


# Contentment *Is Available*

BY JOE MILLER

It's challenging to live here in the early part of the 21st century, with an unprecedented pace of change and quantity of external stimulation. In this particular moment, with so much upheaval and disappointment in our country, it makes sense that many of us are anxious and even overwhelmed by external circumstances.

*continued on page 2*



It is helpful, in this moment, to remember the self-reference paradox that is the human condition: each of us is, in a very real way, the center of our own individual universe.

Everything we see and experience is through this mind, through these five senses, from this limited perspective. Our minds are constantly overlaying concepts and stories onto our experiences, giving us illusions of control, stability, and certainty. We are always co-creating the version of reality we are experiencing.

When our minds accept external distress as our reality, we tend to be fearful and reactive, and thus to create even more distress and suffering, both in ourselves and with each other. We experience life at the mercy of external events, and we find ourselves in a state of dissatisfaction and unhappiness.

The *Bhagavadgita* teaches that the mind is our greatest means to liberation, and our greatest hindrance to it. So how do we harness the power of mind for creating greater freedom and empowerment, both inside and out?

One practice the tradition offers is *santosha*: contentment, or the ability to be with what is without needing to fix or change.


There's a Chinese proverb that says, "People in the West are always getting ready to live." In our culture, we make contentment a concept to reach toward instead of an opportunity available in this moment.

Take a minute to consider your current list of what you believe you need to have in order to feel content and fulfilled. Even as we achieve things on this list, we usually add more.

Yoga tells us that contentment, *santosha*, is here, now. If that's the case, how do we experience it?

### **Choose the Path of Love over the Path of Fear**

We can begin by believing that contentment is available to us, and that we deserve and even need it. We practice *santosha* as what Deborah Adele describes as "the paradox of not-seeking": trusting that we are moving forward, and at the same time acknowledging that we are okay right now.



The *Bhagavadgita* teaches  
that the mind is our greatest  
means to liberation, and our  
greatest hindrance to it.

This doesn't mean putting on a happy face or slipping into denial or complacency. Rather, it is using our discernment to free ourselves from the disempowering stories generated by a fearful mind. We work to create a relationship with ourselves and the world that is rooted in clarity, trust, and love, and we become not victims but empowered souls. We support ourselves, and thus are able to support others.

### Use the Tools of Yoga

We can use yogic practices like breath, meditation, and intention to slow the endless spinning of mind, and to create an internal landscape that is more spacious and steady. It is easier to see clearly from here.

One simple and remarkably effective way to do this is to consciously breathe from your belly. You can do this right now: feel your next inhale rise up from your low belly, and relax your throat and chest. Allow your exhale to be complete, without any pushing or stress. Feel this deep pulsation of life as your connection to universe and heart. Try less.

### Practice Gratitude

Contentment is most profoundly cultivated through gratitude practice. Choosing to see our blessings—acknowledging the gifts of our lives, from health and wealth to our loved ones and even simply the miracle of being—is a direct route to calm even in the most stressful moments.

Gratitude is a skill that can be strengthened through practice. Make space for gratitude in your everyday life: maybe begin or end your day with gratitude, or give thanks before your meals, or take a moment before or after your yoga practice to recognize your blessings.

Standing in the field of gratitude greatly enhances our ability to find ease in the moment. Gratitude practice offers you an invitation to fall in love with your life.

The stronger our practice of *santosha* gets, the more we experience freedom and peace, and the more we are able to live from our hearts. The rewards of this are boundless, for ourselves and for the world.

## Make a Date with *Santosha*

These once-a-month weekend workshops give you a standing appointment with serenity:

**Stress Relief Saturdays** with *Tuesday*  
1/28, 2/25, 3/25, 4/29, 3–5p, in Silver Spring

**Restorative Yoga Sundays** with *Tara*  
2/5, 3/5, 4/2, 5/7, 5:30–7:30p, in Takoma Park

# Specials Winter/Spring 2017

## *especially for beginners*

### **Yoga Basics for Beginners**

w/**Tara Lemerise** • Silver Spring  
Wednesdays, 6:30–7:30p, 3/22–5/17

w/**Sheree Mullen** • Silver Spring  
Thursdays, 7:30–8:45a, 1/19–3/16, and 3/23–5/18

Discover how yoga helps you to build strength and flexibility in your mind, body and spirit. Intended both for very beginners and occasional or lapsed practitioners, this course familiarizes students with alignment principles, key yoga postures, and fundamentals of yogic breathing. Everybody welcome.

