip\* \_\_\_\_\_

Email\* \_\_\_\_\_

Phone (H)\* (\_\_\_\_\_) \_\_\_\_\_ (W\* (\_\_\_\_\_) \_\_\_\_\_

Workshop	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Workshop	Day	Time	Instructor	Class Fee
_____	_____	_____	_____	_____

### Credit Card Payment

### Total Fees

Visa / MC \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Name of cardholder if different from above (please print) \_\_\_\_\_

# Summer class registration form—

July 10—Sept 3, 2006

## Online Registration

is strongly recommended  
[www.willowstreeyoga.com](http://www.willowstreeyoga.com)

Claim your \$5 bonus  
if you register online by  
Saturday, July 8

## REGISTRAR USE ONLY

- Register for classes and workshops anytime after 10am, May 31. Registrations will not be processed before this date.
- By registering for a class, you agree to adhere to our policies as outlined in this newsletter and on our website.
- To register offline, return this form along with payment in full to WSYC. Registration will not be accepted by telephone.
- WSYC does not confirm registrations. You will be contacted only if the class you select is full.
- Please indicate a second class choice.

### Class Costs:

2 hr classes: \$136.00  
2nd Class \$112.00

1 1/4 and 1 1/2 hr classes:  
1st Class \$128.00  
2nd Class \$112.00

1 hr classes: \$112.00

Kids/Teen Yoga classes \$76.00

Visit our website:  
[willowstreeyoga.com](http://willowstreeyoga.com)

\*Required field. Missing information will delay registration.

Check if this is a NEW address.

Check here to join our newsgroup and receive monthly updates on workshops and special events.

Name\* \_\_\_\_\_

Address\* \_\_\_\_\_

City\* \_\_\_\_\_ State\* \_\_\_\_\_ Zip\* \_\_\_\_\_

Email\* \_\_\_\_\_  I want to save a tree! Send my newsletter by email instead.

Phone (H)\* (\_\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_\_) \_\_\_\_\_

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

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

### Required: Second Choice Class & Level (incase your 1st choice is full)

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

Payment  Check No. \_\_\_\_\_  Cash  Credit Card

10% Student/Senior Discount  
before July 16 only

Visa / MC \_\_\_\_\_

### Total Fees

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Name of cardholder if different from above (please print) \_\_\_\_\_

# free classes— July 3-9

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

<b>Mon. July 3</b>	12:45-1:45pm	Pilates I	Milt
<b>Tues. July 4</b>	HAPPY 4TH OF JULY		
<b>Wed. July 5</b>	10:00-11:15am	Women's Yoga	Cinema
	10:00-11:15am	Yoga I*	Naomi
	12:45-1:45pm	Pilates I	Roberta
	6:15-7:30pm	Yoga I*	Joe
<b>Thurs. July 6</b>	6:15-7:30pm	Fusion Flow	Naomi
	6:15-7:15pm	Yoga I*	Lynn
<b>Fri. July 7</b>	6:15-7:15pm	Pilates I	Catherine
	8:30-9:45am	Fusion Flow	Naomi
	10:00-11:15am	Yoga 1/2	Naomi
	12:00-1:00pm	Yoga Nidra	Robin
	5:30-6:45pm	Gentle Yoga	Cinema
<b>Sat. July 8</b>	5:45-7:00pm	Yoga I*	Moses
	7:30-8:30am	Vinyasa II/III	Sheree
	8:15-9:30am	Yoga I/II	Elizabeth C
	10:00-11:00am	Pilates I	Roberta
<b>Sun. July 9</b>	12:30-1:45pm	Yoga 1*	Lucy
	8:15-9:15am	Yoga & Abs	Cheryl
	9:30-10:45am	Yoga I*	Cheryl
	11:15-12:30pm	Yoga & Pregnancy	Kathy O
	11:15-12:30pm	Yoga I*	Susana
	4:30-5:30pm	Teen Yoga (ages 13-16)	Naomi

