



# FitHAPPY STRONG Free



## Crosstraining with Yoga

BY NATALIE MILLER

**“Wow, your heart rate recovery is excellent. Are you a runner?”**

I laughed out loud at this question from the very nice personal trainer. She was administering the fitness evaluation that came with my new gym membership. Well, I thought, I run a household. I run a business. I run around after the kids. But I haven't run further than half-a-block in years.

As I think about that years-ago moment now, I am amused to remember how surprised I was to discover I was pretty fit. At the time, I recall thinking, “How can I be in such good shape? I haven't been to the gym in years. Haven't regularly biked, climbed, lifted, aerobicized, swum. *All I do is yoga.*”

Before we go any further: the moral of this story is **not** *All You Need Is Yoga*. After all, I joined the new gym because yoga alone wasn't enough for me. I missed the steady strength that came from weightlifting, and the gloriously sweaty post-cardio endorphin rush. Also the sauna.

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My yoga missed my other workouts, too. After a few months lifting leg weights, I enjoyed more stamina and steadiness in my standing poses. When I started swimming again, shoulder-opening felt so much more important and satisfying. Working out didn't take me away from yoga: on the contrary, it motivated me to practice even more.

Why complement exercise with yoga, and vice-versa? For starters:

### **Better Breathing = Better Workouts**

While the breathwork we do in yoga can feel very subtle, empowered breathing profoundly and noticeably improves athletic performance. In yoga, we learn to breathe more fully: to access more of our lung space, to exhale completely, and to extend and balance our breath cycles. Better breathing offers manifold benefits, including improved endurance and faster recovery following high-intensity exercise.

Most importantly, when we learn to breathe more fully and slowly, we dramatically improve our body's response to stresses, be they environmental or physical. Yogic breathwork has been shown to normalize the functions of the body's autonomic nervous system, to great effect: lower, more stable blood pressure, enhanced vagal tone (an important indicator of our body's resilience), improved heart rate variability, and measurable decreases in anxiety and increases in feelings of wellbeing.

### **Safer, Smarter Stretching**

Joe Miller explains: "In yoga, we aren't interested in passively stretching muscles; instead, we're learning to engage them actively as we make them longer. This active stretching is much more efficient and safe. By focusing the stretch in the belly of the muscle, we gain more uniform length and protect muscle attachments."

Here at Willow Street, we offer copious alignment cues as we instruct yoga poses: we want to help you stretch not only safely, but intelligently. A small adjustment in the position of your head, or the action in your foot, makes a huge difference in the body you're building as you stretch.

### **Balanced Strength Improves Performance and Prevents Injuries**

Here's what Allen Naylor, a longtime Willow Streeter and much longer-time cross-country runner, says about this:

"I wish I had known about yoga in my younger years because I'm sure, knowing what I know now, I would have suffered a lot fewer injuries. So many of the poses, movements, and sessions have isolated and strengthened the very muscles that supported and supplemented the running I was doing. Through yoga, in now my 6th decade, I feel like I have more strength and flexibility than I did in my 'prime'—my 20's and 30's. I want to be able to continue to



# Yoga enhances all our other physical pursuits, and all our other physical pursuits empower our yoga.

live an active life, allowing me the freedom to move and perform any activity I choose to try, and yoga has allowed me to pursue these interests with confidence.”

Balanced strength also improves balance itself, so that every step (jump shot, serve, stroke, kick, squat) you make comes from a more centered, empowered place.

## Best of All: Diversified Exercise Feels So, So Good

After a long hike, a series of hip- and hamstring-opening poses is delicious. There’s nothing better than a post-cycling session of chest- and shoulder-openers to recover from a long ride. Warming up your legs with intelligent, active stretching makes for a very happy run. And breathwork is extremely beneficial exercise you can enjoy on the Metro, on a conference call, and in line at the supermarket.

As you can see, this is a two-way street. Yoga enhances all our other physical pursuits, and all our other physical pursuits empower our yoga.

Are you already a devoted yogi? Take advantage of summer splendor to get outside and get active, and notice how your practice comes alive in a new way. Also, try some of the workout classes we have on offer: Pilates, Kettlebells, Body Positive, and Yoga CSI, for starters.