### **Intro to Yoga for Stiff Bodies**

w/**Galen Tromble** • Takoma Park  
Thursdays, 6:15–7:30p, 1/19–3/16, and 3/23–5/18

So you can't touch your toes: this makes you an IDEAL candidate for yoga! This practice specifically designed for new students with less flexibility helps you to find a game-changing sense of ease from your neck and shoulders all the way to your legs and lower back. Everybody welcome.

### **Introduction to Kettlebells**

w/**Marvin King** • Silver Spring  
Mondays, 7:45–8:45p, 3/20–5/22 (no class 4/17)

Working with Kettlebells builds strength and flexibility, improves posture and running/walking endurance, and increases proprioceptive awareness. Get a superb introduction to Kettlebell work with detailed attention to technique and alignment. Everybody welcome.

## *try Pilates!*

### **Pilates for Very Beginners**

w/**Jessica Sloane** • Takoma Park  
Mondays, 8–9p, 3/20–5/15

w/**Amaris Johnson** • Silver Spring  
Wednesdays, 7:45–8:45p, 1/18–3/15

w/**Roberta Stiehm** • Takoma Park  
Saturdays, 11:15a–12:15p, 1/21–3/18

A steady introduction to the basic Pilates sequence. Learn fundamentals of breath, rhythm, flow, and the power of the core to prepare you to move seamlessly into Pilates I.

### **Jump Into Pilates I**

w/**Amaris Johnson** • Silver Spring  
Wednesdays, 7:45–8:45p, 3/22–5/17

w/**Roberta Stiehm** • Takoma Park  
Saturdays, 11:15a–12:15p, 3/25–5/20

Nine weeks to power up your powerhouse! Dive right into the basic Pilates sequence, refine your technique, and build steady strength. Great for people returning to Pilates after a hiatus, practitioners seeking key insights into great alignment, and also body-aware beginners.

### **Gentle Pilates**

w/**Helen Rea** • Silver Spring  
Tuesdays, 7:45–8:45p, 1/17–3/14, and 3/21–5/16

Learn Pilates with extra care and ample modifications. This class is specially designed for students who are interested in building strength with Pilates, but want to be careful not to exacerbate any injuries. Everyone welcome.

## *you deserve to feel better*

### **Yoga & Fascial Release**

w/**Tricia Kull** • Takoma Park  
Tuesdays, 11:30a–12:45p, 1/17–3/14, and 3/21–5/16  
Tuesdays, 8–9:15p, 1/17–3/14, and 3/21–5/16

Fascia is connective tissue that surrounds your muscles, blood vessels, and nerves. When it's healthy, fascia allows your muscles to slide and glide as you move. But when your fascia gets tight and stuck, it can restrict your movement. In this class, you'll learn how to release the layers of fascia in your body using special props, techniques, and yoga poses. Everyone welcome.

### **Stretch & Integrate**

w/**Helen Rea** • Silver Spring  
Tuesdays, 6:15–7:30p, 1/17–3/14, and 3/21–5/16  
Wednesdays, 10–11:15a, 1/18–3/15, and 3/22–5/17

Helen integrates insights from various disciplines to create gentle movement sequences that help improve body awareness, increase range of motion, and promote coordination and ease of movement. Everyone welcome.

### **Yoga for Headache Relief**

w/**Tara Lemerise** • Silver Spring  
Wednesdays, 6:30–7:30p, 1/18–3/15

The best thing to help a headache? Prevent it from starting! Learn to counteract postural tendencies that contribute to headaches, ways to reduce tension in your neck and shoulders, as well as restorative poses and strategies to employ when you feel a headache coming on. All levels welcome.

## Kettlebells for a Balanced Body

w/**Marvin King** • Silver Spring  
Fridays, 7–8p, 1/20–3/17, and 3/24–5/26 (no class 4/21)

Improve your strength, flexibility, and coordination in this nine-week series that combines Kettlebell exercise with Marvin's Kettlebell Yoga routine. This class stabilizes and strengthens your feet, legs, hips, butt, and back, improves your finger and grip strength, improves abdominal breathing, corrects your posture, and is a phenomenal fat burner. Everyone welcome.