## SILVER SPRING CLASSES

<b>Mon. July 3</b>	6:00-7:00pm	Yoga Nidra	Robin
	7:30-8:30pm	Pilates I	Roberta
<b>Tues. July 4</b>	HAPPY 4TH OF JULY		
<b>Wed. July 5</b>	6:30-7:30am	Early Morning Yoga	Pat
	6:15-7:15pm	Pilates I	Julia
	6:15-7:30pm	Yoga I*	Kate
<b>Thurs. July 6</b>	10:00-11:15am	Yoga I	Cinema
	12:00-1:00pm	Pilates I	Milt
	4:30-5:30pm	Yoga for Kids 5-7	Laura
	6:15-7:30pm	Yoga I	Kate
<b>Fri. July 7</b>	4:30-5:45pm	Yoga I/II	Elizabeth C
	6:15-7:30pm	Vinyasa Flow II	Elizabeth C
<b>Sat. July 8</b>	8:30-9:45am	Yoga I/II	Tyagan
	10:00-11:15am	Yoga I*	Lucy
<b>Sun. July 9</b>	10:45-12:00pm	Yoga I*	Kelly
	5:00-6:15pm	YogaRhythmics®	Laura I

\*Yoga I is appropriate for beginners.



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

**Online  
Registration  
opens  
May 31  
at 10 am**

# class schedule and workshops

summer session (8 weeks)—July 10–September 3

willow  
street yoga

## takoma park studios—6930 Carroll Ave. Suite 100, Takoma Park, MD 20912

Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
<b>monday</b>				<b>thursday</b>			
11:30-12:30pm	Pilates I/II	Milt Pugh	1A	10:00-11:30am	Gentle/Yoga I	Sara Shelley	1B
12:00-1:30pm	Yoga I/II	Kate Miller	2	12:00-1:30pm	Yoga II	Suzie Hurley	1A
12:45-1:45pm	Pilates I	Milt Pugh	1A	4:30-6:00pm	Yoga II	Joe Miller	1A
4:30-6:00pm	Yoga II	Maria Hamburger	2	6:15-7:15pm	Pilates I	Catherine Turner	1B
6:15-6:45pm	Monday Night Meditation	Kate Miller	1B <small>drop-in donation</small>	6:15-7:45pm	Yoga I	Lynn Matthews	2
6:15-7:45pm	Vinyasa Flow II/III	Joe Miller	2	6:15-7:45pm	Yoga II/III	Suzie Hurley	1A
6:15-7:45pm	Yoga I/II	Moses Brown	1A	8:00-9:30pm	Yoga I	Suzie Hurley	1A
7:00-9:00pm	Yoga III	Kate Miller	1B	8:00-9:30pm	Yoga I/II	Joe Miller	2
8:00-9:30pm	Yoga I	Moses Brown	1A	8:00-9:30pm	Yoga II	Lynn Matthews	1B
8:00-9:30pm	Yoga II	Joe Miller	2	<b>friday</b>			
<b>tuesday</b>				8:30-9:45am	Fusion Flow	Naomi Gottlieb-Miller	2 <small>new teacher</small>
7:00-8:15am	Early Morning Yoga	Elizabeth Cosgrove	1B	10:00-11:30am	Yoga I/II	Naomi Gottlieb-Miller	1A <small>new teacher</small>
8:30-10:00am	Yoga I/II	Elizabeth Cosgrove	2	10:30-11:30am	Postnatal Parent Baby Yoga	Sara Shelley	2
10:30-12:00pm	Yoga I	Sheree Mullen	1A	12:00-1:00pm	Yoga Nidra	Robin Carnes	1A
12:15-1:45pm	Yoga II	Sheree Mullen	1A	5:30-7:00pm	Gentle Yoga	Cinema Wood	1B
1:00-2:00pm	Homeschooled Kids Yoga (ages 6-10)	Orly Leizerov	2	5:45-7:15pm	Yoga I	Moses Brown	1A
4:30-5:30pm	Yoga for Kids-ages 5-7	Laura Delaney	1A	6:30-8:00pm	Yoga I/II	Joe Miller	2
6:15-7:45pm	Yoga I	Kate Miller	2	7:30-9:00pm	Yoga II	Moses Brown	1A
6:15-7:45pm	Yoga II/III	Maria Hamburger	1B	<b>saturday</b>			
