

# willow street yoga

Winter Session 2004 • January 12–April 11

## Winter 2004 Reflections: Community of the Heart

by Suzie Hurley

The word 'kula' in Sanskrit is defined as 'community of the heart'. The word 'Anusara' means to follow one's heart. Our Willow Street Anusara Yoga Community continues to grow as a remarkable kula. This January marks Willow Street's 10th year anniversary. We have grown from 160 students to 1600 students in these ten years. I had a vision and intention way back then, and you all made it happen. A sincere-ly heartfelt thank you.

We have grown because of both your support and the support of our incredible staff. Nowhere was this more evident than during the opening of our second location in Silver Spring amid the visit of the great Prana Goddess, Isabel. On Thursday morning, with Isabel immanent and with schools and the Government closed, we had a good turnout for the first Open House. On Saturday, even with the clean up in full gear and most of us throughout the area without power, we had a strong turnout for our second Open House. So a huge thank you to all of you both in our immediate Willow Street community, as well as those of you that have been newly introduced to Willow Street and Anusara Yoga. And congratulations to Brandi who won the raffle for a free session of classes!

One of the wonderful aspects of a kula is the understanding that each member of the kula has special gifts and a unique presence to bring to the community. Our incredible Willow Street Staff is a testimony to this. Great Kudos to Mary Romagnolo, our Office Manager who, despite pneumonia and health problems, helped to organize our staff into a well-oiled machine. Our chief Administrative Assistant, Denise Lyons, and Work Study Coordinator, Caitlin Carty, did a great job in organizing all our help. We are so indebted to all our incredible work-study students, thank you all so much. Melissa Grillot, our Registrar and her assistant Amy Maloney, managed to keep up with the new changes of policies and registration in a very confusing time, often working til near midnight so the teachers could have their rosters in time for class. And then there was our amazing Student Services Manager, Geneva Moss, our gal Friday, Saturday and Sunday, who spent hours with our interior design wizard, Lisa Altman to make our new space totally beautiful and awesomely functional. We have the two of

them to thank for much of what you see as you enter "Willow Street West". Phil Bender, our computer wizard, webmaster and communications expert got us up and running, working overtime. My husband, John, did a masterful job in overseeing the build-out and marketing our new location. And, so many of our teachers – Paul and Sommer, Kate, Sheree, and others – who were so generous with their time with the Open Houses, putting together furniture, and schlepping stuff up to the new spaces. As a result of all this, we already have almost 400 students happily doing yoga in Silver Spring.

This Kula, this wondrous and complex gathering of forces is very much like two of the most important principles in Anusara Yoga - muscle energy and organic energy. These two forces of energy are always needed, one of drawing in and harnessing our power to provide safety and stability; the other of expanding out to express our freedom and creativity.

This is as important in a community or any organization as it is in our bodies when we come to the mat to do our practice. Our Willow Street Staff is a great example of this. They come together frequently to brainstorm new and more effective ways of making our studios run more smoothly; they air their concerns about what could be improved; they draw in, both together and individually, and harness their creative power. And each member of our Staff is respected, appreciated and free to be who they are. Each brings uniqueness and their own special brand of creativity to the table. Once the power of the group is harnessed, it is then expanded and manifested into great results. So there is a wonderful sense of both stability and freedom. Stability must always precede freedom; we must pull in our power before we expand out and express it in our lives, just as we do in any yoga pose.

And to take it a step further, each individual's presence and attentiveness in any kula is integral. Each of us is an aspect of something greater than the sum of its parts, something sacred, within which we find familiarity and support. Yet simultaneously, each has the opportunity to transform, grow, and expand past our limitations. When we consciously put our attention on the kula within us, our heart, our body, and the



kula around us, our community, our family, our teachers, we sense what Rumi calls “Majesty”, felt as a presence.

Bringing this attentiveness to class and to the kula is essential. Gunilla Norris, a prominent Buddhist meditation teacher, writes: “We cannot really experience anything without being present to it. True presence requires that we be attentive to what is happening, here and now. It is an offering of our awareness, our participation, and our willingness. This is a basic and profound courtesy. By such courtesy we are deeply transformed.”

Once present, we begin to look within ourselves in our practices to reveal that Majesty, the deep stillness already present within us waiting to manifest in creative and beautiful forms in our asanas and in our world.

In class, if we are not attentive, we may miss a valuable point of alignment that may make us unstable and unsafe. Yet, when we feel we have the support of the teacher and the class, we are more likely to want to pay attention, we are part of the whole. The support of the kula makes a difference. Then when we remember to breathe, to pause, to quiet, we can also remember this community of the heart behind us, within us. Our individuality is expressed in great celebration in our poses, each one having our own unique energy signature on it, yet being aligned with the One, the whole, through the Universal Principles of

Alignment, through the Kula. We are then indeed part of a much bigger whole, the majesty, the presence of which Rumi speaks.

I feel incredibly blessed to have the support of our Willow Street Kula. Without it, there would be no Willow Street Yoga Center. All the individual kulas, the student kula, the teacher kula, the staff kula, the workstudy kula come together to join in the One Kula to make Willow Street Yoga Center a place of safety, a haven of peace where we can harness our power, and then make our offerings of our unique gifts and expand out, moving past limitations, obstacles to be the loving and expansive beings that we innately are.

Thank each one of you for contributing to the strength of our community of the heart. All of us at Willow Street, wish you the most joyous and safe holiday season and look forward to meeting new and wonderful faces in the new year, and extend an invitation to all, to become part of our growing Anusara Kula.

*In love, Namaste*



## what is yoga ...what we teach

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

### *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 Yoga** is especially for those who want a good stretch and more energy for their afternoon. It is an All Levels Class that will teach the foundational 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** 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** is for new students who want an introduction to vinyasa yoga. No pre-requisites.
- **Intermediate Flow** 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** 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.
- **All Levels Flow** is for students that have completed at least one session of Yoga I/II at WSYC.