## yoga for every body

### Gentle Yoga for Seniors

w/**Carol Mermey** • Takoma Park  
Mondays, 4:45–6p, 1/16–3/13, and 3/20–5/15  
w/**Carol Mermey** • Silver Spring  
Wednesdays, 12–1:15p, 1/18–3/15, and 3/22–5/17

This class is designed to build strength, increase flexibility, develop better balance, reduce stress, and enhance equanimity for older adults who may benefit from a slower pace, a wide offering of modifications and adaptations of poses, and a recognition of age-related functional changes. With ample individualized attention, students learn seated chair poses, standing poses, and floor work (alternatives are available for those who cannot get up and down from the floor unassisted). Beginners welcome.

### Postnatal Yoga

w/**Michelle Cohen** • Takoma Park  
Sundays, 2:30–3:45p, 1/22–3/19

Dear mothers of babies and toddlers: we know (from experience) that you can really use some quality me-time. Enjoy the company of other new mamas as well as a whole 75 minutes focused on replenishing your strength and serenity. Simple, inspiring yoga helps to rebalance your body, focusing on easing tight shoulders and hips and fortifying upper back and core muscles, and always including restful restorative yoga. For mothers six weeks to two years post-partum. Beginners and drop-ins welcome.

## discover the yogi in your child

Our classes for kids 7 and under are special, age-appropriate blends of yoga, games, stories, singing, and cooperative play.

Children develop their ability to focus and calm their minds, to relieve frustration, to delight in their growing bodies, and to be kind and respectful of one another.

All kids' offerings are in Takoma Park.

### Itsy Bitsy Baby

For infants not yet crawling plus a caregiver

w/**Rebecca Gitter** • Takoma Park  
Mondays, 12–1p, 3/20–5/15

### Seeds

For crawlers-2yos plus a caregiver

w/**Ylla Bishop** • Takoma Park  
Mondays, 9:45–10:30a, 1/16–3/13,  
and 3/20–5/15

w/**Rebecca Gitter** • Takoma Park  
Fridays, 9:45–10:30a,  
1/20–3/17, and 3/24–5/19

### Sprouts

For 2-4yos plus  
a caregiver

w/**Ylla Bishop** • Takoma Park  
Mondays, 10:45–11:30a,  
1/16–3/13, and 3/20–5/15

w/**Rebecca Gitter** •  
Takoma Park  
Fridays, 10:45–11:30a,  
1/20–3/17, and 3/24–5/19

### Little Families

For the whole little family: geared to  
2-4yos, with baby siblings welcome

w/**Ylla Bishop** • Takoma Park  
Sundays, 11:30a–12:15p, 1/22–3/19

### Trees

For 4-7yos, sans caregivers!

