



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

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online registration opens may 6

may 27-june 2 ▶ Willow Street will be offering our full schedule of classes for only \$5 a class at our Takoma Park location. Arrive early – space is limited and classes are first-come, first-served!

\$5 preview week

Takoma Park Studios

Monday, May 27

10:30am-12:00pm	Yoga II	Maria
11:30am-12:30pm	Pilates II/III	Roberta
11:45am-1:15pm	Yoga I/II	Katie
12:45pm-1:45pm	Pilates I/II	Roberta
4:30pm-6:00pm	Yoga II	Maria
5:00pm-6:00pm	Yoga for a Healthy Back & Neck	Joe
6:15pm-7:45pm	Yoga I/II	Moses
8:00pm-9:30pm	Yoga I	Moses
8:00pm-9:30pm	Yoga II	Rick

Tuesday, May 28

7:30am-8:30am	Yoga II	Sheree
8:15am-9:15am	Pilates II	Roberta
9:00am-10:00am	Vinyasa Flow I/II	Kelly
9:45am-11:15am	Yoga I	Sheree
10:15am-11:45am	Yoga I	Kelly
4:30pm-5:30pm	Vinyasa Flow I/II	Rick
4:30pm-5:30pm	Trees! (4-7 yrs)	Ylla
6:15pm-7:45pm	Yoga II/III	Maria
6:15pm-7:45pm	Yoga I/II	Suzie
8:00pm-9:00pm	Pilates I/II	Jessica

Wednesday, May 29

7:30am-8:30am	Yoga I/II	Lizzie
7:45am-8:45am	Pilates I/II	Jessica
10:00am-11:30am	Yoga I/II	Maria
10:15am-11:45am	Yoga I/II	Bit
11:30am-12:30pm	Pilates II	Roberta
12:00pm-1:30pm	Gentle/Yoga I	Kathy
12:00pm-1:00pm	Yoga I	Bit
12:45pm-1:45pm	Pilates I	Roberta
6:15pm-7:45pm	Yoga for Runners & Athletes	Tara

6:15pm-7:45pm	Gentle/Therapeutics Yoga	Joe
6:15pm-7:45pm	Yoga II	Suzie
8:00pm-9:00pm	Pilates I	Jessica
8:00pm-9:30pm	Yoga I/II	Tara
8:00pm-9:30pm	Yoga II/III	Joe

Thursday, May 30

7:30am-8:30am	Pilates I	Jessica
7:30am-8:30am	Yoga I/II	Philip
10:00am-11:30am	Yoga I/II	Sheree
10:00am-11:30am	Gentle/Yoga I	Carrie
10:30am-12:00pm	Yoga II	Suzie
4:30pm-6:00pm	Asana & Meditation	Joe
6:15pm-7:45pm	Yoga III	Anna M.
6:15pm-7:45pm	Pregnancy Yoga	Carrie
6:45pm-7:45pm	Vinyasa Flow I/II	Tara
8:00pm-9:30pm	Yoga II	Daisy
8:00pm-9:30pm	Yoga I/II	Carrie
8:00pm-9:30pm	Yoga I	Tara

Friday, May 31

7:15am-8:30am	Yoga II	Anna B.
10:00am-11:15am	Vinyasa Flow I/II	Natalie
6:30pm-8:00pm	Yoga I/II	Joe
7:30pm-9:00pm	Yoga II	Moses

Saturday, June 1

8:00am-8:45am	Pilates II/III	Roberta
9:00am-10:00am	Pilates II	Roberta
9:00am-10:00am	Vinyasa Flow I/II	Tara
9:00am-10:30am	Yoga I/II	Joe
10:15am-11:15am	Pilates I/II	Roberta
10:15am-11:45am	Yoga II	Tara
10:45am-12:15pm	Yoga I	Joe
11:30am-12:30pm	Pilates I	Roberta

Sunday, June 2

9:30am-11:00am	Yoga II	Maria
9:30am-11:00am	Yoga I/II	Katie
1:30pm-2:30pm	Pilates I	Liz
1:30pm-2:30pm	Trees! (4-7 yrs)	Amy
1:30pm-2:30pm	Vinyasa Flow I/II	Natalie
4:00pm-5:30pm	Pregnancy Yoga	Michelle

important class registration dates

Mon, May 6

Summer Registration opens

Mon, May 27

Preview Week begins in Takoma Park

Mon, June 3

First day of Summer Session in Takoma Park

Mon, July 1

Grand Opening Week begins in Silver Spring (subject to change)

Sun, July 14

Last day for refunds and discounts

Sun, July 21

Last day for transfers

Sun, August 25

Last day of Summer classes and last day for make-ups

willow street yoga

summer session 2013 june 3 – august 25 (12 weeks)

Here We Grow

by *Natalie Miller*

Every night, as I'm headed to bed, I check in on my sleeping children to give them a kiss, a hair-smoothing, a re-blanketing. And surprisingly often, I am astonished at how big they are. How is this possible, this span of body from the top of the round head to the chubby little feet? When did they stretch from inches into feet? I blink and shake my head, my heart still seeing the tiny, swaddled versions of them, my mind trying to reconcile the baby I remember with the person stretched out in front of me.

Of course, these kids have been growing day by day, right before my eyes. Adding words to their vocabularies, new tricks up their sleeves. There's evidence of their growth and change everywhere: at the dinner table, on the playground, during the bedtime ritual. But there's something about measurable, physical change—holding up a too-small sundress that fit so well, just last summer!—that makes me suddenly alert to that growth and change that's been happening all along.

This is where you come in, dear readers. Early this summer, we have a growth spurt in our Silver Spring studios. We are renovating and expanding in May and June, and we hope when you experience the new space, you'll marvel at how we've grown.

Of course, we have been growing day by day, right before your eyes. Over these last few years, our offerings have evolved to support your deepening practice. We happily offer myriad special-focus studies in our super-popular six-week-specials—see page 6-7 for this summer's cornucopia. We also birthed a new immersive study program—Living Yoga—whose success has inspired a three-month Living Yoga Summer Project: a blend of weekly class and book discussion for students wishing to bring yogic balance more deeply into their daily lives (see page 9 for details).

This Fall, we are thrilled to begin a brand new 200-hour Teacher Training program. Both aspiring teachers AND students simply wishing to deepen their understanding of yoga will benefit from its beginning: immersive study in pose knowledge, anatomy, and basic therapeutics. (For a lovely preview of this sort of study, check out Noah Mazé's Yoga Labs at the end of June).