**Cornerstones of Yoga** explores the traditional aspects of Raja hatha yoga, the ancient science of energetic and spiritual awakening. This class places equal emphasis on asana, pranayama, meditation, chanting, and yoga philosophy. In this way students will gain a deeper understanding of yoga's cornerstone practices beyond Asana and discover new methods to harmonize their body, mind and spirit. One session of Yoga I required.

**Women's Moon Yoga** invites you to synchronize your rhythms and celebrate your Goddess-self. This class will celebrate your

innate connection to the powerful phases of the moon and help us create balance in our lives as women. Our Yoga practice will wax and wane as the moon changes. We will practice asana, pranayama, and explore our creativity through journaling and discussion.

**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.

**Mothering Moves**, for mom and baby, is designed to nurture your body and soul, energize, strengthen and expand your capacity to share time with your baby in fun and creative ways. Combining yoga, movement, infant massage and relaxation, Mothering Moves is a more active class that will benefit your baby, while giving you time to do something energizing for yourself. 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.

*My heart...  
is the abode of  
the stainless  
manifesting  
energies...  
the supreme  
immortal kula.  
—Abhinavagupta*

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

## Therapeutic Massage and Healing Modalities

Reconnect to your body and bring peace and calm to your mind with a massage or healing session from one of our therapists at either our Takoma Park or Silver Spring locations. Contact them directly to schedule an appointment.

**Joe Miller** (Takoma), 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** (Takoma & Silver Spring), a wellness coach and massage therapist, has been empowering people by teaching holistic self-care skills for 20 years. She has masters degrees in both Rehabilitation and Counseling Psychology as well as 1,000+ hours training in Deep-Tissue and Sports Massage. Judy loves to share her passion for extreme self-care with people at all levels of ability through humor and serious fun. **She may be reached at 301-585-4512.**

**John Hurley** (Silver Spring), now offers Reconnection Healing sessions. **He may be reached at 301-891-1332.**

**Eduardo Cortina** (Silver Spring), offers cranial sacral and body work on Wednesday and Thursday in Silver Spring. **He may be reached at 301-806-6633.**

**Karin Silverman** (Silver Spring), Therapeutic Massage Therapist, works at our Silver Spring location Mondays and Fridays. **She may be reached at 240-271-8963.**

## about us



**Suzie Hurley** is the founder and Director of Willow Street Yoga Center, which began in 1994. A Senior Anusara Teacher and Teacher Trainer, and an Advanced 500 hour Kripalu teacher, Suzie has been teaching since 1981. Her 26 years of yoga practice includes 16 years of Iyengar study, her principal teacher being John Schumacher. She is also a certified Phoenix Rising practitioner, and was on their Teacher Training faculty. Suzie gives Anusara workshops and trainings nationally.



**Amy Outman** is an Affiliated Anusara yoga teacher. She teaches a dynamic and invigorating class focusing on the Universal Principles of Alignment and celebration of the heart. Amy has studied other styles of yoga including Iyengar and Ashtanga and she continues to study under John Friend, Suzie Hurley and others. Amy uses her own experience with yoga to encourage her students to develop their own personal practice.



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



**Jenny Otto** has been studying yoga since 1987. She has been developing and teaching wellness and exercise programs (including back care classes) for over 20 years. Jenny is Anusara certified and is designated an Anusara "Teacher Trainer" by John Friend. She brings both warmth and humor to teaching, as well as detailed knowledge in working with injuries and special conditions.



**Joe Miller** is a certified Anusara teacher and continues to study with his principle teacher, John Friend. Joe received his first Yoga certification as a resident of Kripalu Center in 1995. He graduated as a Certified Therapeutic massage therapist from the New Mexico School of Natural Therapeutics. From this, he brings a deep understanding of anatomy to his teaching. Joe's classes are witty and lighthearted, focusing on breath and alignment.



**Karin Wiedemann** was introduced to yoga by her mother as a way of relieving stress. She is working toward Anusara Certification and has completed a Teacher Training with David Swenson in Ashtanga Yoga. Karin empowers her students to explore yoga off the mat by practicing breath, alignment and meditation in every day situations.



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



**Kathy Carroll**, certified through Willow Street Yoga Center, has been Suzie Hurley's student for almost 20 years. Kathy is also a college 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 Willow Street Yoga 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.



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



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

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



**Maureen Clyne** is a dedicated Yoga scholar who 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 Jivamukti Yoga Founders 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 Anusara Affiliated Yoga Teacher and a graduate of the Willow Street YTT program. After years in the fitness industry, she finally found her heart and home in practicing and teaching Anusara Yoga. Her intention is to help her students

grow to embrace their true selves and feel empowered through the practice of yoga.



**Moses Brown** is a Certified Anusara Yoga Teacher and designated Anusara Teacher Trainer. He has been teaching in Columbia, Maryland since 1991. He began his studies in Iyengar Yoga with Stan Andrzejewski, director of Greater Baltimore Yoga and Bob Glickstein, director of The Yoga Center of Columbia. Moses brings focus, concentration, and mindfulness to his classes, weaving them together with playfulness and fun.



**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 Betsy Downing and he has studied with many of the top Anusara teachers including John Friend. Paul's classes are playful

and challenging and he enjoys co-teaching with his wife Sommer. Paul also enjoys serenading his two goofy dogs while learning to play guitar.



**Preeti Rachel Greene** began her study of Yoga in 1989. She is an Affiliated Anusara Yoga teacher and holds certifications in Integral Yoga, Kripalu Yoga, and Yoga of the Heart. Rachel is the Yoga Instructor for the Coronary Artery Disease Reversal

Program at Walter Reed Army Medical Center. Her gentle nature combined with skillful technique attract many to her classes.



**Robin Carnes** discovered yoga at age 18, and it has gradually become the center of her life. An Anusara affiliated teacher, she studies with John Friend, Rod Stryker, and Suzie Hurley. Robin is also a certified Kripalu DansKinetics and YogaRhythmic<sup>®</sup> instructor. She invites

students to explore the power of movement rooted in sacred intention.

