

Winter/Spring 2017 January 2–May 28 (21 weeks)

Sontentment Is Available

BY JOE MILLER

t'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.

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It is helpful, in this moment, to remember the selfreference 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 agerelated 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 metime. 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

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 Barre Basics	7:30-8:45p 7:45-8:45p	Stephan Amaris
2 Introduction to Kettlebells (no class 4/17)	7:45-8:45p 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	Listers
9 1+2 Stretch and Integrate	6:15-7:30p	Helen Rick
Gentle/Yoga I 9 1+2 Gentle Pilates	6:15–7:45p 7:45–8:45p	Helen
Pregnancy Yoga	7:45-9:00p	Sarah
Hips + Hamstrings	8:00-9:15p	Galen
WEDNESDAY		
9 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 2 Yoga Basics for Beginners	6:30-7:30p 6:30-7:30p	Tara Tara
Pilates I/II	6:30-7:30p	Cecilia
9 1 Pilates for Very Beginners	7:45-8:45p	Amaris
9 2 Jump Into Pilates I		
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		Amaris Tara
Yoga I	7:45-8:45p	
Yoga I Yoga I/II THURSDAY	7:45-8:45p 7:45-9:00p 7:45-9:15p	Tara Daisy
Yoga I Yoga I/II <mark>THURSDAY</mark> Mindful Yoga + Meditation	7:45-8:45p 7:45-9:00p 7:45-9:15p 6:15-7:15a	Tara Daisy Philip
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Takoma Park			
6930 Carroll Ave • Suite 100 • Takom	a Park, MD 205	012	
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 Yoga II	12:45-1:45p 4:30-6:00p	Roberta 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 © 2 Pilates for Very Beginners	7:30-9:00p 8:00-9:00p	Joe	
Yoga II	8:00-9:30p	Rick	
TUESDAY			
Yoga I Mindful Yoga + Meditation	9:45-11:15a 10:00-11:30a	Sheree Ohilip	
() 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 Yoga II/III	6:15-7:45p 6:15-7:45p	Suzie 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	
Yoga I/II	10:15-11:45a	Bita	
Pilates II	11:30a-12:30p	Roberta	
Gentle/Yoga I	12:00-1:30p	Kathy	
Yoga I	12:00-1:00p	Bita	
Pilates I () 1+2 Trees! (4–7 yrs)	12:45-1:45p 5:00-6:00p	Roberta Ylla	
TEENS: Stretch, Strengthen & De-Stress	5:00-6:00p	Margaux	
(13–16 yrs) TWEENS: Stretch, Strengthen & De-Stress	5:00-6:00p	Rebecca	
(8–12 yrs)		Rebecca	
Gentle Yoga	6:15-7:30p	Joe	
Yoga II Yoga I	6:15-7:45p 6:30-7:45p	Suzie	
Yoga I/II	7:45-9:15p	Joe	
Pilates I	8:00-9:00p	Jessica	
Yoga III		Lakabasi	
	8:00-9:30p	Lakshmi	
THURSDAY		Joe	
	8:00-9:30p 10:00-11:30a 10:30a-12:00p		
THURSDAY Gentle/Yoga I Yoga II Yoga + Meditation (I/II+)	10:00-11:30a 10:30a-12:00p 4:30-6:00p	Joe Suzie Joe	
THURSDAY Gentle/Yoga I Yoga I Meditation (I/II+) 9 1+2 Intro to Yoga for Stiff Bodies	10:00-11:30a 10:30a-12:00p 4:30-6:00p 6:15-7:30p	Joe Suzie Joe Galen	
THURSDAY Gentle/Yoga I Yoga II Yoga + Meditation (I/II+)	10:00-11:30a 10:30a-12:00p 4:30-6:00p	Joe Suzie Joe	
THURSDAY Gentle/Yoga I Yoga I I Yoga + Meditation (I/II+) (*) 1+2 Intro to Yoga for Stiff Bodies Living Yoga: Be the Star of Your Life, continuing until 3/2* Aligned Vinyasa Flow	10:00-11:30a 10:30a-12:00p 4:30-6:00p 6:15-7:30p 6:30-8:30p 6:45-7:45p	Joe Suzie Joe Galen Natalie Tara	
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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

absence, in any class appropriate for your level,

New to Yoga, Pilates,

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

(Most classes welcome drop-ins, space permitting.