Are you an athlete interested in what yoga can do for you? Yoga I is the best place to get acquainted with the basics, and this session we’re offering an Accelerated Yoga I, great for beginners with athletic awareness. Check out our wide array of sport-specific workshops, too.

We look forward to seeing you on the mat—and in the pool, and on the trails, and at the courts—this summer!

## yoga for athletes

Jun 11: **Yoga for Swimmers** w/Nancy Allen

Jun 12: **Enhance Your Running with Yoga, Muscle Release, and Strength Training** w/ Daisy Whittemore & Lubin Hernandez Palomino, LMT

Jun 26: **Yoga for Cyclists and Triathletes** w/ Sheree Mullen

Jul 10: **Yoga for Runners and Triathletes** w/ Sheree Mullen

## athletics for yogis

Fri eve: **Kettlebells** w/ Marvin King

Thurs eve / Sat morn: **Body Positive Strength Training + Yoga** w/ Natalie Miller

Sat morn: **Yoga: Core Strength Integration** w/ Galen Tromble

And **Pilates** with Roberta Stiehm, Jessica Sloane, and Helen Rea, too!

## Ready to grow your practice?



## Maybe even blossom into a yoga teacher? Our next Willow Street Yoga Immersion begins Sept 2016.

*Register now and get 2 class registrations for the price of 1 this summer!*

[willowstreetyoga.com/teacher-training](http://willowstreetyoga.com/teacher-training)

# Special Events

## Summer Solstice Druminyasa Flow

with *Natalie Miller and Drummer Brad Ellsworth* • Sunday, Jun 19 • Silver Spring

Celebrate the steady, life-affirming power of the sun in this deeply energizing combination of vinyasa and live hand-drumming. Natalie leads a breath-focused, meditative, and gradually intensifying vinyasa practice that helps you connect to your own sustaining light; Druminyasa founder Brad Ellsworth contributes a sustaining rhythm that takes your yoga experience to new depths. For students Level I+.



## Full Moon Goddess Circles

with *Elizabeth Kanter* • 3 Fridays: Jun 24, Jul 15, Aug 12 • Takoma Park

Honor the life cycle of creation, sustenance, and dissolution with three of the moon's apices this summer. During each session, we will create a sacred space, tapping into the power of ritual to honor the cycles of nature and life. Guided movement, breathing, chanting, imagery and meditation practices will strengthen intuition and support moving with greater clarity and fearlessness. We will practice sacred listening and drink deeply from each others' wisdom.

These circles are for women who are keen to nurture their spiritual selves, deepen their experience of and dialogue with the goddess within, and build a supportive awakened feminine community.

Jun: **Creation & Manifestation**

Jul: **Sustenance & Abundance**

Aug: **Dissolution & Letting Go**

## Embodied Chakras

with *María Cristina Jiménez* • Friday–Sunday, Jun 17–19 • Silver Spring

The chakra system is like a library filled with infinitely rich material to help us learn about how we embody ourselves. These energy centers are often taught in subtle, esoteric ways. In this weekend workshop we will instead use each particular chakra's geography as an invitation to learn more about our physical bodies through both lecture and mindful asana practices.

We at Willow Street are thrilled to invite Maria Cristina back with her sophisticated, nuanced approach to subtle anatomy, and her generous, kind, creative asana instruction. Everyone is welcome in these workshops; full-weekend registration recommended, but workshops may also be taken individually.

Friday: **Root and Sacral Chakras, 6:30–9p**

Saturday: **Solar Plexus, 12:30–3p and Heart and Throat Chakras, 4:30–7p**

Sunday: **Third Eye and Crown Chakras, 12:30–3p**



# LIVING YOGA SUMMER PROJECT

## Beyond Perfectionism

with Natalie Miller



TWO SECTIONS

Monday nights, Jun 6-Aug 22 (no class Jul 4) • 7-8:45p • Takoma Park  
and Fridays, Jun 10-Aug 19, 10-11:45a • Silver Spring

Perfectionists know: the relentless pursuit of excellence can feel far less daunting than the thought of accepting our work, our circumstances, and especially ourselves as simply Good Enough.