*Anusara  
Immersion with  
Kate continues...*

*Jan 16-18, Yoga  
and Ayurveda*

*Feb 20-22, Tantric  
Philosophy*

*see  
willowstreetyoga.com  
for more details*



**Sara Shelley** is an Affiliated Anusara teacher and has been teaching at Willow Street since 1999. She specializes in Yoga and Meditation for the childbearing years, and empowers her students to cultivate greater trust, confidence and ease during this transforming time of life. Sara also

holds a Masters degree in Dance Movement Therapy, is a Certified HypnoBirthing Childbirth Educator, and the mother of 2 boys.



**Sheree Mullen** attended her first yoga class 21 years ago. She has a Master's in Health Education and has taught high school, college, and adults for over 20 years. She is the mother of three, and credits her (relative) sanity to her yoga practice. Sheree is an Affiliated Anusara

teacher and continues to study with Suzie Hurley, John Friend and others.



**Sommer Parris-Sobin** has been a devoted yogini since 1999. Betsy Downing has been her main teacher and mentor. Sommer continues her study with John Friend and many other Anusara instructors. She took a year long sabbatical to train and deepen her understanding and

practice of yoga. She is currently working toward Anusara Certification. She also loves dogs and chocolate!



**Susana Crespo** is a graduate of Willow Street's YTT 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. Susana explores the Anusara principles of alignment with a sense

of discovery, joy and freedom. To her students she brings encouragement, attention and humor.



**Vivian Campagna** began her yoga journey 4 years ago in Brooklyn, NY. She continues to experience the same sense of inner joy, freedom and empowerment that captured her heart when she first rolled off her mat. Vivian is a graduate of the WSYC YTT program and is working

toward full Anusara Certification with guidance from her principle teachers Suzie Hurley and Kate Miller. With a sensitive and enthusiastic teaching style, Vivian invites her students to explore the power of Yoga as a sacred path toward self-discovery, transformation and inner peace.



**Eduardo Cortina** is a Certified T'ai Chi and Qi Gong instructor who has been studying T'ai Chi and other martial arts since 1990. Eduardo is also a Certified Alexander Technique Teacher and Massage Therapist and is trained in Craniosacral Therapy and Reiki.

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



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

and is a student of Yoga at WSYC.



**Saku Janyce Papino** is an avid art enthusiast who enjoys all forms of self-expression and creativity. As a certified Kripalu DansKinetics®/YogaRhythmics® instructor, Saku 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.



**Laura Delaney**, a Takoma Park native, is a creative, juicy, loving, mojo-filled woman who loves to move. Whether she is teaching yoga, YogaRhythmics® or her elementary ESOL students, Laura brings passion, radiates acceptance, and infuses exuberance into all of her classes. As a

certified YogaRhythmics® teacher, Phoenix Rising yoga therapist and life-long yogini, Laura wholeheartedly 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.



**Theresa Notare** holds degrees in Fine Arts Education and Theology. She first came to the Pilates Method after sustaining a back injury while studying ballet in the 1970s. She began her Pilates training in New York with Carola Trier, a student of Joseph Pilates, and since that time has

practiced the Pilates Method. In 2000, she began to privately train with Roberta Stiehm, RSA Studio, L.L.C., where she received her certification in Pilates Mat, levels I and II.



**Rose Nelan** studied Pilates in New York from 1992-94, and received mat certification from the Body Mind Institute in Washington two years ago. She has been studying and working with Roberta Stiehm for the past six months and is teaching a Pilates class at the National Academy of

Sciences. She has a background in T'ai Chi and Yoga and has also taught at the Maryland Youth Ballet, the Joy of Motion, Georgetown University, Hong Kong and South Africa.

## 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.*



# workshop registration form—winter 2004

(Please fill out all information and print clearly)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Email \_\_\_\_\_

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

Workshop	Day	Time	Instructor	Fee
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
				Total Fees

### Credit Card Payment

Visa / MC \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

- 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.

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



# winter class registration form—january 12—april 11, 2004

(Please fill out all information and print clearly)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Email \_\_\_\_\_

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

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

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

### Discount (only one discount applies)

- \$5.00 for paying in full and in one transaction prior to January 12, 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% YTT and Anusara Immersion discount (full registration only- refer to p. iv of insert for details)

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

Visa / MC \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

- By registering for a class, you agree to adhere to our policies stated on page iv of the insert.
- To register, return this form along with 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 and 1 1/2 hr classes:	
1st Class	\$195.00
2nd Class	\$169.00
1 hr classes:	\$169.00
Kids/Teen Yoga classes	\$110.00

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

# free classes

## january 5-11

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.

### TAKOMA PARK CLASSES

#### Mon. Jan. 5

5:00-6:00pm	Pranayama	Moses
6:15-7:30pm	Beginning Yoga	Moses
6:15-7:30pm	YogaRhythmics®	Laura

#### Tues. Jan. 6

10:30-11:45am	Beginning Yoga	Sheree
12:00-1:15pm	Yoga II	Sheree
12:00-1:00pm	Lunchbreak Yoga	Maria
4:40-5:30pm	Yoga Nidra	Robin

#### Wed. Jan. 7

12:30-1:30pm	Pilates I	Roberta
6:15-7:30pm	Gentle Yoga	Rachel
7:45-9:00pm	Beginning Yoga	Joe

#### Thurs. Jan. 8

10:00-11:15am	Gentle Yoga	Sara
4:30-5:30pm	Alexander Technique	Eduardo
6:15-7:30 pm	Beginning Yoga	Sommer
7:45-9:00 pm	Beginning Yoga	Suzie

#### Fri. Jan. 9

8:30-9:45am	Fusion Flow	Paul
10:00-11:15 am	Continuing Class	Robin
12:00-1:00 pm	Yoga Nidra	Robin
5:30-6:45pm	YogaRhythmics®	Laura