6:15-7:30pm	Yoga for Special Conditions and Injuries	Jenny Otto	1A	7:30-8:30am	Vinyasa Flow II/III	Sheree Mullen	1B <small>new teacher</small>
7:45-9:15pm	Yoga II	Jenny Otto	1A	8:15-9:45am	Yoga I/II	Elizabeth Cosgrove	2
8:00-9:30pm	Yoga I/II	Kate Miller	2	8:45-9:45am	Pilates I/II	Roberta Stiehm	1A
8:15-9:15pm	Pilates I	Milt Pugh	1B	8:45-10:15am	Yoga II	Elizabeth Goodman	1B
<b>wednesday</b>				10:00-11:00am	Pilates II	Roberta Stiehm	1A
10:00-11:30am	Womens Yoga	Cinema Wood	2	11:00-11:45am	Itsy Bitsy Yoga for Tykes 21 mths-4	Rebecca Gitter	1B <small>new class/new teacher</small>
10:00-11:30am	Yoga I	Naomi Gottlieb-Miller	1B	11:15-12:00pm	Pilates I	Roberta Stiehm	1A
11:30-12:30pm	Pilates II	Roberta Stiehm	1A	12:00-12:45pm	Itsy Bitsy Yoga for Babies 3 weeks-Pre-crawling	Rebecca Gitter	1B
12:45-1:45pm	Pilates I	Roberta Stiehm	1A <small>new level</small>	12:30-2:00pm	Yoga I	Lucy Lomax	1A
4:45-5:45pm	Yoga for Kids-ages 8-12	Annette Zabolotsky	1A	<b>sunday</b>			
6:15-7:45pm	Fusion Flow	Naomi Gottlieb-Miller	1B <small>new class/new teacher</small>	8:00-9:15am	Yoga and Abs	Cheryl Catranbone	1B
6:15-7:45pm	Yoga I	Joe Miller	1A	9:30-11:00am	Yoga I	Cheryl Catranbone	1B
6:15-7:45pm	Yoga I/II	Suzie Hurley	2	9:30-11:00am	Yoga I/II	Susana Crespo	1A
8:00-9:30pm	Vinyasa Flow I/II	Elizabeth Cosgrove	1B	9:30-11:00am	Yoga II	Maria Hamburger	2
8:00-9:30pm	Yoga I	Naomi Gottlieb-Miller	1A	11:15-12:45pm	Pregnancy Yoga	Sara Shelley	1A
8:00-9:30pm	Yoga III	Suzie Hurley	2	11:15-12:45pm	Yoga I	Susana Crespo	2
<b>Important Summer 2006 Registration Dates</b>				4:30-5:45pm	Teen Yoga-ages 13-16	Naomi Gottlieb-Miller	1A <small>new teacher</small>
<b>Wed May 31:</b> Summer Registration opens	<b>Mon July 17:</b> Late Registration begins	<b>Sun Aug 6:</b> Last day for refunds and transfers	<b>Sun Aug 6:</b> Last day of Registration for Summer classes	6:00-6:30pm	Gayatri Mantra (Free)	John Hurley	1B
<b>Mon July 3-9:</b> Free Classes Week	<b>Sun Aug 6:</b> Last day of Registration for Summer classes	<b>Sun Sept 3:</b> Last day of classes; last day for make-ups		7:00-8:30pm	Vipassana Meditation	Dori Langevin	1A <small>drop-in donation</small>
<b>Sat July 8:</b> \$5 online bonus ends				*Special Conditions classes cannot be used as make-up classes.			
<b>Mon July 10:</b> First day of Summer classes							
<b>Sun July 16:</b> Class discounts end (Multi-class, Student, Senior, etc.)							

CLASS SCHEDULE SUBJECT TO CHANGE, please check our website for updates at [willowstreetyoga.com](http://willowstreetyoga.com).

CLASSES START ON TIME Please arrive for your class on time. Late arrivals may be turned away.