And yet: after a while, perfectionism runs us ragged. We overcommit (“but no one else can do it as well as I can!”) and exhaust ourselves. We procrastinate and pressure-cook when faced with deadlines. We tend to be hyper-critical of ourselves and others, bringing stress to our inner life and our relationships.

Eventually, the pernicious Never Good Enough mantra makes us so weary in heart, mind, and everyday life that we begin to know intimately that the perfect is indeed the enemy of the good.

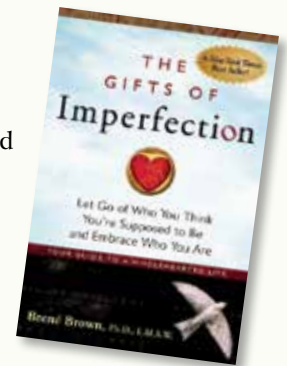
Are you there, fellow perfectionist? Have you had enough of Never Enough?

In this 11-week Summer Project, join Natalie to discover myriad tools for defusing perfectionism:

- Yoga and breathing to practice finding balance and being with what is

- Meditations to enhance mindfulness, self-compassion, and equanimity
- A summerlong deep dive into *The Gifts of Imperfection* by Brene Brown
- Creative self-reflection exercises to understand and adjust perfectionist tendencies
- Group coaching to build camaraderie and self-awareness in a supportive community
- Light weekly homework to help you integrate class insights into everyday life
- Two options to expand and enhance your experience: 2 Zentangle® classes with Jessica Davies, CZT and/or 60 minutes of private coaching with Natalie

Part weekly yoga class, part book club, and part deep self-study, this Summer Project is a perfect way to take advantage of the slower pace and abundant energy of summer, and to take the insight and inspiration you find in your yoga practice more deeply into your everyday.



### Learn to Zentangle®

with Jessica Davies, CZT • Sundays, 1–3p • Silver Spring

Zentangle® is an easy-to-learn, fun and relaxing way to create beautiful images using repetitive patterns. Learn the basic methods of creating seemingly intricate designs, become familiar with the vocabulary and tools of Zentangle®, and finish with art worthy of framing. Continue with the Intermediate workshop to learn some more tangles and delve into the role of strings. Introductory supplies provided.