#### Sat. Jan. 10

7:45-8:45 am	Intermediate Flow	Sommer
9:00-10:15 am	Beginning Yoga	Karin
10:45-12:00pm	IntermediateYoga	Karin
11:15-12:15pm	Pilates I	Roberta
12:30-1:30pm	YogaRhythmics®	Saku

#### Sun. Jan. 11

9:30-10:45am	Yoga I	Rachel
11:15-12:30pm	Beginning Yoga	Amy
11:15-12:30pm	Intermediate Flow	Molly
4:30-5:30pm	Teen Yoga ages 13-18	Sommer

### SILVER SPRING CLASSES

#### Mon. Jan. 5

12:00-1:00pm	All Levels Flow	Sommer
5:30-6:45pm	Yoga Nidra	Robin

#### Tues. Jan. 6

10:30-11:30am	Mothering Moves	Sara
12:00-1:00pm	Lunchbreak Yoga	Paul
4:30-5:30pm	Kids Yoga ages 5-8	Molly
4:30-5:45pm	Tai Chi	Eduardo
6:15-7:30pm	Gentle Yoga	Vivian
7:45-9:00pm	Yoga I	Susana
7:45-9:00pm	All Levels Flow	Sommer & Paul

#### Wed. Jan. 7

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

#### Thurs. Jan. 8

10:15-11:30am	Yoga 1/2	Sheree
12:00-1:00pm	All Levels	Sheree
4:30-5:45pm	Yoga I	Maureen
6:15-7:30pm	Cornerstones of Yoga	Maureen
7:45-9:00pm	Pregnancy Yoga	Sara

#### Fri. Jan. 9

5:30-6:45pm	All Levels Flow	Sommer & Paul
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#### Sat. Jan. 10

10:00-11:15am	Yoga I	Sommer & Paul
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#### Sun. Jan. 11

7:45-8:45am	Pilates I/II	Rose
10:45-12:00pm	Yoga I	Kelly
4:30-5:45pm	YogaRhythmics®	Laura



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

winter session (13 weeks)—january 12–april 11

willow  
street yoga

## 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	Advanced Flow	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
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	All Levels Flow	Jenny	1A <small>class level change</small>
4:30-6:00pm	Yoga Nidra	Robin	2 <small>time &amp; studio change</small>
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 <small>studio change</small>
8:00-9:30pm	Advanced Flow	Maria	1B <small>new class</small>
8:00-9:30pm	Yoga I/II	Kate	2 <small>studio change</small>

### 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
4:30-5:30pm	Kids Yoga ages 9-12	Molly	1A <small>class change</small>
4:30-6:00pm	Yoga I/II	Karin	2 <small>studio change</small>
6:15-7:45pm	Gentle Yoga	Rachel	1B
6:15-7:45pm	Yoga I/II	Suzie	2
6:15-7:45pm	Yoga II	Marion	1A
8:00-9:30pm	Intermediate Flow	Karin	1B
8:00-9:30pm	Yoga III	Suzie	2
8:00-9:30pm	Yoga I	Joe	1A

### thursday

Time	Class	Instructor	Studio
9:30-11:00am	Women's Moon Yoga	Kate	2
10:00-11:30pm	Gentle Yoga	Sara	1B
12:00-1:30pm	Yoga II	Suzie	1A
12:00-1:30pm	Advanced Flow	Kate	2
4:30-5:30pm	Alexander Technique	Eduardo	1B <small>time and day change</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	Kate	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
12:00-1:30pm	Pregnancy Yoga	Sara	1B
5:30-7:00pm	YogaRhythmics®	Laura	1B <small>new teacher</small>
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	Intermediate Flow	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 <small>new teacher/class</small>

### sunday

Time	Class	Instructor	Studio
9:30-11:00am	Yoga II	Molly	1A <small>studio change</small>
9:30-11:00am	Yoga I	Rachel	2
9:30-11:00am	Yoga I/II	Amy	1B <small>studio change</small>
11:15-12:45pm	Yoga I	Amy	2 <small>new studio</small>
11:15-12:45pm	Intermediate Flow	Molly	1B <small>class level/studio change</small>
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
7:00-8:30pm	Meditation (Free) *	Luisa/Lynn	1A

\*Sunday evening Insight Meditation classes 7:00-8:30pm: Luisa Montero-Diaz and Lynn Kelly lead an open class designed to guide individuals toward establishing and developing a meditation practice in the vipassana tradition. Each evening includes a short chant, meditation period, and the introduction and discussion of a part of the teachings of the Buddha. The classes rely on your free-will donations (dana).

# silver spring studios

8561 Fenton Street, Silver Spring, MD 20910

## monday

Time	Class	Instructor	Studio
12:00-1:00pm	All Level Flow	Sommer	1 <small>class change</small>
5:30-7:00pm	Yoga Nidra	Robin	2 <small>studio change</small>
5:30-7:00pm	Yoga I	Kate	1 <small>studio change</small>
7:15-8:45pm	Yoga II	Kate	2
7:45-8:45pm	Pilates I	Roberta	1

## 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	Mothering Moves	Sara	1 <small>new class</small>
12:00-1:00pm	Lunchbreak Yoga	Paul	1 <small>class change</small>
4:30-5:30pm	Kids Yoga ages 5-8	Molly	1
4:30-6:00pm	T'ai Chi	Eduardo	2 <small>new class</small>
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	All Level Flow	Sommer & Paul	2 <small>class change</small>

## wednesday

Time	Class	Instructor	Studio
8:30-10:00am	Yoga I	Molly	1
10:15-11:45am	Yoga II	Molly	1
12:00-1:00pm	Gentle Yoga	Kathy C.	2
5:30-7:15pm	Yoga I	Kate	1
6:15-7:15pm	Pilates I	Theresa	2 <small>new class</small>
7:15-8:45pm	Advanced Flow	Kate	1
7:30-8:30pm	Pilates II	Theresa	2 <small>new class</small>