All through June, our Takoma studios will be bursting at the seams with classes, specials, and workshops. When we re-open our Silver Spring studios at the end of June/beginning of July, we'll have more space, more class offerings, and even a little babysitting (!) to keep your practice growing.

Yoga and Pilates, breathing and meditation: we believe these practices give all of us the power to evolve, the strength and flexibility we need to navigate an ever-changing world. Thank you all greatly for supporting us through our latest evolution. We are honored to be growing together with you.



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Speaking of growth and change: our cover yogi, Maria Hamburger, sends her daughter to college this summer!



summer session 2013
june 3 – august 25 (12 weeks)

▶ about

Willow Street Yoga Center is one of the DC area's most renowned yoga studios, with spacious studios in downtown Silver Spring and old town Takoma Park. We offer over 130 classes each week to students of all ages and experience levels.

Our rigorously trained faculty offer classes in sessions—like semesters—so they can help you progressively build skills, strength, and flexibility. To accommodate your busy schedule, we have a generous make-up policy which allows you to make up missed classes in any other class that is appropriate for your level. You can make up a missed class any time during the session—in advance of a planned absence, or after an unexpected one.

▶ admin staff

Joe and Natalie Miller ▶ co-directors
codirectors at willowstreetyoga dot com

Joy Kirstin ▶ administrative director
manager at willowstreetyoga dot com
▶ 301.270.8038 ext. 14

Erin Pendergrass ▶ registrar
registrar at willowstreetyoga dot com
▶ 301.270.8038 ext. 15

Mailing address & Takoma Park Studio:

6930 Carroll Ave., Suite 100
Takoma Park, MD 20912
■ 301.270.8038

Silver Spring Studio:

8561 Fenton Street
Silver Spring, MD 20910

website: willowstreetyoga.com
email: yoga at willowstreetyoga dot com

Directions to WSYC

We have metro-line locations in downtown Silver Spring, and old town Takoma Park. Visit www.willowstreetyoga.com for complete directions and parking tips.



Learn to Teach; Teach to Learn

yoga teacher training program immersive study in intelligent, inspiring hatha yoga

Our 200-hour program offers you the knowledge and skills requisite for deepening your own practice and understanding of yoga, such that you are prepared to begin teaching yoga to others. Our program teaches sophisticated, alignment-focused hatha yoga. Graduates are eligible to apply for RYT-200 status with Yoga Alliance.

Part I, Foundations of Transformation, will expand your understanding of the practice, postures, and philosophical underpinnings of yoga. Dedicated yoga students and aspiring yoga teachers alike will benefit from five months of intensive study in essential pose knowledge and the energetics of asana, pranayama, and meditation; musculoskeletal anatomy and basic therapeutics; and an overview of key philosophical concepts.

Part II, Fundamentals of Teaching, will help you learn and practice the skills essential for safe, resourceful, and powerful yoga teaching. Seven months of teacher training are supplemented by apprenticeship, observation, and electives, all empowering you in key skills:

- ▶ Articulating alignment principles with clarity and fluency
- ▶ Observing students to “teach to what you see”
- ▶ Understanding and addressing common misalignments

- ▶ Applying anatomical knowledge to teach safe, therapeutic yoga
- ▶ Offering variations for different experience levels and injuries
- ▶ Centering and sequencing for a well-rounded class
- ▶ Teaching basic pranayama and meditation
- ▶ Conveying the deeper meaning of yoga through meaningful themes
- ▶ Stepping into the role of teacher with confidence and conscience

Students especially benefit from individualized attention, ample opportunities for practice and feedback, and your deeper integration into the community of Willow Street Yoga.

eligible students

Our program is designed for:

- ▶ Aspiring yoga teachers
- ▶ Current teachers seeking to develop their teaching

- ▶ Students who simply wish to deepen their understanding of yoga, and of themselves. (Students intending primarily to deepen their practice are welcome to begin by registering for Part I only).

Students must have completed at least two years of regular hatha yoga study in a classroom environment.

schedule

Program weekends are held once per month in Silver Spring, September 2013 through August 2014 (see dates on back). Schedule is Friday 6-9pm, Saturday 10-1pm and 3-6pm, and Sunday 10-1pm. Full attendance at all weekends is mandatory for graduation; make-ups are done at student's expense.

tuition & payment

Full program: \$3,600 early bird (by Aug 1); \$3,900 after.

Part I only: \$1,600 early bird (by Aug 1); \$1,750 after.

Credit card payment plans are available (please add \$75 to total tuition):

- ▶ **Full program:** pay 1/3 upon enrolling, 1/3 on Nov 1, and 1/3 on Mar 1.
- ▶ **Part I:** pay 1/2 upon enrolling, 1/2 on Nov 1

Tuition includes all required texts, apprenticeship fees, and one full session of Yoga I at WSY (which trainees attend as a participant/observer). While enrolled in the program, trainees receive 50% off class registration fees and 10% off workshop registration fees.

Graduates of WSY's Immersion and Living Yoga programs enrolling in the full teacher training receive a \$400 scholarship. Graduates of non-WSY Anusara Immersions receive a \$200 scholarship.

how to apply & register

To apply, send an email detailing your yoga study (including primary teachers, style(s) of yoga, and length of study) as well as your reasons for wanting to join the program, to codirectors@willowstreetyoga.com. Upon acceptance, you must register to secure your spot in the program.

refund policy

All registrations include a \$300 non-refundable administrative fee. Thereafter, refunds are given according to the following schedule: 100% before the first weekend, 70% before the second weekend, 50% before the third weekend, 25% before the fourth weekend. There are no refunds given after the fourth weekend.

so many options, where to begin?

If you're new to yoga and ready to dive in, register for a Yoga I class. If you're nursing an injury or dealing with a special health condition, Gentle/Therapeutics or Gentle Yoga is a great place to begin.

If you're new to Pilates at Willow Street and ready to dive in, please begin in Pilates I.

If you're not quite ready to register for a full session, but want to see if Yoga or Pilates are right for you, we have six-week special courses designed to give you a perfect introduction to practice (see p. 6-7).

For more guidance choosing the best place to begin, call us, email us, or stop by our front desks!"

wsyc updates renovations and renewal

Follow our studio renovation progress in Silver Spring: www.willowstreetyoga.com - see the orange photo box at the bottom of our home page.

don't miss out!

Our paper newsletters only come out 3 times a year, but we have new offerings showing up more often than that.