w/**Ylla Bishop** • Takoma Park  
Wednesdays, 5–6p, 1/18–3/15,  
and 3/22–5/17

Sundays, 1–2p, 1/22–3/19,  
and 3/26–5/21



## Silver Spring

8561 Fenton Street • 2nd Floor • Silver Spring, MD 20910

MONDAY		
Yoga II	10:30a–12:00p	Maria
Aligned Vinyasa Flow	11:30a–12:45p	Galen
Yoga I/II	5:15–6:15p	Morgan
Yoga I: Accelerated	6:15–7:30p	Natalie
Pilates II	6:30–7:30p	Roberta
Yoga I/II	7:30–8:45p	Stephanie
Barre Basics	7:45–8:45p	Amaris
2 Introduction to Kettlebells (no class 4/17)	7:45–8:45p	Marvin
New Year's Evolution: Navigating Change with Courage, 1/9–3/13*	7:45–9:15p	Natalie
TUESDAY		
Yoga II	7:30–8:30a	Sheree
Pilates II	7:45–8:45a	Roberta
Yoga I	10:00–11:15a	Kelly
Yoga II/III	10:30a–12:00p	Rachel
Yoga I/II	11:30a–1:00p	Kelly
Aligned Vinyasa Flow	6:15–7:30p	Helen
1+2 Stretch and Integrate	6:15–7:30p	Helen
Gentle/Yoga I	6:15–7:45p	Rick
1+2 Gentle Pilates	7:45–8:45p	Helen
Pregnancy Yoga	7:45–9:00p	Sarah
Hips + Hamstrings	8:00–9:15p	Galen
WEDNESDAY		
1+2 Stretch and Integrate	10:00–11:15a	Helen
Yoga I/II	10:00–11:30a	Maria
1+2 Gentle Yoga for Seniors	12:00–1:15p	Carol
Aligned Vinyasa Flow: Int/Advanced	6:15–7:30p	Daisy
1 Yoga for Headache Relief	6:30–7:30p	Tara
2 Yoga Basics for Beginners	6:30–7:30p	Tara
Pilates I/II	6:30–7:30p	Cecilia
1 Pilates for Very Beginners	7:45–8:45p	Amaris
2 Jump Into Pilates I	7:45–8:45p	Amaris
Yoga I	7:45–9:00p	Tara
Yoga I/II	7:45–9:15p	Daisy
THURSDAY		
Mindful Yoga + Meditation	6:15–7:15a	Philip
Yoga I/II	7:30–8:30a	Philip
1+2 Yoga Basics for Beginners	7:30–8:45a	Sheree
Yoga I/II	10:00–11:30a	Sheree
Yoga I/II	5:30–6:45p	Morgan
Yoga for Special Conditions and Injuries*	6:00–7:15p	Jenny
Pregnancy Yoga	6:15–7:30p	Amyre
Body Balance Yoga II	7:30–9:00p	Jenny
Aligned Vinyasa Flow: Int/Advanced	7:45–9:00p	Emily
FRIDAY		
Yoga I/II	7:15–8:30a	Stephanie
Gentle/Restorative Yoga	10:00–11:15a	Tuesday
1+2 Kettlebells for a Balanced Body (no class 4/21)	7:00–8:00p	Marvin
SATURDAY		
Yoga I/II	8:30–10:00a	Maria
Mindful Yoga + Meditation	9:00–10:15a	Melissa
Yoga CSI: Core Strength Integration	9:00–10:15a	Galen
Yoga I	10:15–11:45a	Maria
Body Positive: Strength Training plus Yoga	10:30–11:45a	Natalie
SUNDAY		
Yoga II	8:30–10:30a	Natalie
Yoga I	9:30–11:00a	Galen
Yoga I/II	10:45a–12:15p	Natalie
Yoga for Stiff Bodies	11:15a–12:30p	Galen