## thursday

Time	Class	Instructor	Studio
10:15-11:45am	Yoga I/II	Sheree	1
12:00-1:00pm	All Levels	Sheree	1
4:30-6:00pm	Yoga I	Maureen	1
5:30-6:45pm	Spec. Cond. & Injuries	Jenny	2 <small>time change</small>
6:15-7:45pm	Cornerstones of Yoga	Maureen	1
7:00-8:30pm	Yoga II	Jenny	2 <small>time &amp; level change</small>
8:00-9:30pm	Pregnancy Yoga	Sara	1

## friday

Time	Class	Instructor	Studio
5:30-7:00pm	All Level Flow	Sommer & Paul	1

## saturday

Time	Class	Instructor	Studio
8:30-10:00am	Yoga II/III	Marion	2 <small>time change</small>
10:15-11:45am	Yoga I/II	Marion	2 <small>time change</small>
10:00-11:30pm	Yoga I	Sommer & Paul	1

## sunday

Time	Class	Instructor	Studio
7:45-8:45am	Pilates I/II	Rose	1 <small>new class &amp; teacher</small>
9:00-10:30am	Yoga II	Kelly	1
10:45-12:15pm	Yoga I	Kelly	1
4:30-6:00pm	YogaRhythmics®	Laura	2 <small>new teacher</small>

## directions to willow street yoga center

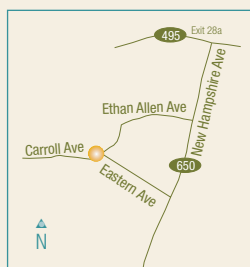
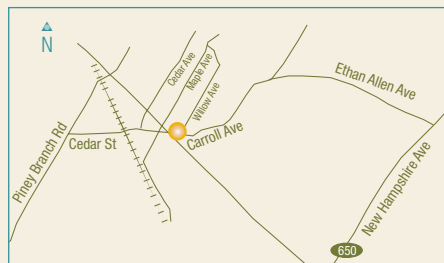
### Takoma Park Studio

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 left) across from the CVS.



### Silver Spring Studio

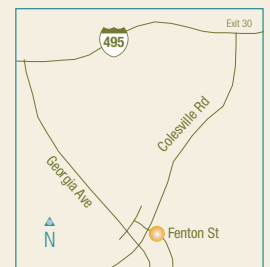
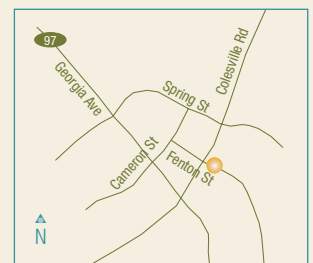
Located in downtown Silver Spring, Maryland at 8561 Fenton Street, across from City Place Mall. Entrance to WSYC is on Fenton. Go up to the second floor.

**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.



# 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. 15

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

**Melissa Grillot-Registrar**  
melissa@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 1/12/04 – 4/11/04**

## Registration

### Priority Registration

Class size is limited. Students are encouraged to register early. Current students may reserve a space until **December 8**. After **December 8**, all students, new and current, will receive equal consideration.

### Costs for 13-week Fall Session

1.25 -1.5 hr. classes	\$195.00 (\$15.00 per class) (additional class \$169.00/class)*
1 hr. classes	\$169.00 (\$13.00 per class)
Kids/Teen classes	\$110.00 (\$8.00 per class)

\*Register for more than one 1.5 hr class and subsequent classes are \$169 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 1/12)	- \$5.00
Students (with a valid college ID) and Seniors (65+)	- \$20.00
Family	10% off
YTT and Anusara Immersion 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 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 registered students, 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.**

## 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 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: Monday-Friday: 10:00am –2:00pm and 4:00pm-8:30pm; Saturday and Sunday: 10:00am-1:00pm. Silver Spring reception area open during class times.

# winter workshops

TAKOMA PARK CAMPUS—TP  
SILVER SPRING CAMPUS—SS

**Chakra Rock! with Adrienne on the 2nd Sunday of each month 6:30-7:30pm \$10 at the door Jan 11: Fulfilling Your Dreams—TP**

**Feb 8: Love of Self—TP**

**March 14: Awakening to Spring—TP**

Come for an hour long YogaRhythmics® journey through the chakras! The instructor leads simple movements, which allow you to explore the different energies in your body, and life, thus promoting a more harmonious body/mind connection. All bodies welcome. No registration required.

**Sat Jan 17: Teen Partner Yoga Workshop for Ages 13-18 with Sommer and Paul 1-3pm \$35—TP**

In this playful workshop, taught by Sommer and Paul Sobin, yoga postures will be explored in pairs to create DOUBLE the fun! Be prepared for some exhilarating partner work. It is not necessary to bring a buddy but friends are welcome to attend!

**Sat Jan 31: Anusara Basics with Kate 1-4pm \$45—TP**

This is a great opportunity for students 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!

**Feb 7-14: Belize with Suzie and Betsey: Fall in Love with Yourself this Valentine's Day!**

Belize is a natural paradise for those who want a nurturing week away from the pressures of everyday life! Come to deepen your yoga practice and relax by the sea, explore the natural beauty, and enjoy some of the best food in Belize. Let the Caribbean rhythms of Belize soothe your soul.

THE BELIZE YOGA VACATION includes:

- Yoga classes and optional early morning meditation
  - Accommodations at Luba Hati Eco-resort ([www.lubahati.com](http://www.lubahati.com))
  - 3 meals daily at Luba Hati's restaurant
  - Roundtrip airfare from Belize City airport to Placencia
  - Roundtrip shuttle service from Placencia airport to resort
  - Time to enjoy the natural beauty & wildlife of Belize
- Visit our website for additional information and prices.