# silver spring studios—8561 Fenton Street, Silver Spring, MD 20910

Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
<b>monday</b>				<b>thursday</b>			
10:30-12:00pm	Vinyasa Flow I/II	Maria Hamburger	2	8:15-9:15am	Pilates II	Milt Pugh	1
5:00-6:00pm	Yoga Nidra	Robin Carnes	2	10:00-11:30am	Yoga I	Cinema Wood	2
5:30-7:00pm	Yoga I	Suzie Hurley	1	10:15-11:45am	Yoga I/II	Sheree Mullen	1
6:15-7:15pm	Pilates II	Roberta Stiehm	2	12:00-1:00pm	Pilates I	Milt Pugh	2
7:30-8:30pm	Pilates I/II	Roberta Stiehm	1	4:30-5:30pm	Yoga for Kids-ages 5-7	Laura Delaney	1
7:30-9:00pm	Yoga II/III	Suzie Hurley	2	6:00-7:15pm	Yoga for Special Conditions and Injuries*	Jenny Otto	2
<b>tuesday</b>				6:15-7:45pm	Yoga I	Kate Miller	1
8:15-9:15am	Pilates I/II	Roberta Stiehm	1	7:30-9:00pm	Yoga II	Jenny Otto	2
10:00-11:30am	Yoga I	Caitlin Bevivino	1	8:00-9:30pm	Yoga I/II	Sheree Mullen	1
12:00-1:30pm	Yoga I/II	Kate Miller	1	<b>friday</b>			
6:15-7:45pm	Gentle/Yoga I	Cinema Wood	2 <small>new teacher</small>	4:30-6:00pm	Yoga I/II	Elizabeth Cosgrove	2
6:15-7:45pm	Yoga I/II	Sheree Mullen	1	6:15-7:45pm	Vinyasa Flow II	Elizabeth Cosgrove	2
8:00-9:30pm	Vinyasa Flow II	Sheree Mullen	2 <small>new teacher</small>	<b>saturday</b>			
8:00-9:30pm	Yoga I	Susana Crespo	1	8:00-10:00am	Yoga II/III**	Marion Griffin	1
<b>wednesday</b>				8:30-10:00am	Yoga I/II	Tyagan Attaway	2
6:30-7:30am	Early Morning Yoga	Pat Blum	1	10:15-11:45am	Yoga I	Lucy Lomax	2
10:30-12:00pm	Yoga and Abs	Maria Hamburger	2	10:15-11:45am	Yoga II	Marion Griffin	1
12:00-1:30pm	Gentle Yoga	Kathy Carroll	1	<b>sunday</b>			
5:00-6:00pm	Pilates I/II	Julia Goodwin	1 <small>new class</small>	9:00-10:30am	Yoga I/II	Kelly Fisher	2
6:15-7:15pm	Pilates I	Julia Goodwin	2	10:45-12:15pm	Yoga I	Kelly Fisher	2
6:15-7:45pm	Yoga II	Kate Miller	1	5:00-6:30pm	YogaRhythmics®	Laura Delaney	1
7:30-9:00pm	Pregnancy Yoga	Kathy O'Rourke	2				
8:00-9:30pm	Yoga I	Kate Miller	1				

\*Special Conditions classes cannot be used as make-up classes.

\*\*2 hr Yoga II/III with Marion is for strong Level II students and above. Class will include asana, meditation, pranayama and yoga nidra.

**CLASSES START ON TIME Please arrive for your class on time. Late arrivals may be turned away.**

**CLASS SCHEDULE SUBJECT TO CHANGE, please check our website for updates at [willowstreeyoga.com](http://willowstreeyoga.com).**

## summer workshops

For complete workshop descriptions and info on our workshop leaders, visit [willowstreeyoga.com](http://willowstreeyoga.com) or pick up a flyer at the studio. Early registration is strongly suggested. Workshops may fill quickly or could be canceled due to low enrollment.