## Takoma Park

6930 Carroll Ave • Suite 100 • Takoma Park, MD 20912

MONDAY		
1+2 Seeds! (Crawlers to 2-year-olds)	9:45–10:30a	Ylla
1+2 Sprouts! (2- to 4-year-olds)	10:45–11:30a	Ylla
Pilates II/III	11:30a–12:30p	Roberta
2 Itsy Bitsy Baby	12:00–1:00p	Rebecca
Gentle Pilates	12:45–1:45p	Roberta
Yoga II	4:30–6:00p	Maria
1+2 Gentle Yoga for Seniors	4:45–6:00p	Carol
Yoga for a Healthy Back	6:15–7:15p	Joe
Yoga I/II	6:15–7:45p	Rick
Yoga for Stiff Bodies	6:15–7:45p	Galen
Yoga I	7:30–9:00p	Joe
2 Pilates for Very Beginners	8:00–9:00p	Jessica
Yoga II	8:00–9:30p	Rick
TUESDAY		
Yoga I	9:45–11:15a	Sheree
Mindful Yoga + Meditation	10:00–11:30a	Philip
1+2 Yoga + Fascial Release	11:30a–12:45p	Tricia
Barre Basics	4:15–5:15p	Roberta
Aligned Vinyasa Flow	4:30–5:30p	Rick
Yoga I/II	6:15–7:45p	Suzie
Yoga II/III	6:15–7:45p	Maria
Pilates II	6:45–7:45p	Jessica
Pilates I/II	8:00–9:00p	Jessica
1+2 Yoga + Fascial Release	8:00–9:15p	Tricia
Yoga Basics for Stress Relief	8:00–9:30p	Tuesday
WEDNESDAY		
Yoga I/II	10:15–11:45a	Bitia
Pilates II	11:30a–12:30p	Roberta
Gentle/Yoga I	12:00–1:30p	Kathy
Yoga I	12:00–1:00p	Bitia
Pilates I	12:45–1:45p	Roberta
1+2 Trees! (4–7 yrs)	5:00–6:00p	Ylla
TEENS: Stretch, Strengthen & De-Stress (13–16 yrs)	5:00–6:00p	Margaux
TWEENS: Stretch, Strengthen & De-Stress (8–12 yrs)	5:00–6:00p	Rebecca
Gentle Yoga	6:15–7:30p	Joe
Yoga II	6:15–7:45p	Suzie
Yoga I	6:30–7:45p	Lakshmi
Yoga I/II	7:45–9:15p	Joe
Pilates I	8:00–9:00p	Jessica
Yoga III	8:00–9:30p	Lakshmi
THURSDAY		
Gentle/Yoga I	10:00–11:30a	Joe
Yoga II	10:30a–12:00p	Suzie
Yoga + Meditation (I/II+)	4:30–6:00p	Joe
1+2 Intro to Yoga for Stiff Bodies	6:15–7:30p	Galen
Living Yoga: Be the Star of Your Life, continuing until 3/2*	6:30–8:30p	Natalie
Aligned Vinyasa Flow	6:45–7:45p	Tara
Living Yoga: Empowering Creativity with Big Magic, 3/23–5/18*	7:00–8:45p	Natalie
Yoga I: Accelerated	7:45–9:00p	Galen
Yoga I/II	8:00–9:30p	Tara
FRIDAY		
1+2 Seeds! (Crawlers to 2-year-olds)	9:45–10:30a	Rebecca
Aligned Vinyasa Flow	10:00–11:15a	Francesca
1+2 Sprouts! (2- to 4-year-olds)	10:45–11:30a	Rebecca
Aligned Vinyasa Flow: Advanced	12:00–1:30p	Francesca
Yoga II	7:30–9:00p	Bitia & Emily
SATURDAY		
Pilates II/III	7:45–8:30a	Roberta
Aligned Vinyasa Flow	7:45–8:45a	Tara
Pilates II	8:45–9:45a	Roberta
Aligned Vinyasa Flow	9:00–10:00a	Tara
Yoga I/II	9:00–10:30a	Joe
Pilates I/II	10:00–11:00a	Roberta
Yoga I/II	10:15–11:45a	Tara
Yoga I	10:45a–12:15p	Joe
1 Pilates for Very Beginners	11:15a–12:15p	Roberta
2 Jump into Pilates I	11:15a–12:15p	Roberta
SUNDAY		
Yoga + Meditation (I/II+)	8:30–10:00a	Philip
Yoga I/II	9:00–10:15a	Amyre
Yoga II	9:30–11:00a	Maria
Mindful Yoga + Meditation	10:15–11:30a	Philip
Yoga I	10:30–11:45a	Amyre
1 Little Families	11:30a–12:15p	Ylla
Aligned Vinyasa Flow	1:00–2:00p	Rachel
1+2 Trees! (4–7 yrs)	1:00–2:00p	Ylla
TWEENS: Stretch, Strengthen & De-Stress (8–12 yrs)	1:00–2:00p	Margaux & Yoon
TEENS: Stretch, Strengthen & De-Stress (13–16 yrs)	2:30–3:30p	Margaux & Yoon
1 Postnatal Yoga	2:30–3:45p	Michelle
Pregnancy Yoga	4:00–5:30p	Michelle
Vipassana Meditation	7:00–8:30p	imcw.org

# Class Schedule

### MAKE YOURSELF AT HOME

Wear comfortable clothing and bare feet

BYO props, or borrow ours for free

Feel free to use our changing rooms

Bring valuables with you into the classroom

Let your instructor know if you're dealing with an injury or special condition

Sweaty? Bring a towel!

### IMPORTANT DATES

WED, NOV 30  
Registration opens

MON, JAN 2  
First day of Winter/Spring session

SUN, JAN 29  
Last day for class refunds

SUN, MAY 28  
Last day of Winter/Spring classes and last day for make-ups

## New to Yoga, Pilates, or Willow Street?

Talk to us! We love to help you choose a class.  
301-270-8038 • yoga@willowstreetyoga.com

- **Yes, you can drop in!**  
(Most classes welcome drop-ins, space permitting. Arrive early and check in at the front desk)
- **Yes, you can register anytime!**  
(We pro-rate the fees)
- **Yes, you can make up missed classes!**  
(Do your make-ups before OR after your absence, in any class appropriate for your level, in either location)

Class schedule subject to change, please visit our website for updates

Nine-week specials (🟡) are Jan 16–Mar 19 for round 1 (1) and Mar 20–May 21 for round 2 (2) / Kid's offerings are in Green / Pilates/Barre offerings are in Red  
\* Sorry, no drop-ins or make-ups in this class.