Introduction to Zentangle® Jun 12 or Jul 10

Intermediate Zentangle® Jun 19 or Jul 17

Adventures in Zentangle®: Color Aug 7 / Zendalas Aug 14 / Renaissance Aug 21



## Silver Spring

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

MONDAY			
Aligned Vinyasa Flow	9:00–10:15a	Galen	
1+2 Gentle Chair Yoga	10:00–11:15a	Tuesday	
Yoga II	10:30a–12:00p	Maria	
2 Yoga for Better Balance	10:30–11:45a	Galen	
Yoga I	6:15–7:45p	Suzie	
Pilates II	6:30–7:30p	Roberta	
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	Francesca	
1 Movement Improvement	6:15–7:30p	Helen	
2 Yoga for Better Posture: Reduce the Hunch	6:30–7:30p	Sheree	
Gentle/Yoga I	6:15–7:45p	Rick	
1 Pilates and the Pelvic Floor	7:45–8:45p	Helen	
Pregnancy Yoga	7:45–9:00p	Sarah	
Hips + Hamstrings	8:00–9:15p	Galen	
WEDNESDAY			
1 Movement Improvement	10:00–11:15a	Helen	
Yoga I/II	10:00–11:30a	Maria	
1 Yoga for Better Posture: Reduce the Hunch	11:30a–12:30p	Sheree	
1 Gentle Yoga for Seniors	12:00–1:15p	Carol	
Aligned Vinyasa Flow: Int/Advanced	6:15–7:30p	Daisy	
1 Perfect Your Plank and Chaturanga	6:30–7:30p	Tara	
2 Get on Up in Handstand	6:30–7:30p	Tara	
Yoga I	7:45–9:00p	Tara	
Yoga I/II	7:45–9:15p	Daisy	
THURSDAY			
Aligned Vinyasa Flow	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 for Special Conditions and Injuries*	6:00–7:15p	Jenny	
Pregnancy Yoga	6:15–7:45p	Daisy	
Yoga I/II	6:30–7:45p	Morgan	
Body Balance Yoga II	7:30–9:00p	Jenny	
1 Power and Play: Arm Balances	8:00–9:15p	Daisy & Rachel	
2 Postnatal Yoga	8:00–9:15p	Daisy	
FRIDAY			
Gentle/Restorative Yoga	10:00–11:15a	Tuesday	
Living Yoga: Beyond Perfectionism	10:00a–11:45a	Natalie	
Kettlebells for a Balanced Body (no class 7/1 and 8/26)	7:00–8:00p	Marvin	
SATURDAY			
2 Yoga CSI: Core Strength Integration	8:30–9:45a	Galen	
Yoga I/II	8:30–10:00a	Maria	
Mindful Vinyasa and Meditation	9:00–10:15a	Dawna	
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			
Seeds! Yoga for Crawlers to 2-year-olds	9:45–10:30a	Ylla	
Sprouts! Yoga for 2- to 4-year-olds	10:45–11:30a	Ylla	
Pilates II/III	11:30a–12:30p	Roberta	
1 Itsy Bitsy Baby	12:00–1:00p	Rebecca	
Gentle Pilates	12:45–1:45p	Roberta	
Yoga II	4:30–6:00p	Maria	
Yoga for a Healthy Back	6:15–7:15p	Joe	
Yoga I/II	6:15–7:45p	Rick	
Living Yoga: Beyond Perfectionism (no class 7/4)	7:00–8:45p	Natalie	
1 Pilates for Very Beginners	7:30–8:30p	Jessica	
2 Yoga Basics for Beginners	7:30–9:00p	Joe	
Yoga II	8:00–9:30p	Rick	
TUESDAY			
Yoga I	9:45–11:15a	Sheree	
Mindful Vinyasa and Meditation	10:00–11:30a	Philip	
Aligned Vinyasa Flow	4:30–5:30p	Rick	
1 Barre Basics	4:30–5:30p	Roberta	
Trees! (4–7 yrs)	4:30–5:30p	Ylla	
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	
Yoga Basics for Stress Relief	8:00–9:30p	Tuesday	
WEDNESDAY			
Yoga I/II	10:15–11:45a	Bitu	
Pilates II	11:30a–12:30p	Roberta	
Gentle/Yoga I	12:00–1:30p	Kathy	
Yoga I	12:00–1:00p	Bitu	
Pilates I	12:45–1:45p	Roberta	
Teens Yoga (13–16 yrs)	4:30–5:30p	Paula	
Gentle Yoga	6:00–7:15p	Joe	
Yoga II	6:15–7:45p	Suzie	
Yoga I	6:30–7:45p	Elizabeth	
Yoga I/II	7:30–9:00p	Joe	
Pilates I	8:00–9:00p	Jessica	
Yoga III	8:00–9:30p	Elizabeth	
THURSDAY			
Yoga I/II	7:15–8:30a	Stephanie	
Gentle/Yoga I	10:00–11:30a	Joe	
Yoga II	10:30a–12:00p	Suzie	
Yoga + Meditation (I/II+)	4:30–6:00p	Joe	
Body Positive: Strength Training plus Yoga	6:15–7:30p	Natalie	
2 Intro to Yoga for Stiff Bodies	6:15–7:30p	Galen	
Aligned Vinyasa Flow	6:45–7:45p	Tara	
Yoga I: Accelerated	7:45–9:00p	Galen	
Yoga I/II	8:00–9:30p	Tara	
FRIDAY			
Seeds! Yoga for Crawlers to 2-year-olds (6/10–7/15)	9:45–10:30a	Rebecca	
Aligned Vinyasa Flow	10:00–11:15a	Francesca	
Sprouts! Yoga for 2- to 4-year-olds (6/10–7/15)	10:45–11:30a	Rebecca	
Aligned Vinyasa Flow: Advanced	12:00–1:30p	Francesca	
Yoga II	7:30–9:00p	Bitu	
SATURDAY			
Pilates II/III	7:45–8:30a	Roberta	
Aligned Vinyasa Flow	7:45–8:45a	Tara	
Community Meditation (pay-what-you-can)	8:00–8:45a	Tom	
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+2 Pilates for Very Beginners	11:15a–12:15p	Roberta	
SUNDAY			
Yoga + Meditation (I/II+)	8:30–10:00a	Philip	
Yoga I/II	9:15–10:30a	Sheree	
Yoga II	9:30–11:00a	Maria	
Mindful Vinyasa and Meditation	10:15–11:30a	Philip	
Yoga I	10:45a–12:00p	Sheree	
1 Little Families	11:30a–12:15p	Ylla	
Aligned Vinyasa Flow	1:00–2:00p	Rachel	
Trees! (4–7 yrs)	1:00–2:00p	Ylla	
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, MAY 11  
Registration opens