- Our monthly email Studio News will keep you up-to-date. If you haven't already signed up, click the green "Sign Up" box on our homepage.
- Want to save paper and reduce our mailing costs? Change your paper news subscription to an email version by clicking the green "Save Paper" box on our homepage.

Natalie Miller, Katie Myer, Joe Miller, Maria Hamburger



our classes

Each class takes place once every week, over the course of the full session. You may join a yoga class (space permitting) at any point during the session; late registrations are pro-rated. Most classes also accept drop-ins (please see page 11 for details).

For full class descriptions, please visit www.willowstreetyoga.com and see Class Descriptions.

Essential Offerings

- ▶ Yoga I*
- ▶ Yoga I/II, II, II/III, III
- ▶ Vinyasa Flow Yoga I/II, II
- ▶ Pilates I*
- ▶ Pilates I/II, II, II/III

Special Offerings

- ▶ Asana and Meditation
- ▶ ParaYoga
- ▶ Body Balance Yoga
- ▶ Vipassana Meditation*

Therapeutics-Focused Offerings

- ▶ Gentle/Yoga I*
- ▶ Gentle/Therapeutics Yoga*
- ▶ Gentle/Restorative Yoga*
- ▶ Yoga for Special Conditions & Injuries*
- ▶ Yoga for a Healthy Back & Neck*

All Ages, All Groups

- ▶ Pregnancy Yoga*
- ▶ Saplings! (3-5 yrs)
- ▶ Trees! (4-7 yrs)
- ▶ Yoga for Runners & Athletes*

* appropriate for complete beginners

our teachers

Our highly-trained faculty have completed rigorous teacher training programs and are dedicated to pursuing continuing education. Willow Street is a world-renowned yoga school; as such, our faculty members both take and teach trainings in specialties such as Yoga Therapeutics, Meditation, Ayurveda, Yoga Philosophy, and the Art of Teaching.

yoga

Natalie Miller
Joe Miller
Amy Weaver
Anna Benfield
Anna Karkovska
McGlew
Bita Jenkins
Carrie Ganz
Daisy Whittemore
Jarrad Love
Jenny Otto
Kath Meadows

Kathy Carroll
Katie Myer
Kelly Fisher
Lizzie Hubbard
Maria Hamburger
Marion Griffin
Michael Levin
Michelle Cohen
Moses Brown
Pat Blum
Paula Atkinson
Philip Bender
Rebecca Gitter

Rick Fiori
Sheree Mullen
Suzie Hurley
Tara Lemerise
Ylla Bishop

pilates

Jessica Slaone
Liz Fujii
Roberta Stiehm

In addition, we happily host stellar guest instructors—for six-week specials, workshops, and special events.

Bios and photos of our regular faculty can be found at our website. Six-week specials and workshop, leaders' bios and photos appear with their offerings.

class schedules

silver spring ▶ week days

Monday

10:30am-12:00pm	Yoga II	Maria	1
5:30pm-6:30pm	Pilates I/II	Roberta	1
5:30pm-7:00pm	Yoga I	Suzie	2
6:45pm-7:45pm	Pilates II	Roberta	1
7:15pm-8:45pm	Yoga III	Suzie	3
8:00pm-9:00pm	six-week special offering here—see pgs 6-7		

Tuesday

7:30am-8:30am	Yoga II	Sheree	1
8:15am-9:15am	Pilates II	Roberta	2
9:00am-10:00am	Vinyasa Flow I/II	Kelly	1
10:15am-11:45am	Yoga I	Kelly	1
10:30am-11:30am	Yoga I/II	Karen	2
6:15pm-7:45pm	Gentle/Yoga I	Rick	1
6:15pm-7:45pm	Yoga I/II	Sheree	2
7:30pm-9:00pm	Yoga for Runners & Athletes	Daisy	3
8:00pm-9:30pm	Asana & Meditation (I/II+)	Philip	2
8:00pm-9:00pm	Pilates I	Liz	1

Wednesday

6:30am-7:30am	Yoga I/II	Pat	1
7:45am-8:45am	Pilates I/II	Jessica	1
10:00am-11:30am	Yoga I/II	Maria	1
10:30am-11:30am	Yoga II/III	Carrie Ganz	2
6:15pm-7:15pm	Vinyasa Flow I/II	Katie Myer	1
7:30pm-9:00pm	Yoga I	Katie Myer	1
7:30pm-8:45pm	six-week special offering here—see pgs 6-7		
7:45pm-9:15pm	Pregnancy Yoga	Carrie Ganz	2

Thursday

7:30am-8:30am	Pilates I	Jessica	2
7:30am-8:30am	Yoga I/II	Philip	1
8:00am-8:45am	Saplings!	Ylla	3
10:00am-11:30am	Yoga I/II	Sheree	1
10:00am-11:30am	Gentle/Restorative Yoga	Kath	2
6:00pm-7:15pm	Yoga for Special Conditions and Injuries*	Jenny	2
6:15pm-7:45pm	Yoga II	Natalie	1
6:30pm-8:00pm	six-week special offering here—see pgs 6-7		
7:30pm-9:00pm	Body Balance Yoga II	Jenny	2
8:00pm-9:30pm	Yoga I/II	Natalie	1

Friday

6:30pm-8:00pm	Yoga I/II	Joe	1
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silver spring ▶ week end

Saturday

8:30am-10:00am	Yoga I/II	Maria	1
9:00am-11:00am	ParaYoga II/III	Marion	2
10:15am-11:45am	Yoga I	Maria	1
11:30am-1:00pm	Pregnancy Yoga	Natalie	2

Sunday

8:30am-10:00am	Yoga II	Natalie	1
10:15am-11:45am	Gentle/Yoga I	Lizzie	2
10:15am-11:45am	Yoga I/II	Natalie	1
12:00pm-1:30pm	Yoga I	Michael	2

*Special Conditions class cannot be used as a make-up.

session two: session one:

8561 Fenton Street, Silver Spring, MD 20910

class silver spring schedule

first 4 wks of class is held in Takoma Park

new level/time
new time
new class

new class
new class
new teacher

new time
new class

new class

new class
new level

new teacher
new teacher

new class

new class

new class

six-week specials \ session one: ▲ \ session two: ●

takoma park ▶ week **days**

Monday

9:45am-10:30am	six-week special offering here—see pgs 6-7	●
10:45am-11:30pm	six-week special offering here—see pgs 6-7	●
11:30am-12:30pm	Pilates II/III	Roberta 1A
11:45am-1:15pm	Yoga I/II	Katie 2 new teacher
12:45pm-1:45pm	Pilates I/II	Roberta 1A
4:30pm-6:00pm	Yoga II	Maria 2
5:00pm-6:00pm	Yoga for a Healthy Back & Neck	Joe 1A
6:15pm-7:45pm	Yoga I/II	Moses 1A
6:15pm-7:45pm	six-week special offering here—see pgs 6-7	▲ ●
6:30pm-7:45pm	six-week special offering here—see pgs 6-7	▲
8:00pm-9:15pm	six-week special offering here—see pgs 6-7	▲
8:00pm-9:30pm	Yoga I	Moses 1A
8:00pm-9:30pm	Yoga II	Rick 2

Tuesday

9:45am-11:15am	Yoga I	Sheree 1A
10:30am-12:00pm	six-week special offering here—see pgs 6-7	▲
4:30pm-5:30pm	Trees! (4-7 yrs)	Ylla 1A new teacher
4:30pm-5:30pm	Vinyasa Flow I/II	Rick 1B
6:15pm-7:15pm	six-week special offering here—see pgs 6-7	▲ ●
6:15pm-7:45pm	Yoga I/II	Suzie 1A
6:15pm-7:45pm	Yoga II/III	Maria 2
8:00pm-9:00pm	Pilates I/II	Jessica 2
8:00pm-9:15pm	six-week special offering here—see pgs 6-7	●
8:00pm-9:30pm	six-week special offering here—see pgs 6-7	▲

Wednesday

7:30am-8:30am	Yoga I/II	Lizzie 1A
10:00am-11:00am	six-week special offering here—see pgs 6-7	▲
10:15am-11:45am	Yoga I/II	Bitia 2
11:30am-12:30pm	Pilates II	Roberta 1B
12:00pm-1:30pm	Gentle/Yoga I	Kathy 1A new class
12:00pm-1:00pm	Yoga I	Bitia 2
12:45pm-1:45pm	Pilates I	Roberta 1B
4:45pm-6:00pm	six-week special offering here—see pgs 6-7	●
5:00pm-6:00pm	six-week special offering here—see pgs 6-7	▲
6:15pm-7:45pm	Gentle/Therapeutics Yoga	Joe 1B
6:15pm-7:45pm	Yoga II	Suzie 2
6:15pm-7:45pm	Yoga for Runners & Athletes	Tara/Daisy* 1A new teacher
8:00pm-9:00pm	Pilates I	Jessica 2
8:00pm-9:30pm	Yoga I/II	Tara/Daisy* 1A new teacher
8:00pm-9:30pm	Yoga II/III	Joe 1B

Thursday

10:00am-11:30am	Gentle/Yoga I	Carrie 1A
10:30am-12:00pm	Yoga II	Suzie 2
4:30pm-6:00pm	Asana & Meditation (I/II+)	Joe 2 new teacher
5:30pm-6:30pm	six-week special offering here—see pgs 6-7	▲
6:15pm-7:45pm	Pregnancy Yoga	Carrie 2
6:15pm-7:45pm	Yoga III	Anna K. 1A new teacher/level
6:45pm-7:45pm	Vinyasa Flow I/II	Tara/Jarrad* 1B new teacher
8:00pm-9:30pm	Yoga I	Tara/Jarrad* 1B new teacher
8:00pm-9:30pm	Yoga I/II	Carrie 2 new teacher
8:00pm-9:30pm	Yoga II	Daisy 1A new level

Friday

7:15am-8:30am	Yoga II	Anna B. 1A
9:45am-10:30am	six-week special offering here—see pgs 6-7	▲
10:00am-11:15am	Vinyasa Flow I/II	Natalie 1A
10:45am-11:30am	six-week special offering here—see pgs 6-7	▲
6:15pm-7:15pm	six-week special offering here—see pgs 6-7	▲
7:30pm-9:00pm	Yoga II	Moses 1A

*Tara will be teaching the first half of the session; Daisy, Jarrad, Paula and Lizzie will be teaching the second half."

info important

- wear comfortable workout clothing (not to baggy, please) and bare feet
- we have all the props you need, including mats (if you don't have your own, they're free for you to use)
- all studios have changing rooms (please take valuables into the practice space with you)
- classes & workshops start on time
Late arrivals may be turned away
- class schedule subject to change
See our website for updates
- please limit potential distractions for classmates (like cellphones, chatting during class and strong perfumes)

take more classes, save more money!

Students who register in two classes are eligible for our regular multi-class rate (see p.11).

Students who register in three or more classes receive their third and subsequent classes for only \$144 **AND** can drop-in to any class throughout the session for only \$12.

week end

Saturday			
8:00am-8:45am	Pilates II/III	Roberta	1A
9:00am-10:00am	Pilates II	Roberta	1A
9:00am-10:00am	Vinyasa Flow I/II	Tara/Paula*	1B new teacher
9:00am-10:30am	Yoga I/II	Joe	2
10:15am-11:15am	Pilates I/II	Roberta	1A
10:15am-11:45am	Yoga II	Tara/Lizzie*	1B new teacher
10:45am-12:15pm	Yoga I	Joe	2
11:30am-12:30pm	Pilates I	Roberta	1A
Sunday			
8:30am-10:00am	six-week special offering here—see pgs 6-7	▲	
9:30am-11:00am	Yoga I/II	Katie	1A
9:30am-11:00am	Yoga II	Maria	2
10:15am-11:30am	six-week special offering here—see pgs 6-7	▲	
11:15am-12:45pm	six-week special offering here—see pgs 6-7	▲ ●	
11:30pm-12:30pm	six-week special offering here—see pgs 6-7	▲	
12:00pm-1:00pm	six-week special offering here—see pgs 6-7	▲	
1:30pm-2:30pm	Pilates I	Liz	1B new teacher/time
1:30pm-2:30pm	Trees! (4-7 yrs)	Amy/Ylla	1A new teacher
1:30pm-2:30pm	Vinyasa Flow I/II	Natalie	2
4:00pm-5:30pm	Pregnancy Yoga	Michelle	1A
7:00pm-8:30pm	Vipassana Meditation	imcw.org	1A
7:30pm-9:00pm	six-week special offering here—see pgs 6-7		

six week specials

Want to try before you buy? You may attend the first week's session of any six-week special for **FREE!**

► Visit willowstreetyoga.com for registration/cancellation policies & course descriptions.