Visit [willowstreetyoga.com](http://willowstreetyoga.com) to learn more about our classes, teachers, and policies.

# Special Guests



## Wellbeing for Women: Ayurveda & Prana Awareness to Balance Your Hormones and Ease Your Life

with *Dr. Claudia Welch* • Saturday–Sunday, Feb 18–19 • Silver Spring

In the modern world, stress affects us in surprising ways: it is a major culprit in hormonal imbalance and is at the root of most women's health concerns. Over the course of this weekend, we will examine stress and sex hormones from a perspective that combines Ayurveda, nadi theory, and Western science.

Through lecture, discussion, and breathing practice, we will learn about easing menopause, improving breast health, addressing infertility, and reducing stress. Everyone is welcome.

## Inhabit Your Body Better

with *Emma Magenta* • Friday–Saturday, Mar 3–4 • Silver Spring

Modern life doesn't make it easy to inhabit our bodies. When it comes to movement, most Americans have a quantity problem: we don't move enough. Also, a quality problem: when we do move, our bodies are so compromised by our endless sitting habit that movements that should come naturally, don't.

Join our friend Emma, innovative yoga teacher and student of biomechanist Katy Bowman, to learn simple ways how and why to inhabit your body better, both on your yoga mat and in everyday life. Her practice-filled workshops—Free Your Feet, Improve Your Squat, and Get Your Ribs Back—are best taken together, but also available separately.



## LifeForce Yoga and Trauma Recovery

with *Amy Weintraub* • Sunday, Mar 26 • Silver Spring

We are honored to welcome back Amy Weintraub, renowned author of *Yoga for Depression* and *Yoga Skills for Therapists*, for a workshop full of yoga and meditation techniques that lay the groundwork for recovery from trauma by gradually restoring equilibrium and supporting mood management.

This workshop is for everyone—including students, yoga teachers, and health professionals—who want to learn practices not usually included in yoga classes that support trauma recovery.



## Yoga Meets Science

with *Jules Mitchell* • Friday–Sunday, May 5–7 • Silver Spring

WSY welcomes Jules Mitchell, MS, CMT, RYT, a Los Angeles based biomechanist and yoga teacher whose education programs provide the most current scientific support for the ancient teachings of yoga asana, pranayama, and meditation.

Yogis of all levels—from experienced teachers to students simply curious about how yoga works—will benefit from Jules's innovative offerings. Workshops are best taken together, but also available separately.

**Fri:** Trans-Pose Traditions and Applied Asana

**Sat:** This Is Spinal Map and Shoulder Potential

**Sun:** Variation Nation™: A Biomechanical and Variable Approach to Asana



# Workshops

## Takoma Park

5 Fridays: Jan 13, Feb 10, Mar 10, Apr 7, and May 12 • 6:30–8:30p	<b>Full Moon Goddess + Aromatherapy Circles</b> with <i>Lakshmi Kanter</i>	\$40 ea / 3 for \$110 / all 5 for \$160
Sat, Feb 4 • 12:30–2:30p	<b>Yoga for Runners and Athletes</b> with <i>Carol Mermey</i>	\$30
Sat, Feb 4 • 1:00–2:30p	<b>From the Inside Out: Yoga without the Sense of Sight</b> with <i>Diana McCown</i>	\$25
Sat, Feb 4 • 1:00–4:00p	<b>Labor with Love: Yoga, Positioning, and Partner Support to Enhance Your Birth</b> with <i>Michelle Cohen</i>	\$150 workshop only / \$250 workshop plus private session
4 Sundays: Feb 5, Mar 5, Apr 2, and May 7 • 5:30–7:30p	<b>Restorative Yoga Sundays</b> with <i>Tara Lemerise</i>	\$40 ea / 2 for \$70 / 3 for \$90 / all 4 for \$108
Sat, Mar 18 • 1:00–4:00p	<b>My Life is a Joke: Mine Your Story for Healing Humor</b> with <i>Judy LaPrade and Rick Fiori</i>	\$45
4 Sundays: Mar 19, Mar 26, Apr 2, and Apr 9 • 4:30–6:00p	<b>Ayurveda and Yoga for Physical, Mental, and Emotional Digestion</b> with <i>Maria Hamburger and Penelope Diamanti</i>	\$50 ea / all 4 for \$175
Sat, Apr 22 • 1:00–3:00p	<b>Earth Day Yoga</b> with <i>Galen Tromble</i>	\$30