Arrive early and check in at the front desk)

• Yes, you can make up missed classes! (Do your make-ups before OR after your

or Willow Street?

• Yes, you can register anytime!

• Yes, you can drop in!

(We pro-rate the fees)

in either location)

Class schedule subject to change, please visit our website for updates Nine-week specials (c) 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 to learn more about our classes, teachers, and policies.

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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

8 willowstreetyoga.com • Winter/Spring 2017



Workshops

Takoma Park

Apr 7, and May 12 - 630 - 830p with Lakshmi Kanter all 5 for 5160 Sat, Feb 4 - 12:30 - 2:30p Yoga for Runners and Athletes with Carol Mermey \$30 Sat, Feb 4 - 12:30 - 2:30p From the Inside Out: Yoga without the Sense of Sight \$25 Sat, Feb 4 - 12:30 - 2:30p From the Inside Out: Yoga without the Sense of Sight \$25 Sat, Feb 4 - 1:00 - 4:00p Labor with Love: Yoga, Positioning, and Partner Support to Enhance Your Birth with Michelle Cohen \$150 workshop or yirotal session 4 Sundays: Feb 5, Mar 5, Apr 2, and May 7 - 5:30 - 7:30p Restorative Yoga Sundays with Tara Lemerise \$40 ea / 2 for \$70 3 for \$90 / all 4 for \$40 ea / 2 for \$20 / all 4 for \$40 ea / 2 for \$20 / all 4 for \$40 ea / 2 for \$20 / all 4 for \$40 sondays: Anor 19, Mar 26, Apr 2 and Apr 9 - 4:30 - 6:00p My Life is a Joke: Mine Your Story for Healing Humor with Judy LaPrade and Rick Fiori \$50 ea / all 4 for \$ \$50 ea / all 2 in 25 / all 2 all			
Sat, Feb 4 : 100-2:30p From the Inside Out; Yoga without the Sense of Sight with Diana MCCown \$25 Sat, Feb 4 : 100 - 4:00p Labor with Low: Yoga, Positioning, and Partner Support to Enhance Your Birth with Michalle Cohen \$150 workshop or Java 2530 workshop Java 2530 workshop or Java 2530 workshop or Java 2530 workshop or Java 2530 workshop or With Java 26. \$45 workshop or Java 27500 with Out 27570 316 920 / all 4 for \$20 / all			\$40 ea / 3 for \$110 / all 5 for \$160
with Diana McCown Stifl workshop or start Sat, Feb 4 - 1:00 - 4:00p Labor with Love: Yoga, Positioning, and Partner Support to private session or 9250 workshop or 9250 and May 7 - 5:30 - 7:30p Restorative Yoga Sundays with Tara Lemerise \$40 as / 2 tor \$70 as for \$90 / at 4 for \$30 / at 4 for \$40 as / 2 tor \$70 as for \$90 / at 4 for \$40 as / 2 tor \$70 as for \$90 / at 4 for \$40 as / 2 tor \$70 as for \$90 / at 4 for \$40 as / 2 tor \$70 as for \$90 / at 4 for \$40 war / 2 tor \$70 as for \$90 / at 4 for \$40 war / 2 tor \$70 as for \$90 / at 4 for \$40 war / 2 tor \$70 as for \$90 / at 4 for \$40 war / 2 tor \$70 as for \$90 / at 4 for \$40 war / 2 tor \$70 as for \$90 / at 4 for \$40 war / 2 tor \$70 as with Mark Hamburger and Penelope Diamanit \$40 as / a var 3 for \$30 as \$20 workshop or \$40 as / and \$60 a	Sat, Feb 4 • 12:30-2:30p	Yoga for Runners and Athletes with Carol Mermey	\$30