▲ Summer Six-week Specials: Session I / Jun 3-July 14

Yoga Basics for Beginners

w/**Rick Fiori** ► Takoma Park

Mondays, Jun 3-Jul 8 • 6:15-7:45pm

Discover how yoga helps you build strength and flexibility in your mind, body and spirit in this six-week introductory course intended both for very beginners and occasional or lapsed practitioners. Everyone welcome.

LifeForce Yoga:

Rx for Mood Management

w/**Amy Weaver** Takoma Park

Mondays, Jun 3-Jul 8 • 6:30-7:45pm

Most of us struggle with stress, anxiety, or depression at some point in our lives. LifeForce Yoga teaches that we already have within us all we need to cope. Learn to meet and shift your mood, in class and in home practice. Everyone welcome.

What Your Knees Need

w/**Tara Lemerise** ► Takoma Park

Mondays, Jun 3-Jul 8 • 8:00-9:15pm

A well-aligned body is the secret to happy knees! We cover the basic anatomy of the knee joint and teach key actions to practice on your yoga mat to eliminate pain and build strength and stability in your knees. All levels welcome.

Gentle/Restorative Yoga and Meditation

w/**Philip Bender** ► Takoma Park

Tuesdays, Jun 4-Jul 9 • 10:30am-12:00pm

Enjoy a mindful and gentle vinyasa followed by supported postures and meditation to heal the body, mind and spirit. Our objective is simple: shake off fatigue and support renewal on all levels. Everyone welcome.

Yoga Sculpt

w/**Katie Myer** ► Takoma Park

Tuesdays, Jun 4-Jul 9 • 6:15-7:15pm

If you've ever found yourself torn between going to yoga and heading to the gym, this class is perfect for you! Sculpt your body using a combination of hand weights and your own body weight, woven into a creative vinyasa flow, with an upbeat playlist to keep you moving. BYO hand weights.

Beyond Crunches:

Yoga for Core Strength

w/**Katie Myer** ► Takoma Park

Tuesdays, Jun 4-Jul 9 • 8:00-9:30pm

Your chain of core muscles is critical to your posture, breathing, movement, and attitude, whether in yoga class or in daily life. In this series, we explore the many muscles comprising the core, and strengthen abdominals in new, creative ways.

Resist the Hunch! Yoga to Open and Strengthen your Upper Back

w/**Sheree Mullen** ► Takoma Park

Wednesdays, Jun 5 -Jul 10 • 10:00-11:00am

Build strength in your back, balancing this strength with space and flexibility in the chest, shoulders and side body. Enjoy a variety of back-bending poses to counteract the hunch that our daily activities encourage. For students with at least one session of Yoga I.

Teens Yoga (13-16yrs)

w/**Anna Benfield** ► Takoma Park

Wednesdays, Jun 5-Jul 10 • 5:00-6:00pm

Yoga empowers teenagers to become more self-aware and confident. Students gain a sense of well-being while developing strength and flexibility, and also learn breathing and relaxation techniques.

Yoga Nidra: Cultivating Ease

w/**Joy Kirstin** ► Takoma Park

Thursdays, Jun 6-Jul 11 (no class July 4)

5:30-6:30pm

This guided meditation practice, based on ancient yoga techniques, is done while lying down and relaxing. Dissolve the various unresolved issues and tensions present in the body and mind, and allow for more ease, freedom and enjoyment of life. Everyone welcome.

Seeds! Yoga (Crawlers-2yrs)

w/**Rebecca Gitter** ► Takoma Park

Fridays, Jun 7-Jul 12 • 9:45-10:30am

With games, stories, songs and rhymes, little ones explore different yoga poses, breathing techniques, and ways of being calm and centered. Both child and caregiver enjoy storytelling, singing, dancing, drawing and working together as they discover yoga.

Sprouts! Yoga (2-4yrs)

w/**Rebecca Gitter** ► Takoma Park

Fridays, Jun 7-Jul 12 • 10:45-11:30am

With games, stories, songs and rhymes, little ones explore different yoga poses, breathing techniques, and ways of being calm and centered. Both child and caregiver enjoy storytelling, singing, dancing, drawing and working together as they discover yoga.

Meditation for Stress Relief

w/**Kelly Fisher** ► Takoma Park

Fridays, Jun 7-Jul 12 • 6:15-7:15pm

Meditation is a perfect antidote for stress. This class includes stretching (brief), breath work, and meditation. Create space for your thoughts to settle and access the underlying steadiness and ease of the Self. Yoga experience helpful but not necessary.

Asana and Meditation for Inner Strength and Stability

w/**Philip Bender** ► Takoma Park

Sundays, June 9 - July 14 • 8:30-10:00am

Yoga offers tools to address the feeling of overwhelm and establish mental, emotional and spiritual stability in an unpredictable world. Learn asana, breath, chant, yoga nidra and meditation to nurture and ground yourself so that you can move in the world with confidence and vitality. Yoga I/II and up.

Meditation Fundamentals

w/**Philip Bender** ► Takoma Park

Sundays, Jun 9-Jul 14 • 10:15-11:30am

Starting a meditation practice and keeping it going can be challenging. In this introductory course we will break down the essentials, discuss how to make meditation a new habit, and learn to craft a routine appropriate to our work needs. Includes light asana and breath work. Everybody welcome.

Yoga Basics for Beginners

w/**Katie Myer** ► Takoma Park

Sundays, Jun 9-Jul 14 • 11:15am-12:45pm

Discover how yoga helps you build strength and flexibility in your mind, body and spirit in this six-week introductory course intended both for very beginners and occasional or lapsed practitioners. Everyone welcome.

Get Out of Your Head and Into Your Feet: Balance Poses!

w/**Maria Hamburger** ► Takoma Park

Sundays, Jun 9-Jul 14 • 11:30am-12:30pm

A fun and playful practice using balance poses to improve coordination and increase strength. Each class will include abdominal strengthening work to help your balance poses to come to life! These poses will open a doorway to greater concentration and overall confidence. For students Yoga I/II and up.

Tweens Yoga (8-12yrs)

w/**Amy Weaver** ► Takoma Park

Sundays, Jun 9-Jul 14 • 12:00-1:00pm

Learn techniques for concentrating, reducing stress, and building confidence and coordination for growing bodies. Class includes an emphasis on healthy breathing and simple meditation, too. Oh, and it's FUN! Parents welcome to take make-ups.