Takoma Park			
Sun, July 16	<b>Ramana's Garden Benefit</b> with Prabhavati Dwabha – see details in Special Events	7:00-9:00pm	donation suggested
Sat, July 22	<b>The Yoga of Belly Dance</b> with Annette Zabolotsky	3:00-5:30pm	\$35
Sun, Aug 6	<b>The Dance of Duality: Being at Peace with the Opposites We Carry</b> with Robin Carnes, Juanita Weaver and Annie Johnstone	1:30-4:30pm	\$40
Sun Aug 13	<b>Alexander Technique Workshop</b> with Eduardo Cortina	1:00-4:00pm	\$50
Sat, Aug 19	<b>The Yoga of Belly Dance for Girls (ages 8-14)</b> with Annette Zabolotsky	1:00-2:30pm	\$15
Sun, Aug 27	<b>Wake Up! The Science and Practice of Mindfulness in Everyday Life</b> with Robin Carnes, RYT and Nancy Montagna, PhD	1:30-4:00pm	\$35
Silver Spring			
Fri, July 28	<b>Currents of Grace: The Tantric Teachings of Anusara Yoga</b> with Douglas Brooks – see details in Special Events	7:00-9:00pm	\$35
Sat, July 29	<b>Currents of Grace: The Tantric Teachings of Anusara Yoga</b> with Douglas Brooks – see details in Special Events	2:30-5:30pm	\$45
Sun, July 30	<b>Currents of Grace: The Tantric Teachings of Anusara Yoga</b> with Douglas Brooks – see details in Special Events	9:00am-12pm	\$45
Sat, Aug 5	<b>Experience Sanskrit! Learn and Remember the Sanskrit Names of Yoga Postures</b> with Kevin Perry and Sallie Keeney – see details in Special Events	1:00-5:00pm	\$65—pre-registration \$80—at the door, space permitting
Thurs, Sept 14	<b>Kirtan</b> with Dave Stringer – see details in Special Events	7:30pm	Tickets ONLINE - \$15 Tickets At The Door - \$20

# special events

## **Bhakti Jam - Not Your Ordinary Kirtan with Robin Carnes & Joy Kirstin**

**Fridays at 7:30pm at Takoma Park  
June 16, September 22**

Infuse your being with fun, love and energy in monthly evenings of devotional chanting and toning - an eclectic blend of sanskrit chants, as well as sacred sounds from other spiritual traditions. All adult voices welcome - if you can talk, you can chant. Suggested donation \$10 - a portion of the proceeds will go to WSYC's "N Street Village Women's Shelter" outreach.

Robin has been teaching at WSYC for 7 years and has been yearning for a long time for the regular opportunity to unite in sound and soul with others. Joy has led sacred music and chanting events in a variety of spiritual communities for 18 years.

## **Ramana's Garden Benefit with Prabhavati Dwabha**

**Sunday, July 16**

A benefit for Willow Street's extended family in India, the children of Ramana's Garden. Ramana's Garden Home for Destitute Children was created by Prabhavati in India approximately 10 years ago as a result of her spiritual practice on the banks of the River Ganga. Prabhavati's heart overflowed with compassion for the numerous homeless, destitute, and abused children she met there. On a shoestring budget, she has provided a growing number of children with education, nourishment, and a future where they had little or no hope. She has also instituted programs to educate local villages in practices of proper sanitation, safe drinking water, and general health care. Prabhavati will share her story and many stories of the children she has dedicated her life to helping. Prabhavati's website is [www.sayyesnow.org](http://www.sayyesnow.org).

**No registration required**

**Cost:** Donation

**Time & Place:** 7-9pm - Takoma Park

## **Currents of Grace: The Tantric Teachings of Anusara Yoga with Douglas Brooks**

**July 28-30**

In this program Douglas Brooks will discuss the Tantric teachings that support the practice of Anusara Yoga. Within these teachings, Douglas will unravel the history of yoga and show us how this progressive path radically affirms each and every experience of life. In comparing and contrasting the major philosophical systems of Eastern spirituality, we will explore the diversity each path offers and holds.

Dr. Douglas Brooks is among the world's leading scholars of Hindu Tantrism and the esoteric traditions of the Goddess. After receiving a Masters degree from Harvard Divinity School, he continued his studies in the history of religions, Sanskrit, and Indian studies going on to receive a Masters and Doctorate from Harvard University's Center for the Study of World Religions. Go to [www.rajana.com](http://www.rajana.com) for more information.