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and May 7 - 5:30 - 7:30 pStore Selo / all 4 for My Life is a Joke: Mine Your Story for Healing Humor with Judy LaPrade and Rick FioriS45Sat, Mar 18 - 1:00 - 4:00 pMy Life is a Joke: Mine Your Story for Healing Humor with Judy LaPrade and Rick Fiori\$454 Sundays: Mar 19, Mar 26, Apr 2, and Apr 9 - 4:30 - 6:00 pAyurveda and Yoga for Physical, Mental, and Emotional Digestion with Maria Hamburger and Penelope Diamanti\$50 ea / all 4 for SSundays - 1:00 - 3:00 pZentangle® with Jessica Davies Larentangle® Valentangles / Beyond the Basics / Tangling Outside the Tile\$40 ea / any 3 for Silo ea / 2 for \$55Sundays - 1:00 - 3:00 pZentangle® with Jessica Davies Valentangle® Valentangles / Beyond the Basics / Tangling Outside the Tile\$30 ea / 2 for \$50Sundays - 1:00 - 3:00 pStress Relief Saturdays with Tuesday Irby mar 25 and Apr 29 - 3:200 - 5:00 p\$10 ro \$80 / all 4 for Silo ea / 2 for \$25 or \$80 / all 4 for Silo ea / 2 for \$25 or \$80 / all 4 for Silo ea / 2 for \$25 or \$20 or \$10 with James Foulkes\$45Sat-Sun, Feb 14 - 12:00 - 2:00 pUnitest Your Dog Posel Finding Freedom in Down-Dog with Natalie Miller\$27 by Feb 1 / Silo Silo all 4 for Silo ea / 2 for \$25 all for \$30 or \$10 with Shira Oz-5inai\$27 by Feb 1 / Silo Silo all 4 for Silo all for \$30 or \$30 or \$10 with Shira Oz-5inaiSat-Sun, Feb 25 - 26 - Sun, Feb 25 - 20 - 4:30 pRest for All: Restorative Yoga Teacher Training with Shira Oz-5inai\$27 by Feb 1 / Silo all for \$32 all for \$ Silo all for \$45 silo all	Sat, Feb 4 = 1:00-4:00p		\$150 workshop only / \$250 workshop plus private session
with Judy LaPrade and Rick Flori 4 Sundays: Mar 19, Mar 26, A PC, and Apr 9 - 4:306:00p Ayurveda and Yoga for Physical, Mental, and Emotional Digestion With Main Almaburger and Penelope Diamanti \$50 ea / all 4 for \$ 350 ea / all 4 for \$ 350 Sat, Apr 22 - 1:003:00p Earth Day Yoga with Galen Tromble \$30 Silver Spring Silver Spring \$40 ea / any 3 for Sundays - 1:00-3:00p Zentangle® with Jessica Davies \$40 ea / any 3 for Jan 22, Mar 5 Introduction to Zentangle® \$30 ea / 2 for \$55 Feb 12, Apr 2, May 7 Adventures in Zentangle® \$30 ea / 2 for \$55 Auret 28 and Apr 9 - 3::00-5:000 Winter Warmer Workshop: Yoga, Oi Gong, and Meditation \$45 Sat, San 28 - 4:00-7:00p Winter Warmer Workshop: Yoga, Oi Gong, and Meditation \$45 Sat, San 28 - 4:00-7:00p Winter Warmer Workshop: Yoga, Oi Gong, and Meditation \$45 Sat, San Feb 18-19 Wellbeing for Women: Ayurveda and Prana Awareness to Balance. \$275 by Feb 1 / \$225 arter Sat-Sun, Feb 28-26 - Rest for All: Restorative Yoga Teacher Training \$275 by Feb 1 / \$230 arton \$275 by Feb 1 / \$350 after Sun, Feb 26 - 3:00 - 6:00p Cutivating Internal Safety: A Yoga Nidra Workshop \$44 \$44 ea / all 3 for \$ Frie Your Feet / Improve Your Squat / Get Your Ribs Back \$40 e		Restorative Yoga Sundays with Tara Lemerise	\$40 ea / 2 for \$70 / 3 for \$90 / all 4 for \$108
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			\$80 ea after all 4 for \$250 by Apr 1 /
	Sun, May 7 • 3:30–6:30p		\$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.

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 selffulfillment and also give most generously to our communities large and small.

EATIVE LIVING

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 cocreative 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@willowstreetyoga.com

registration inquiries registrar@willowstreetyoga.com 301-270-8038 ext. 15

general inquiries yoga@willowstreetyoga.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

Please visit willowstreetyoga.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** PRSRT STD U.S. POSTAGE PAID PERMIT NO 5482 SURBURBAN, MD

Registration opens November 30

Learn more at 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**, and we'll match you with an excellent teacher or coach who specializes in your area of interest.