**Sat & Sun Feb 7-8: Tango Zen - Meditation in Motion with Chan and Eugenia Park 2:30-4:30pm each day; Singles: \$25 per class, \$45 for both; Couples: \$45 per class, \$85 for both—TP**

Can one dance Tango to meditate? Zen teaches us to devote 100% of our attention to what we are doing Here Now. Tango can be fully enjoyed only if one completely surrenders to and connects with one's partner, both physically and emotionally, while dancing. Once recognizing similarities and benefits between them, one can properly unite and practice Tango and Zen.

This workshop introduces Tango Zen, an innovative yet natural idea of meditating while dancing Tango. Visit <http://TangoZen.com>. (Partner is encouraged but not required. Come in sweat pants and comfortable socks.)

**Eugenia and Chan Park** are known for their authentic and elegant style of Argentine tango, especially danced in close embrace. Their dance involves no choreography, but joy, movement, connection, and creativity. In a spirit of sharing pure joy of tango dancing and meditation, they have been teaching tango at home and abroad for years.

**Sat Feb 7: Alexander Technique Workshop with Eduardo 1-4pm \$45—TP**

The Alexander Technique is a process of movement re-education that facilitates an integration of mind-body function. It improves flexibility and produces a dynamic and balanced posture, resulting in freedom and ease in everyday activity, sports, and performance. This workshop is an introduction to the Alexander Technique Principles and how they apply to every day living.

**Sun Feb 8: Kids Yoga Workshop for 9-12 year-olds with Molly 1:30-3:30pm \$20 per child—TP**

Yoga is a great way to help children learn to relax, manage stress and increase their strength, coordination, and flexibility. During this two-hour workshop, children will learn yoga poses, breathing exercises and relaxation techniques they can take home and utilize in their daily lives. In addition, we will engage in fun yoga games and cooperative group activities.

**Sun. Feb 8: Yoga and Asthma with Sheree 1-5pm \$55 (includes handouts)—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 asana's recommended for asthma.

**Sat Feb 14: Valentine's Day Massage for Couples or Friends with Eduardo Cortina, CMT and Melinda Schwab, NCTMB 1-4:30pm \$150 per couple—TP**

(Workshop limited to 8 pairs. Please register early.) This workshop will introduce a variety of massage techniques for your partner or friend. We will cover basic Swedish technique, trigger points, Reiki, and some deep tissue applications. Melinda Schwab is a nationally certified MT and author of the book Fifty Ways to Love Your Lover. Eduardo teaches T'ai Chi, is a certified MT and Alexander Technique Teacher and Reiki level III. Please bring shorts for men, and two piece bathing suit for women or equivalent (what you are comfortable with). We will provide tables, oil or cream, and sheets for draping. If you have questions call Eduardo at 301-806-6633 or Melinda 301-461-8498.

**Sun Feb 15: Adult-Child Adventure for 4-7 year-olds with Molly 1:30-2:45pm \$25 per adult and child - \$5 each additional child or adult—TP**

This workshop is designed for children ages 4-7 and an adult partner. We will explore the joys of yoga with fun and imaginative play. A great way to introduce a child to yoga and rediscover the child in you! No experience is necessary.

## HOLIDAY WORKSHOPS

**Fri Dec 26: Holiday Special Stress Buster with Marion 6-8:30pm \$35—TP**

Does the holiday season leave you stressed out? Give yourself the gift of renewal through Yoga. This longer class is just the answer for any frazzled holiday nerves. We will practice asana for an hour, followed by pranayama and silent meditation for 30 minutes. We will end with the deep practice of Yoga Nidra, allowing intention and awareness to come together as you deeply relax to get recharged for the New Year.

**Sat Dec 27: Holiday Break Yoga with Sheree 9-11am \$30—TP**

Leave all the holiday hustle and bustle behind for a few hours. Work off those treats! Work in the time to reconnect to your center. Enjoy an active class with a few restoratives sprinkled in to deepen your relaxation. Emerge refreshed and renewed!

**Mon Dec 29: Yoga Nidra Renewal with Robin 6:30-8:30pm \$30—TP**

Yoga Nidra is a healing, transformative practice in which we learn to deeply relax on every level of our being while removing blocks and tension from our unconscious minds. Research has shown that Yoga Nidra enhances creativity, vitality, and our ability to achieve our highest potential, as well as being an effective treatment for illnesses ranging from depression to heart disease. This workshop is for anyone curious about Yoga Nidra and experienced practitioners, and is open to everyone regardless of Hatha yoga experience.

**Thu Jan 1: New Years Day Flow Class and Restorative Class with Karin 1-3pm Flow; 3:30-5:30pm Restorative; \$30 each class—TP**

**Flow Class:** Celebrate the beginning of winter with a purifying and invigorating flow class. This class will emphasize movement over instruction and poses that are linked by the breath. This will in turn generate heat in your body and allow you to go deeper into each pose. This class is best suited for students that have completed at least one semester of Yoga 1/2.

**Restorative Class:** 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.

## teacher feature—Amy Outman



As I sit here and hold my son – now 2 weeks old – I feel happiness. Hearing his quiet breath, feeling his soft cheek pressed against mine, his warm body safe and secure snuggled against me. This is Grace.

Now I look around the room and I am reminded of last night. Pillows and blankets everywhere – evidence of my attempt to comfort the baby in the night. His wailing and then screaming – What could possibly be wrong? It is 4:00am and I am exhausted. Blearily eyed and off balance I stumble about the room. For over an hour I move about holding the baby this way and that – nursing, burp-

ing, wrapping, rocking, humming, breathing. Long deep breaths in rhythm with his short sharp cries. This is hard. My mind jumps momentarily to fear. I think of the suffering this child may endure in his life ahead, and my heart aches. Perhaps I am reminded of my own suffering. Then I come back to my breath, back to the present moment. The crying continues and I feel a sharp pain in my left temple, evidence of my lack of sleep and continued effort. Our yoga practice has us stay present at moments like this too – and the fear begins to subside. Effort and surrender – both vitally important in a life of yoga. I surrender the moment, breathe deeply and continue to rock, knowing deep in my heart that this too shall pass. I whisper to the baby something I know to be true, “You are so very loved.” I repeat this over and over, humming this simple mantra until I begin to feel its truth in my whole body. I know that I am very loved too. We are connected – and all feels like one.