MON, JUN 6  
First day of Summer session

SUN, JUL 3  
Last day for class refunds

SUN, AUG 28  
Last day of Summer 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

Six-week specials (S) are Jun 6–Jul 17 for round 1 (1) and Jul 18–Aug 28 for round 2 (2) / Kid's offerings are in Blue / 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.

# Specials

## *especially for beginners*

### **Barre Basics**

w/*Roberta Stiehm* • Takoma Park • Tuesdays •  
4:30–5:30p • Jun 7 – Jul 12

A low-impact, high-intensity workout inspired by Pilates, dance, and yoga. With music, we repeat precise, controlled movements that tone, lengthen, and strengthen your whole body. Everybody welcome.

### **Pilates for Very Beginners**

w/*Roberta Stiehm* • Takoma Park • Saturdays •  
11:15a–12:15p • Jun 11 – Jul 16, and Jul 23 – Aug 27  
w/*Jessica Sloane* • Takoma Park • Mondays •  
7:30–8:30p • Jun 6 – Jul 11

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

### **Yoga Basics for Beginners**

w/*Sheree Mullen* • Silver Spring • Thursdays •  
7:30–8:45a • Jun 9–Jul 14 and Jul 21–Aug 25  
w/*Joe Miller* • Takoma Park • Mondays •  
7:30–9p • Jul 18 – Aug 22

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. Everyone welcome.

### **Movement Improvement**

w/*Helen Rea* • Silver Spring  
Tuesdays • 6:15–7:30p • Jun 7 – Jul 12  
Wednesdays • 10–11:15a • Jun 8 – Jul 13

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.

## *for the mamas, papas, and little ones*

### **Postnatal Yoga**

w/*Michelle Cohen* • Takoma Park • Sundays •  
2:30–3:45p • Jun 12 – Jul 17  
w/*Daisy Whittemore* • Silver Spring • Thursdays •  
8–9:15p • Jul 21 – Aug 25

Simple, inspiring yoga focused on rebalancing postnatal bodies and being in community with fellow moms. Re-build core strength, open your achy hips and shoulders, and enjoy the opportunity to focus on YOU. For mothers 6 weeks to 2+ years post-partum. Beginners welcome.

### **Itsy-Bitsy Baby**

w/*Rebecca Gitter* • Takoma Park • Mondays •  
12–1p • Jun 6 – Jul 11

Learn calming, nurturing ways to support baby's development in a community of fellow parents. For babies 6 weeks to almost crawling, with parent or caregiver.

### **Little Families**

w/*Ylla Bishop* • Takoma Park • Sundays •  
11:30a–12:15p • Jun 12 – Jul 17

Yoga and games geared to the 2-4yo set, supported by caregivers, with opportunities for baby siblings to join in. Fun for your whole little family!

## yoga for every body

### Gentle Chair Yoga

w/Tuesday Irby • Silver Spring • Mondays •  
10–11:15a • Jun 6 – Jul 11, and Jul 18 – Aug 22

An introduction to gentle yoga supported by the use of a chair. Perfect for beginning yoga students building their practice, students with injuries, seniors, and everyone who ever sits in a chair. No experience necessary. Everyone welcome.