## Silver Spring

Sundays • 1:00–3:00p	<b>Zentangle®</b> with <i>Jessica Davies</i>	\$40 ea / any 3 for \$100
Jan 22, Mar 5	<b>Introduction to Zentangle®</b>	
Feb 12, Apr 2, May 7	<b>Adventures in Zentangle®</b> Valentangles / Beyond the Basics / Tangling Outside the Tile	
4 Saturdays: Jan 28, Feb 25, Mar 25 and Apr 29 • 3:00–5:00p	<b>Stress Relief Saturdays</b> with <i>Tuesday Irby</i>	\$30 ea / 2 for \$55 / 3 for \$80 / all 4 for \$95
Sat, Jan 28 • 4:00–7:00p	<b>Winter Warmer Workshop: Yoga, Qi Gong, and Meditation</b> with <i>James Foulkes</i>	\$45
Sat, Feb 4 • 12:00–2:00p	<b>Unleash Your Dog Pose! Finding Freedom in Down-Dog</b> with <i>Natalie Miller</i>	\$30
Sat–Sun, Feb 18–19	<b>Wellbeing for Women: Ayurveda and Prana Awareness to Balance Your Hormones and Ease Your Life</b> with <i>Claudia Welch</i>	\$275 by Feb 1 / \$325 after
Sat–Sun, Feb 25–26 • 12:30–7:00p	<b>Rest for All: Restorative Yoga Teacher Training</b> with <i>Tara Lemerise</i>	\$275 by Feb 1 / \$350 after
Sun, Feb 26 • 3:00–6:00p	<b>Cultivating Internal Safety: A Yoga Nidra Workshop</b> with <i>Shira Oz-Sinai</i>	\$45
Fri–Sat, Mar 3–4	<b>Inhabit Your Body Better</b> with <i>Emma Magenta</i> Free Your Feet / Improve Your Squat / Get Your Ribs Back	\$40 ea / all 3 for \$95
Sun, Mar 19 • 12:30–2:30p	<b>Vocal Muscle Practices for a Strong, Clear Voice</b> with <i>Judy LaPrade</i>	\$30
Sat, Mar 25 • 2:00–4:30p	<b>A Party in Your Shoulders</b> with <i>Maria Hamburger</i>	\$35
Sun, Mar 26 • 1:30–5:30p	<b>LifeForce Yoga for Trauma Recovery</b> with <i>Amy Weintraub</i>	\$120 by Mar 1 / \$145 after
Sat, Apr 1 • 12:30–2:30p	<b>Yoga &amp; Essential Oils for Balance On and Off the Mat</b> with <i>Natalie Miller and Diana McCown</i>	\$45
Sat, Apr 8 • 4:00–7:00p	<b>Spring Cleanse: Yoga, Qi Gong, and Meditation</b> with <i>James Foulkes</i>	\$45
Sat, Apr 29 • 1:00–4:00p	<b>Labor with Love: Yoga, Positioning, and Partner Support to Enhance Your Birth</b> with <i>Michelle Cohen</i>	\$150 workshop only / \$250 workshop plus private session
Fri–Sun, May 5–7	<b>Yoga Meets Science</b> with <i>Jules Mitchell</i>	
	<b>Trans-Pose Traditions</b>	\$60
	<b>Applied Asana / This is Spinal Map / Shoulder Potential / Variation Nation™</b>	\$70 ea by Apr 1 / \$80 ea after all 4 for \$250 by Apr 1 / \$295 after
Sun, May 7 • 3:30–6:30p	<b>“Feeling is Healing” &amp; Other Truths About Emotions: A Yoga Nidra Workshop</b> with <i>Shira Oz-Sinai</i>	\$45



## NEW YEAR'S EVOLUTION

# Navigating Change with Courage

with Natalie Miller Mondays • 7:45–9:15p • Jan 9–Mar 13 • Silver Spring

Change: it's disturbing and freeing. Terrifying and motivating. A grand upheaval in which we are confronted with deep truths and gifted with new opportunities.

When we can be present and wholehearted as we live through change, we are resilient. We make choices with integrity rather than out of fear. We open our minds and bolster our hearts.

We grow stronger, and as we evolve the way we show up in the world, we make the world a better place.