The sun does rise and the crying does stop. I move to my mat to stretch my body and sit in quiet meditation. The asana is slow but steady, and I begin to feel the life force pulsate throughout my body. My meditation is a sleepy effort, vacillating between a drowsy dreamland and deep relief. I tap into my love of teaching yoga. Like parenting, I want to ease the suffering. I want to say to my students what I say to my older son every night before bed, “Do you know how incredibly loved you are?” I want my students to know the potential within themselves – to know the Divine within. I want this for myself and for my children as well.

As my eyes open my mind drifts... The desire to tidy up the place is strong. There are blankets, towels and clean laundry everywhere. The bed looks like it has been in a windstorm with twisted sheets and stacks of pillows. But instead I surrender. I settle into the moment as this precious child rests on my heart. I listen carefully to his sweet breath. And now he gazes up at me – his deep blue eyes embodying the Universe. I feel boundless potential and infinite light.

### **Feb 20 & 21: Yogic Philosophy with Dr. Douglas Brooks—SS**

### **Fri Feb 20: Anusara Philosophy Continued 7-9:30pm \$40**

### **Sat Feb 21: The Yoga Sutras of Patanjali 1-4 & 6-8:30pm \$80**

Dr. Douglas Brooks is among the world's leading scholars of Hindu Tantrism and the esoteric traditions of the Goddess. He received his Masters and PhD from Harvard University's Center for the Study of World Religions where he studied with several of the world's leading scholars of Sanskrit and Indian studies. Dr. Brooks is the author of several scholarly books on Hinduism and Tantra, and is currently Professor of Religion at the University of Rochester in Rochester, New York.

### **Sat Feb 21: DC Humane Society Fundraiser Yoga Class with Karin 3-4:30pm Donation: \$15 minimum at the door—TP**

Dog? Cat? Cobra? Eagle? Dolphin? Rabbit? Can you find all of these animals at the DC Humane Society? No, but you can support them by joining us for this 90 minute yoga class, “Walk Like the Animals,” where we will do a 60 minute class of animal poses followed by 30 minutes of restorative postures. All levels welcome. All proceeds donated to the DC Humane Society. NO REGISTRATION REQUIRED.

### **Sun Feb 22: Gazing Into the Inner Mirror Part 1 with Marion & Molly 1-3:30pm \$35—TP**

Five of Willow Streets finest teachers, Marion, Molly, Sara, Vivian and Anna will be working together to create this valuable workshop presented in 3 parts. We invite all age groups to participate while we will take a look at how our Body Image develops and affects us throughout our lives. We will spend time looking at the role of the media, our friends, our families and how society contributes to what is expected from the way we look. Together we will explore our journey from the Inside-Out through asana,

meditation and small group discussion. Time will be spent creating a safe place so as to develop greater awareness and begin to shift our attitude in enhancing our own body image.

### **Sun Feb 22: Yoga Nidra Renewal with Robin 1-3pm \$30—TP**

(See description in Holiday Workshops)

### **Sat Feb 28: Preparation for Childbirth - A Partner Yoga Workshop for Pregnancy and Birth with Sara 1-5pm \$75/couple; \$45/individual—SS**

Based within the framework of Anusara Yoga. This workshop provides an opportunity to develop increased confidence, flexibility and ease for the process of pregnancy, labor and birth. Combining a gentle yoga partner 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. No previous experience necessary.

### **Sat March 6: Restorative Yoga Workshop with Karin 1-3pm \$30—SS**

(See description in Holiday Workshops)

### **Sat March 6: The Pelvis, a Deeper Look with Jeanne Feeney 1-4pm \$45—SS**

In this workshop, we will explore the importance of stability and strength in this core area of the body as well as how to achieve greater ease, flexibility and resiliency. Together with anatomical study, developmental movement and hands-on experiences based on Body-Mind Centering™, we will learn how to support ourselves better in all that we do. Come discover more about your pelvis in a fun and educational environment!

### **Sat March 13: The Great Books - The Upanishads & The Bhagavad Gita with Maureen 1-4pm \$45—TP**

The Upanishads and the Bhagavad Gita introduce two important concepts of Vedanta: 1) that meditation, rather than religious ritual, is the path to the Divine, and 2) there is no separation between the individual soul and the Universal Divine. Experience the beauty of Vedanta through chanting, pranayama, asana, discussion and meditation accompanied by inspirational music and readings from the texts.

Maureen developed her series “The Great Books of Yoga” to introduce students to the rich and fascinating Yoga tradition by studying the major texts of Yoga philosophy and practice. In each workshop, Maureen interprets the text(s)

## suzie's travel schedule

January 16-20

**Anusara Weekend Workshop and Teacher Training in Charlotte (Lake Norman), NC**  
Contact Kelley Akin at 704/655-9642 or email: yogasong@aol.com

February 7-14

**Yoga Vacation in Belize with Suzie and Betsey Downing**  
Visit [www.willowstreeetyoga.com](http://www.willowstreeetyoga.com) for more information, or contact Betsey at [Betsey@GardenofTheHeartYoga.com](mailto:Betsey@GardenofTheHeartYoga.com) or Suzie at [suzikali@aol.com](mailto:suzikali@aol.com)

February 27-29

**Anusara Weekend Workshop in NYC**  
Contact Phil at Yoga Mandali at 212/473-9001 or [info@yogamandali.com](mailto:info@yogamandali.com)

March 26-28

**Anusara Weekend Workshop in Phoenix, AZ**  
Contact Mary Beth Markus at 602/265-8222 or [yoga@desertyoga.com](mailto:yoga@desertyoga.com)

within its historical context and brings the ancient teachings alive by relating them to modern day life.