### Yoga for Better Balance

w/Galen Tromble • Silver Spring • Mondays •  
10:30–11:45a • Jul 18 – Aug 22

Explore the requirements for good balance, build strength and improve coordination to bring more stability to yoga practice, more confidence in balance poses, and better balance for daily life. Everyone welcome.

### Yoga for Posture: Reduce the Hunch

w/Sheree Mullen • Silver Spring  
Wednesdays • 11:30a–12:30p • Jun 8 – Jul 13  
Tuesdays • 6:30–7:30p • Jul 19 – Aug 23

Open the chest and shoulders, strengthen the core and back, and reduce your hunch! We'll use yoga to improve alignment in sitting, standing, and sleeping. Everyone welcome.

### Gentle Yoga for Seniors

w/Carol Mermey • Silver Spring • Wednesdays •  
12–1:15p • Jun 8 – Jul 13

Especially for older adults, this class addresses age-related functional changes by working to build strength, increase flexibility, develop better balance, reduce stress, and enhance equanimity. Class moves at a relaxed pace, and includes ample adaptations. Beginners welcome.

### Intro to Yoga for Stiff Bodies

w/Galen Tromble • Takoma Park • Thursdays •  
6:15–7:30p • Jul 21 – Aug 25

So you can't touch your toes: this makes you an IDEAL candidate for yoga! Join Galen for a nicely-paced, carefully aligned practice that 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.

## build strength with focus & fun

### Pilates and the Pelvic Floor

w/Helen Rea • Silver Spring • Tuesdays •  
7:45–9p • Jun 7 – Jul 12

This beginning Pilates class emphasizes the health of the pelvic floor during core work. Join Helen to build strength in your deepest core muscles. Everyone welcome.

### Perfect Your Plank and Chaturanga

w/Tara Lemerise • Silver Spring • Wednesdays •  
6:30–7:30p • Jun 8 – Jul 13

Join Tara to learn the optimal alignment and engagement to make plank and chaturanga the right combination of difficult and doable. Ideal for students at the I/II+ level; dedicated Yoga I students also welcome.

### Get On Up In Handstand

w/Tara Lemerise • Silver Spring • Wednesdays •  
6:30–7:30p • Jul 20 – Aug 24

A progressively-taught handstand immersion that will help you face your fears, answer your questions, and demystify the mechanics of handstand so you can get upside down gracefully and balance with ease. For students level I/II+.

### Power and Play: Arm Balances

w/Daisy Whittemore & Rachel Henry • Silver Spring •  
Thursdays • 8–9:15p • Jun 9 – Jul 14

Build strength, work to understand leverage and balance points, and bring a new lightness to arm balances (and your attitude toward them!). Challenging, fun, flowy work with a wide range of arm balances. For students strong Level I/II and up.

### Yoga CSI: Core Strength Integration

w/Galen Tromble • Silver Spring • Saturdays •  
8:30–9:45a • Jul 23 – Aug 27

Yoga for athletes, strength training for yogis. Build functional core strength that is fully integrated through your entire body, supporting your active life and complementing running, cycling, swimming, Crossfit, dog walking, kayaking, rock climbing, sky-diving, or just keeping up with the kids. For students Level I/II+.



# Workshops

## Takoma Park

2 Sundays: Jun 12, 26 • 2:30–4:30p	<b>Exploring Exclusion Diets: Going Gluten- and Dairy-Free</b> with Amy Burkholder	\$35 ea or both for \$60
3 Sundays: Jun 19, Jul 17, Aug 21 • 5:30–7:30p	<b>Restorative Yoga Sundays</b> with Tara Lemerise	\$38 ea / 2 for \$60 / 3 for \$80
3 Fridays: Jun 24, Jul 15, Aug 12 • 6:30–8:30p	<b>Full Moon Goddess Circles</b> with Elizabeth Kanter	\$40 ea or all 3 for \$95
Sat, Jun 25 • 1–3p	<b>Vocal Chord Muscle Development for a Strong, Clear Voice</b> with Judy LaPrade	\$30
Sun, Jun 26 • 1–4p	<b>Mind/Body Pain Prevention and Management from the Inside Out</b> with Judy LaPrade	\$45
Sat, Jul 30 • 1–3p	<b>Yoga for Headache Relief</b> with Tara Lemerise	\$35
Sun, Aug 7 • 1–4p	<b>Yoga for Scoliosis</b> with Joe Miller	\$60
Sat, Aug 20 • 1–4p	<b>Labor with Love</b> with Michelle Cohen	\$105