Postnatal Yoga

w/**Natalie Miller** ► Takoma Park

Sundays, Jun 9-Jul 14 • 7:30-9:00pm

For mothers 4wks-2yrs post-partum, this course offers practices that restore both strength and serenity to hardworking bodies and spirits. An emphasis on body-opening and strengthening is complemented with attention to finding balance in breastfeeding bodies and community among mamas. Everyone welcome.

just \$99

at a **glance**

Jun 3-July 14

First Session

- Mondays** ▶ Yoga Basics for Beginners **t**
LifeForce Yoga:
Rx for Mood Management **t**
What Your Knees Need **t**
- Tuesdays** ▶ Gentle/Restorative
Yoga and Meditation **t**
Yoga Sculpt **t**
Beyond Crunches:
Yoga for Core Strength **t**
- Wednesdays** ▶ Resist the Hunch! Yoga to Open
and Strengthen your Upper Back **t**
Teens Yoga (13-16yrs) **t**
- Thursdays** ▶ Yoga Nidra: Cultivating Ease **t**
- Fridays** ▶ Seeds! Yoga (Crawlers to 2yrs) **t**
Sprouts! Yoga (2-4yrs) **t**
Meditation for Stress Relief **t**
- Sundays** ▶ Asana and Meditation
for Inner Strength and Stability **t**
Meditation Fundamentals **t**
Yoga Basics for Beginners
Get Out of Your Head and
Into Your Feet: Balance Poses! **t**
Twins Yoga (8-12yrs) **t**
Postnatal Yoga **t**

July 15-Aug 25

Second Session

- Mondays** ▶ Seeds! Yoga (Crawlers-2yrs) **t**
Sprouts! Yoga (2-4yrs) **t**
Therapeutic Yoga for
Neck and Shoulders **t**
Yoga Basics for Beginners **t**
Focus on Hips, Quads,
and Hamstrings **s**
Pilates for Very Beginners **s**
- Tuesdays** ▶ Renovate Your Powerhouse:
A Six-Week Pilates Refresher **t**
Postnatal Yoga **t**
- Wednesdays** ▶ Gentle Yoga to Support
Your Immune System **t**
Fun with Arm Balances **s**
Yoga Basics for Beginners **s**
- Sundays** ▶ Yoga Basics for Beginners **t**

• takoma park **t** /silver spring **s**

Summer Six-week Specials: Session II /July 15-Aug 25

Seeds! Yoga (Crawlers-2yrs)

w/Rebecca Gitter ▶ Takoma Park

Mondays, Jul 15-Aug 19 • 9:45-10:30am

With games, stories, songs and rhymes, little ones explore different yoga poses, breathing techniques, and ways of being calm and centered. Both child and caregiver enjoy storytelling, singing, dancing, drawing and working together as they discover yoga.

Sprouts! Yoga (2-4yrs)

w/Rebecca Gitter ▶ Takoma Park

Mondays, Jul 15-Aug 19 • 10:45-11:30am

With games, stories, songs and rhymes, little ones explore different yoga poses, breathing techniques, and ways of being calm and centered. Both child and caregiver enjoy storytelling, singing, dancing, drawing and working together as they discover yoga.

Therapeutic Yoga for Neck and Shoulders

w/Joe Miller ▶ Takoma Park

Mondays, Jul 15-Aug 19 • 6:15-7:45pm

Learn to relieve chronic neck and shoulder tension through a deeper physiological understanding of the dynamic relationship between our heads and hearts. You will learn to recognize and correct the imbalances that lead to pain to find a more balanced, healthy paradigm. All levels welcome.

Yoga Basics for Beginners

w/Jick Fiori ▶ Takoma Park

Mondays, Jul 15-Aug 19 • 6:15-7:45pm

Discover how yoga helps you build strength and flexibility in your mind, body and spirit in this six-week introductory course intended both for very beginners and occasional or lapsed practitioners. Everyone welcome.

Focus on Hips, Quads, and Hamstrings

w/Sheree Mullen ▶ Silver Spring

Mondays, Jul 15-Aug 19 • 8:00-9:00pm

Whether hips, quads and hamstrings are your nemesis or you love to work them, we will practice strengthening and stretching them safely to move towards progressively more challenging poses. For students with at least one session of Yoga I.

Pilates for Very Beginners

w/Jessica Sloane ▶ Silver Spring

Mondays, Jul 15-Aug 19 • 8:00-9:00pm

Discover how to develop your core strength and find length and tone in your body through a low impact exercise sequence intended to use your own resistance and power to build strength. In this introductory course, you will progressively learn the basic Pilates sequence. Everybody welcome.

Renovate Your Powerhouse:

A Six-Week Pilates Refresher

w/Jessica Sloane ▶ Takoma Park

Tuesdays, Jul 16-Aug 20 • 6:15-7:15pm

For students with some Pilates experience (Very Beginners, Pilates I, or Pilates outside of Willow Street). Join Jessica for six weeks of carefully-paced Pilates that focuses on reviewing alignment and renewing strength.

Postnatal Yoga

w/Maria Hamburger ▶ Takoma Park

Tuesdays, Jul 16-Aug 20 • 8:00-9:15pm

For mothers 4wks-2yrs post-partum, this course offers practices that restore both strength and serenity to hardworking bodies and spirits. An emphasis on body-opening and strengthening is complemented with attention to finding balance in breastfeeding bodies and community among mamas. Everyone welcome.

Gentle Yoga to Support Your Immune System

w/Elizabeth Kanter ▶ Takoma Park

Wednesdays, Jul 17- Aug 21 • 4:45-6:00pm

Our immune system and nervous system can be greatly affected by stress. This gentle series helps you tap into your own body/mind healing powers, find greater peace, and enliven your essential vitality. For adults facing immune system challenges and caregivers.

Fun with Arm Balances

w/Sheree Mullen ▶ Silver Spring

Wednesdays, Jul 17-Aug 21 • 7:30-8:45pm

Oh Boy! Time to play with crazy poses that don't always encounter in your yoga class. Arm Balances are a journey, so learn the steps that take you towards them. For students at a strong Yoga I/II and up and a willingness to fall and try again. No wrist or shoulder injuries.

Yoga Basics for Beginners

w/Lizzie Hubbard ▶ Silver Spring

Thursdays, Jul 18-Aug 22 • 6:30-8:00pm

Discover how yoga helps you build strength and flexibility in your mind, body and spirit in this six-week introductory course intended both for very beginners and occasional or lapsed practitioners. Everyone welcome.