**Sat March 13: Kirtan with Wynne Paris 6:30-9:30pm \$15 at the door. No pre-registration required!—TP**

For the last 7 years world beat musician Wynne Paris has split his time between Northern California and Washington DC, learning the music of yoga, producing new age music and developing a musical style that he describes as “Raga Rock”. As a Bhakti, or devotional singer, he draws upon influences from Indian and Tibetan folk music, blues and Jazz, and chiefly from Kirtan; a devotional form of singing that he performs at yoga centers, raves, and festivals and gatherings. By mixing ecstatic and holistic expressions of music, Wynne uses tabla loops, Indian instruments, chanting, an innovative guitar style, and a generous helping of Sarod (an esoteric Indian instrument) to serve up a spiritually funky and uplifting sound.

**Sat March 20: Partner Yoga Workshop with Joe and Karin 1-3pm \$65/couple—TP**

Partner Yoga creates an opportunity to explore an inter-dependent 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.

**Sat & Sun March 27-28: Active Isolated Stretching - Moving Through Your Flexibility Barriers with Judy LaPrade—TP**

**Saturday - Part 1: Core of the Trunk and Lower Extremities; 1-4pm \$45**

**Sunday - Part 2: Upper Body: Shoulders, Neck, Arms and Hands; 1-4pm \$45**

Yoga students and teachers, other athletes, and health practitioners, come learn for yourself and/or your clients how to use this effective, safe way to stretch. Aaron Mattes, the kinesiologist who developed this system, recommends AIS “for eliminating or reducing chronic pain and restoring lost range of motion faster than any other technique you have seen.” From people with serious rehab needs to Olympic athletes, there is no more helpful addition to your health routine. See Judy LaPrade’s bio under Massage Therapy.

**Sat March 27: Yoga & Scoliosis with Jenny and Joe 1-4pm \$75—SS**

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

**Sun March 28: 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 workshop. We will cover a wide range of arm balances with variations and end our class with an extra long restorative savasana. This is a great opportunity for fun-loving students at level I/II and above, and for teachers who want to further their practice and teach arm balances.

## yoga teacher training

Anusara Teacher Training Weekends: Open to advanced students or budding teachers 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 9-4:15pm in Silver Spring. Cost: \$300/weekend

- **Dec. 12-14: The Art of Assisting with Suzie and Jenny**
- **Jan 23-25: The Art of Sequencing with Suzie and Betsey Downing**
- **Feb 27-29: Therapeutics & Teaching to Special Groups & Populations with Jenny and Moses**
- **March 19-21: Teaching Restoratives & Business and Ethics with Jenny, Joe and guest teacher Karin Wiedemann**

## 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 9-4:15pm in Silver Spring. Cost: \$350/weekend

- **Jan 30-Feb 1: Therapeutics, Meditation, Teaching Advanced Poses with Suzie and Jenny**
- **March 5-7: Pranayama & Philosophy with Suzie, Jenny and special guest Doug Keller on Saturday (\$125 for Doug Keller only)**
- **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)**

## special guest workshops

**Sun Jan 25: Yoga Day with Betsey Downing Sacred Power in Backbends for Beginning and Advanced Beginners (Yoga 1 to 2) 9-12pm \$45—TP**

Backbends keep your spine supple and young, yet they take courage and compassion. Explore your ability to open your heart with safety and patience in the practice of backbends.

**Standing Poses & Handstand for Intermediate and Advanced Students (Yoga 2/3 & 3) 1:30-4pm \$40—TP**

Stand on your own two hands and feet! Explore your ability to be open and stay connected to your power in these poses and in life!

**Betsey Downing, Ph.D.,**

is one of Anusara Yoga’s senior certified teachers and a designated Teacher Trainer. A yoga practitioner since 1972, Betsey has been an enthusiastic Anusara teacher since meeting John Friend in 1994. She directs the Garden of the Heart Yoga Center in Sarasota, FL. Betsey’s teaching is vibrant with her passion for yoga and special expertise in progressive teaching. Her goal is to create an opportunity for students to connect with their power and wisdom... and to touch the sacred.

**April 12-16: Pure Yoga Teacher Training with Rod Stryker—SS**

**The Energetics of Sequencing – A Pure Yoga Practice and Advanced Teacher Training Intensive for Teachers and Serious Students \$550 for entire course; 9-11:30 am & 1-5 pm (Mornings open to Levels I/II & above: \$45 per morning or \$200 for all 5 mornings. Afternoons open only for those taking entire course.)**

The aim of this five-day practice and Teacher Training Intensive is to explore, through direct experience, the potential of practice and the reach of teaching. Designed to enrich dedicated practitioners, aspiring teachers, or those already teaching, the emphasis of the program is on the energetic principles of sequencing. The principles we cover can be applied to enlighten our own practice or that of our students’. Some of these include:

- The physical/bio-mechanic considerations of safe and affective sequencing
- The energetic effect of all major Asanas
- Orchestrating the arc of a class at the levels of mind, body, and energy
- Heightening the accessibility to more challenging poses
- The Asanas and Pranayama practices that support particular meditation techniques
- Practice and the Gunas (the three attributes of the natural world)
- Sequencing for your Ayurvedic type
- Practice and its affect on the three Essences
- Designing a practice to suit your life and aspirations
- The art of Efficiency and Effectiveness

Recommended reading: YOGA AND AYURVEDA by David Frawley.

**Rod Stryker** has led Teacher Trainings since 1986. He holds the title of Yogiraj (master of Yoga). Rod is an initiate in the Yogic and Tantric tradition of Sri Vidya and is one of only a few Americans transmitting an authentic, living tradition that has been practiced and handed down from teacher to student for literally thousands of years. Rod’s ability to share his prolific knowledge and experience of Yoga, in both practical and inspirational terms, makes him a truly exceptional guide. [www.pureyoga.com](http://www.pureyoga.com).