**Cost:** \$35 for Fri. and \$45 for Saturday and Sunday each session

**Time & Place:**

Friday: 7-9pm

Saturday: 2:30-5:30pm

Sunday: 9-12pm

All sessions are in Silver Spring

## **Sanskrit Workshop with Kevin Perry and Sallie Keeney**

**Saturday, August 5**

Come learn and remember the sanskrit names of yoga postures! In this fun experiential workshop you'll receive many techniques that will help you never forget the sacred names of the postures you practice or teach. For more information go to [www.experienceyoga.com](http://www.experienceyoga.com)

**Cost:** \$65 - pre-registration  
\$80 - at the door, space permitting

**Time & Place:** 1-5pm - Silver Spring

## **Anusara Immersion Weekends**

**The 2006 Immersion is a pre-requisite  
for 2007 Teacher Training.**

Open to all dedicated students and teachers.

**Cost:** \$225 per individual weekend,  
\$600 per entire module  
*(You must register for individual weekends  
by mail or in person at WSYC, registration  
not available online)*

**Time & Place:**

Saturday: 10am-5:30pm - Takoma Park

Sunday: 9am-4:30pm - Silver Spring

## **Module 2 Weekends**

**Expanding the Heart of the Practice**

- June 10-11
- July 15-16
- August 12-13

## **Module 3 Weekends Tapping into the Core**

- September 9-10
- October 14-15
- November 11-12

Register now online.

## **Teacher Training (YTT) Weekends**

Open to advanced students or budding teachers if space permits.

**Cost:** \$345 per individual weekend.

*(You must register by mail or in person at WSYC,  
registration not available online)*

**Time & Place:**

Saturday: 10am-5:30pm - Takoma Park  
Sunday: 9am-4:30pm - Silver Spring

**June 2-4**

**Anusara Touch: Assisting and Adjusting**  
with Suzie & Jenny

**June 24-25**

**Meditation and the Energy Body**  
with Suzie

**July 29-31**

**Tantric Philosophy**

with guest teacher Douglas Brooks

**Aug. 26-27**

**The Wonder of Sanskrit & Chanting**  
with Jenny & Moses

## **Kirtan with Dave Stringer**

**Thursday, September 14**

Come and jam out with a night of chanting. You've never heard Kirtan like this before and you won't want to miss it! Dave's sound marries the transcendent mysticism of traditional Indian instruments with the exuberant, groove-oriented sound of American gospel music. A spontaneous and articulate public speaker, he probes the dilemmas of the spirit with a sly and unorthodox sense of humor. His work translates the ancient traditions of kirtan and yoga into inspiring and thoroughly modern participatory theatre, open to a multiplicity of interpretations, and accessible to all. Prepare to get rocked! Kids 12 and under are free.

**Cost:** Tickets online - \$15

Tickets at the door - \$20

**Time & Place:** 7:30pm - Silver Spring

# suzie's travel schedule

**July 14-16: Anusara Weekend Workshop in Sarasota, FL**

Contact Mary Anne at 941-341-9781 or email [info@Gardenoftheheartyoga.com](mailto:info@Gardenoftheheartyoga.com)

**September 29-October 1: Anusara Weekend Workshop in Virginia Beach, VA**

Contact Ann Richardson or JoAnne at 757-318-7477 Universal Movement Studio  
or email: [yoga@universal-movement.com](mailto:yoga@universal-movement.com)

# registration costs and policies

8-Week Summer Session: July 10 – September 3, 2006

Due to increased rental costs and rising expenses, we have had to raise class prices by \$1 per class. This is the first price increase in 4 years.

## 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. 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.**

## How to Register

Registration opens May 31 at 10am. **We strongly suggest registering online if possible.** Online registration provides you with immediate confirmation that you have secured your spot in class. Register online by July 8 and receive a \$5 discount on your online class registration **if you choose 'Bonus'** in your shopping cart. Student and Senior discounts are redeemable online. **Register online at [www.willowstreeyoga.com](http://www.willowstreeyoga.com).**

Registration is also accepted in person, by fax (301.270.8045), and by mail. Phone registrations are not accepted. If you choose to register off-line, you will not receive confirmation. We will only contact you if your first choice is full. No news is good news! Please be sure to provide a second choice on the registration form.