Yoga Basics for Beginners

w/Katie Myer ▶ Takoma Park

Sundays, Jul 21-Aug 25 • 11:15am-12:45pm

Discover how yoga helps you build strength and flexibility in your mind, body and spirit in this six-week introductory course intended both for very beginners and occasional or lapsed practitioners. Everyone welcome.

summer workshops

takoma park

Sat, June 8	Restoratives and Yoga Nidra to Welcome Summer w/Joy Kirstin and Tara Lemerise	2:00-4:30pm	\$35
Sat, June 15	Hips 360: Nourish Body & Soul w/Katie Myer	1:00-3:00pm	\$30
Sat, June 15	Labor with Love: Using Yoga, Positioning, and Partner Support to Enhance Your Birth w/Michelle Cohen	2:00-5:00pm	\$95/couple
Sun, June 16	Befriend Gravity: A Handstand Workshop w/Anna Karkovska McGlew	3:00-6:00pm	\$40
Sat, June 22	Deepen Your Practice and Understanding of Yoga: Teacher Training Information Session w/Joe Miller, Maria Hamburger, Natalie Miller, and Katie Myer	2:00-4:00pm	free
June 23 & July 21	Practicing Yoga Can Change Your Life! w/Maria Hamburger		\$60 for both
	▶ Sunday, June 23: Part One: Steady, Transformative Twists	3:00-5:00pm	\$35
	▶ Sunday, July 21: Part Two: Confident, Supported Heart-Openers	3:00-5:00pm	\$35
Mon, July 29	The Pregnant Pause: Restorative Yoga for Expectant Mamas w/Michelle Cohen	8:00-9:15pm	\$25
Sat, Aug 3	Every Summer Has a Story: Yoga Nidra and Writing Meditation w/Joy Kirstin	1:00-3:30pm	\$35

silver spring

June 26-29	Yoga Labs: Theory, Practice, and Teaching of Asana w/Noah Mazé	Full registration: \$425 by 5/15; \$475 after	
	▶ Wednesday, June 26: Yoga Lab: Standing Poses	12:00-5:30pm	\$135
	▶ Wednesday, June 26: Open Practice: Standing Poses	7:00-8:30pm	\$25
	▶ Thursday, June 27: Yoga Lab: Forward Bends, Hip Openers, and Twists	12:00-5:30pm	\$135
	▶ Thursday, June 27: Open Practice: Forward Bends, Hip Openers, and Twists	7:00-8:30pm	\$25
	▶ Friday, June 28: Yoga Lab: Backbends	12:00-5:30pm	\$135
	▶ Friday, June 28: Open Practice: Backbends	7:00-8:30am	\$25
	▶ Saturday, June 29: Full Spectrum Asana	9:00-11:30pm	\$40
	▶ Saturday, June 29: Yoga Lab: Putting It All Together	12:00-5:30pm	\$150
Fri, July 19- Mon, July 22	Prenatal Yoga Teacher Training & Certification w/Janice Clarfield (1.5 hour lunch break each day)	\$640 early bird (by 5/15)	9:00am-6:00pm \$700
Sat, July 20	Mind-Body Skills for Relieving Anxiety and Stress w/Robin Carnes	1:00-4:30pm	\$50
Sun, Aug 4	No Bones about It: Yoga for Osteoporosis w/Lucy Lomax	1:00-4:00pm	\$40
Sun, Aug 4	Front to Back and Back to Front: Step into Hanumanasana w/Anna Karkovska McGlew	2:00-4:30pm	\$30
Sat, Aug 10	Dog Days Flow & Glow w/Katie Myer	1:00-3:00pm	\$30
Sat, Aug 10	Yoga for Healing Body Image w/Paula Atkinson	1:30-3:30pm	\$25

For complete workshop descriptions and info on our workshop leaders, visit willowstreetyoga.com or pick up a flyer at the studio.

how to register for workshops

Register online (Visa/Mastercard) and receive immediate confirmation and receipt. You may also register in person, by fax (301.270.8045), or by mail.

Late arrivals will not be permitted to enter workshops more than 10 minutes after they begin. No refunds are available for late arrivals who miss their workshop.

Unless otherwise noted online, workshop cancellation requests must be received by the Registrar in writing 48 hours before the beginning of the workshop to receive a refund less a 20% administrative fee. No retroactive refunds.

Psssst...

We have a "BIG" birthday coming up.

2014 is our 20th Anniversary and to help us celebrate, we'd LOVE to hear from anyone who has been visiting us since the good ole' days at the first Willow Street Yoga in Takoma DC, or the early years in our current Takoma Park digs.

Please email Joy at manager@willowstreetyoga.com and let us know who you are, when you found us (as best as you remember) and we'll get back in touch.

Yoga Labs

Theory, Practice, and Teaching of Asana

w/Noah Maze



June 26-29 ■ Silver Spring

Expand your understanding of asana, and your skills in both teaching and practicing yoga, in these four Yoga Labs with Noah Maze. Students will focus each day on a category of asana and progress through a series of theoretical and experiential exercises to ground yourself in the fundamentals of asana, build upon and refine your teaching skills, and increase the potency of your teaching. Each day Noah will teach an asana-based class

that will showcase the lessons of the day's lab.

Labs are open to experienced and aspiring teachers; weeknight practices are open to students of all levels, and Saturday's session is best for Level I/II and up.

Weds, June 26

Yoga Lab: **Standing Poses/** 12:00-5:30pm

Open Practice: **Standing Poses/** 7:00-8:30pm

Thurs, June 27

Yoga Lab: **Forward Bends, Hip Openers, and Twists/** 12:00-5:30pm

Open Practice: **Forward Bends, Hip Openers, and Twists/** 7:00-8:30pm

Fri, June 2

Yoga Lab: **Backbends/** 12:00-5:30pm

Open Practice: **Forward Bends, Hip Openers, and Twists/** 7:00-8:30pm

Sat, June 29

Full Spectrum Asana/ 9:00-11:30pm

Yoga Lab: **Putting It All Together/** 12:00-5:30pm

For full workshop details, visit online.

Prenatal Yoga Teacher Training & Certification

w/Janice Clarfield



Friday July 19-Monday July 22 ■ Silver Spring

There is no one way to give birth, except the way that is right for each and every woman. In the Prenatal Yoga classes, pregnant women empower themselves to make informed choices as they discover in a supportive, non-judgmental environment the way that is right for them.