## Silver Spring

Sun, Jun 5 • 5–7p	<b>Yoga and Live Jazz: A Benefit Evening for Team Heidi</b> with Natalie Miller and the Nicole Saphos Trio	\$30, or I can give a little more: \$50
Sat, Jun 11 • 1–4p	<b>Labor with Love</b> with Michelle Cohen	\$105
Sat, Jun 11 • 2–4p	<b>Yoga for Swimmers</b> with Nancy Allen	\$35
Sun, Jun 12 • 1–4p	<b>Enhance Your Running with Yoga, Muscle Release, and Strength Training</b> with Daisy Whittemore and Lubin Hernandez Palomino, LMT	\$50
	<b>Embodied Chakras</b> with Maria Cristina Jiménez	\$50 ea or \$175 full weekend
Fri, Jun 17 • 6:30–9p	<b>Root and Sacral Chakras</b>	
Sat, Jun 18 • 12:30–3p	<b>Solar Plexus</b>	
Sat, Jun 18 • 4:30–7p	<b>Heart and Throat Chakras</b>	
Sun, Jun 19 • 12:30–3p	<b>Third Eye and Crown Chakras</b>	
Sun, Jun 19 • 4:30–6p	<b>Summer Solstice Druminyasa Flow</b> with Natalie Miller and Drummer Brad Ellsworth	\$25
Sun, Jun 26 • 12:30–2p	<b>Yoga for Cyclists and Triathletes</b> with Sheree Mullen	\$25
Sun, Jul 10 • 12:30–2p	<b>Yoga for Runners and Triathletes</b> with Sheree Mullen	\$25
Sun, Jul 10 • 1–3p	<b>How to Take Care of Your Wrists</b> with Joe Miller	\$50
Sat, Jul 16 • 1–4p	<b>Remember? You are Whole. Yoga Nidra</b> with Shira Oz-Sinai	\$45
1–3p on the following dates:	<b>Zentangle® workshops</b> with Jessica Davies, CZT	\$40 ea or \$175 for all 5 workshops (intro, intermediate, all 3 adventures)
Sun, Jun 12 or Jul 10	<b>Introduction to Zentangle®</b>	
Sun, Jun 19 or Jul 17	<b>Intermediate Zentangle®</b>	
	<b>Adventures in Zentangle®</b>	
Sun, Aug 7	Color	
Sun, Aug 14	Zendalas	
Sun, Aug 21	Renaissance	

# Fees and Registration

## Registration opens May 11

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	\$216
Six-week special	\$18	\$108
Seeds, Sprouts, Trees, Tweens and Teens	\$13	\$156
For additional registrations		
Any adult class	\$15	\$180
Six-week specials	\$15	\$90

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

### Payment Plan

Pay half of tuition at the time of registration and half on Jul 11; available in-person with Visa/Mastercard only.

### Discounts

10% off class and six-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
Seeds, Sprouts, Trees, Tweens and Teens	\$15	\$15



### Contact

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301-270-8038 ext. 14

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301-270-8038 ext. 15

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### 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 [willowstreetyoga.com/policies](http://willowstreetyoga.com/policies) for registration, transfer, make-up, and refund policies.



6930 Carroll Ave  
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Takoma Park, MD 20912  
301.270.8038  
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**Registration opens May 11**

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

# Community Week

**June 6–12**

Excellent instruction takes yoga, Pilates, meditation, and YOU to the next level. See for yourself!

- Unlimited FREE classes for registered students
- \$10 drop-ins for unregistered students