**Payment must be made in full at the time of registration.** WSYC accepts cash, check, Visa, and Mastercard.

## Online Registration

Why not try online registration? There's a \$5 bonus for registering by Saturday, July 8 online (remember, you have to choose it in your "shopping cart"), and you receive immediate email confirmation of your class. Be sure to hang on to your email receipt – it's your proof of registration.

Registration opens at 10 am,  
Wednesday May 31  
[www.willowstreeyoga.com](http://www.willowstreeyoga.com)

We still accept paper registrations at the front desk, by fax or by mail.



## Class Costs

**2 hr. classes:** \$136 (\$17 per class) (additional class registration: \$112)\*  
**1.25, 1.5 hr. classes:** \$128 (\$16 per class) (additional class registration: \$112)\*  
**1 hr. classes:** \$112 (\$14 per class)  
**Kids/Teen classes:** \$76 (\$9.50 per class)

\*When an individual registers for more than one 1.25-2 hr. class, subsequent classes of the same length are available at \$112 each (until July 16). This subsequent class reduction is not applicable to 1 hr. classes.

## Tuition Discounts

10% discounts for seniors 65 & older and students with a valid college ID are available through the first week of classes only. These discounts are redeemable online. Please bring your college ID to the first class to be checked by your instructor. **Only one discount applies, for full tuition registration only.**

## Policies for Kids & Teens

We ask that children under the age of 16 attend classes specifically designed for their age group. Ages 16 and above may attend adult classes. See our website for children's class policies. **Drop-in's are NOT accepted for FULL children's classes. Please check the website or call before dropping in.**

## Refunds

Refunds are calculated based on the time the cancellation request is received by the Registrar in writing, not the day of the last class was attended. Tuition cannot be carried over to a later session. If you registered online, you can request to drop your class by going to "my registrations" in the online registration system. All refunds include a built-in administrative fee. Refunds are given according to the following schedule:

- before and during 1st week of classes = 80% per class (ends July 16)
- during 2nd week = 75% per class (ends July 23)
- during 3rd week = 50% per class (ends July 30)
- during 4th week = 25% per class (ends August 6)

No refunds are given after the fourth week. Refunds are always issued by check and may take up to 6 weeks. **Please note: Refund policies are firm.**

## Transfers

Students may transfer classes up until the end of the 4th week of classes (August 6). Fill out a transfer form at the front desk, or if you registered online, you may transfer online.

## Receipts

Register online to receive an immediate receipt for classes. Written requests for paper receipts may be submitted to the Registrar during the current session and may take up to 6 weeks to process.

## Drop-ins

Drop-in students are accepted (space permitting) at \$20 for a non-registered student (and for all 2 hr. class drop-ins) and \$15 for a registered student, and for hour-long classes. \$10 for kids classes. **Please pay drop-in fee directly to the instructor, cash or checks only.**

## Make-ups

The opportunity to make up missed classes is a courtesy extended by WSYC. Missed classes can be made up at either location, any time during the current session at the same class level or below. You may make up in advance of an anticipated absence. There is no need to call in advance, but arrive early and check in with the instructor. **Make-ups cannot be transferred to other students, and missed classes cannot be carried over to later sessions.**

## Class Cancellations

If classes are canceled due to inclement weather or an emergency, there will be an announcement on the Center's voice mail 2 hours or more before the class is scheduled to begin. Classes will be held 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 for the whole session when the required minimum enrollment is not met. Earliest notification will be given and students may choose a refund or transfer to another class.

## Substitute Teachers

WSYC reserves the right to allow teachers to find appropriate substitute teachers to replace them in a class if needed, due to illness or travel.

## Classes & Workshops Start on Time!

Please arrive for your class on time, or better yet, a few minutes early. **Late arrivals may be turned away.**

## 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.

## Workshop Registration

Online registration is strongly encouraged. Please register early as workshops fill up quickly! Cancellation requests must be received by the Registrar **in writing** at least 72 hours before the beginning of the workshop to receive a refund less a 20% administrative fee. Please note that some special event workshops have more strict refund policies as noted in the newsletter and online. Late arrivals will not be permitted to enter workshops more than 15 minutes after they begin. No refunds are available for late arrivals who miss their workshop.