In this 10-week Living Yoga program, you will learn and practice:

- Yoga and breathing to cultivate deep equanimity
- Meditation techniques to access inner wisdom
- Self-coaching methods to empower you to respond to changing circumstances with strength, openness, and integrity

“Why resist change when it's the main source of your growth?”

—Robin Sharma

Each class includes yoga and meditation practice, self-reflection exercises, community support, and light homework. Out of class options include reading assignments from Tara Brach's *True Refuge*, participating in a private Facebook group, and—for those seeking extra clarity—two one-on-one coaching sessions with Natalie, to be scheduled at your convenience.

Everyone welcome. Class size is limited; register now to ensure your spot.

## LIVING YOGA

# Empowering Creativity with Big Magic

with Natalie Miller Thursdays • 7–8:45p • Mar 23–May 18 • Takoma Park

Whether you practice law or piano, write policies or poetry, are working on your business or your novel, you are being co-creative, both responding and contributing to your world. It is through these responses and contributions that we both find self-fulfillment and also give most generously to our communities large and small.

What gets in the way of co-creativity? Mostly fears: of criticism, of failure, of being exposed and vulnerable.

What alleviates those fears? Infusing our approach to our work with something Elizabeth Gilbert calls Big Magic.

Join Natalie for a guided tour of Gilbert's book, *Big Magic: Creative Living Beyond Fear*. Part yoga class, part book club, part group-coaching session, and part creativity seminar, this Living Yoga project will help you to find confidence and joy in your co-creative work that spills out into your everyday life.

Everybody welcome.



# Fees and Registration

## Registration opens November 30

Register online, via mail, or in person.

## Full Session Class Registration Fees

Class	Price per class	Full session cost
First class registration		
Any adult class	\$18	\$378
Nine-week special	\$18	\$162
Tweens/Teens class	\$15	\$315
Children's nine-week specials	\$15	\$135
For additional registrations		
Any adult class	\$15	\$315
Nine-week specials	\$15	\$135

\*Registration costs are pro-rated based on date of registration.

## Payment Plan

Pay half of tuition at the time of registration and half on Feb 13; available in-person with Visa/Mastercard only.

## Discounts

10% off class and nine-week special registrations for seniors, military personnel, and students.

## Drop-Ins

Space permitting, drop-ins are welcome in most classes all session. Please see class schedule for exceptions.

Class	Number of classes student registered in:	
	None	1 or more
Any adult class/special	\$25	\$20
Childrens/Teens classes/specials	\$20	\$20

## Community Weeks

Jan 9–15 & Mar 20–26

Join us:

- registered students can explore our other offerings with unlimited FREE drop-ins
- new-to-us people enjoy \$10 drop-ins
- your friends can try WSY with free class passes—inquire at the desk!



## Contact

**Joe and Natalie Miller**, co-directors  
codirectors@willowstreeyoga.com

### registration inquiries

registrar@willowstreeyoga.com  
301-270-8038 ext. 15

### general inquiries

yoga@willowstreeyoga.com

## Find Us

Our locations are very close to Red Line Metro stations in downtown Silver Spring and Old Town Takoma Park. Visit our website for directions and parking tips.

### Takoma Park Studio

6930 Carroll Ave., Suite 100  
Takoma Park, MD 20912

### Silver Spring Studio

8561 Fenton Street, 2nd floor  
Silver Spring, MD 20910

Design by Capizzi Designs, Washington, DC

Please visit [willowstreeyoga.com/policies](http://willowstreeyoga.com/policies) for registration, transfer, make-up, and refund policies.



6930 Carroll Ave  
Suite 100  
Takoma Park, MD 20912  
301.270.8038  
**Return Service Requested**

PRSR STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO 5482  
SURBURBAN, MD

## Registration opens November 30

Learn more at [willowstreetyoga.com](http://willowstreetyoga.com)

### One-on-one at WSY

*Private instruction to empower your practice*

Who invests in individualized instruction at Willow Street?

- New or returning students interested in a customized introduction to practice
- Students healing from an injury or integrating a change in body or life circumstances
- Experienced students wanting support in creating a personal yoga and/or meditation practice
- People in the midst of life transitions wanting support from a blend of yoga and life coaching

Interested? Write to us at [codirectors@willowstreetyoga.com](mailto:codirectors@willowstreetyoga.com), and we'll match you with an excellent teacher or coach who specializes in your area of interest.