This training is for those who are already teaching yoga to or working professionally with pregnant women and those who are interested to broaden their teaching to include this population.

Expect to complete this comprehensive training and have the knowledge, understanding and techniques to support pregnant women to birth as consciously, naturally, actively and normally as possible. Feel confident to assess specific therapeutic needs and address them safely with yoga and modifications. If you are already working with pregnant women, this training will provide a deeper appreciation & understanding to work holistically while integrating physical, emotional, energetic & spiritual well being.

For full workshop details, visit online.

save the date

Douglas Brooks returns to Willow Street, **October 11-13**, for an intriguing lecture series: **Destiny, Chance, and Change: The Epic Dice of Mahabharata and the Game of Karma, Lila, and Evolution.**

Registration opens soon.



Living Yoga Summer Project

Finding (and Keeping!) Practices to Rebalance Body, Mind, and Life

w/**Natalie Miller**

Life in the 21st century is full and fast-paced. As our busyness gets the best of us, we find ourselves feeling scattered, depleted, and ultimately unable to enjoy the life we're working so hard to have.

Yoga can help, especially if we take it out of the studio and into our daily living. This Living Yoga Summer Project is part weekly yoga class, part book club, and part social network, all designed to help us to cultivate and implement practices that rebalance our bodies, minds, and lives.

In this twelve-week program, we will take advantage of the spaciousness of summertime, working together to create new habits that reset our bodies and minds to a clearer, steadier frequency.

We'll begin with a look at how and why Ayurveda can support us in reducing stress and increasing energy, using Claudia Welch's book *Balance Your Hormones, Balance Your Life*. Then, with the help of Kelly McGonigal's book *The Willpower Instinct: How Self-Control Works, Why It Matters, and How You Can Get More of*

It—as well as with the support of our fellow yogis—we'll establish new patterns that support us in enjoying a more balanced approach to living.

Program includes:

- ▶ Weekly class with asana, pranayama, and meditation practice, as well as group discussion and journaling exercises. Missed weekly classes may be made up in any other scheduled class at WSY.
- ▶ Instruction and insight into Ayurvedic principles, led by Penelope Diamanti.
- ▶ Take-home practices to integrate into daily living.
- ▶ Community support via partner work and connecting through social media.

For students with some yoga experience; all levels welcome.

For full workshop details, visit online.

at long last **babysitting...**

You have requested kid-watching services at WSY for years; this summer, we're ready to give it a try!

We'll offer babysitting on Tuesday and Wednesday mornings in our Silver Spring studio. Classes for you to take while your child(ren) hang out with our excellent staff:

- **Vinyasa Flow I/II**, 9:00-10:00am on Tues with Kelly
- **Yoga I**, 10:15-11:45am on Tues with Kelly
- **Yoga I/II**, 10:30-11:30am on Tues with Karen; 10-11:30am on Weds with Maria
- **Yoga II/III**, 10:00-11:30am on Weds with Carrie

Rates start at just \$7. For more information, please visit willowstreeyoga.com/babysitting.



how to register for classes

Registration opens May 6, 2013

Register online and receive immediate confirmation and receipt. For trouble registering online, email support at willowstreetyoga dot com.

Register offline in person, by fax (301.270.8045) or by mail. No confirmation for offline registrations. Cash, check, Visa and Mastercard. NSF checks incur a \$35 fee.

Full Session Class Registration Costs

Class Length	1x/week	2x/week*	3x/week*
2 hour class*	\$216	\$384	\$528
	<i>(\$18 per class, 2nd class: \$14 each, 3rd class: \$12 each)</i>		
1.25 & 1.5 hour class*	\$204	\$372	\$516
	<i>(\$17 per class, 2nd class: \$14 each, 3rd class: \$12 each)</i>		
1 hour class*	\$180	\$324	\$468
	<i>(\$15 per class, 2nd class: \$12 each, 3rd class: \$12 each)</i>		
Seeds, Sprouts, Saplings, Trees, Tweens, Teens	\$144	\$288	\$432
	<i>(\$12 per class)</i>		

* Multi-class rate: Registration costs are progressively cheaper when you register for multiple classes, and are pro-rated based on the date of registration.

Class Drop-Ins

Space permitting, drop-ins are welcome in most classes all session.

	Students registered in		
	no classes	1-2 classes	3 or more classes
2 hour class	\$22	\$18	\$12
1.25 & 1.5 hour class	\$20	\$17	\$12
1 hour class	\$17	\$15	\$12
Seeds, Sprouts, Saplings	\$15	\$15	\$15
Trees, Tweens, Teens	\$15	\$15	\$15

Payment Plan

Willow Street is pleased to offer a payment plan for the summer session. Students pay half of tuition at the time of registration and half on July 15, 2013. The payment plan is available in person only and requires payment with Visa or Mastercard. Inquire at the desk for more information.

Tuition Discounts

10% discounts on full-session registration for seniors 65 & older, students with a valid college/highschool ID (not applicable for Kids or Teen classes), and military personnel with valid ID are available during the first six weeks of the session only (**ends July 14**). These discounts are redeemable online. Only one discount applies.

Class Transfers

Students may transfer classes through the end of the 7th week of the session (**July 21**). Fill out a transfer form at the front desk, or if you registered online, you may transfer online. Additional payment will be required if you are transferring to a more expensive (i.e. longer) class.

Make-ups

Missed classes can be made up at either location, any time during the current session, in any age and/or appropriate class level. You may make up in advance of an anticipated absence. Sorry, no make-ups in Yoga for Special Conditions and Injuries. There is no need to call in advance, but arrive early and check in with the instructor. **Parents cannot make up for their children's classes, however, siblings may use each others' make-ups in other children's classes.**

Refunds

Refund and Class Drop requests MUST be received by the Registrar in writing/email, and refunds are calculated from the time the Registrar receives the request (not the day of the last class attended.) If you registered online, you can request to drop your class by going to "my registrations" under "my info" in the online registration system.

All refunds include an administrative fee. Refunds are given according to the following schedule:

- ▶ Before 1st week of classes = 90% of tuition (ends June 9)
- ▶ During 1st week = 80% of tuition for remainder of session (ends June 9)
- ▶ During 2nd week = 70% of tuition for remainder of session (ends June 16)
- ▶ During 3rd week = 60% of tuition for remainder of session (ends June 23)
- ▶ During 4th-6th week = 50% of tuition for remainder of session (ends July 14)

No refunds are given after the 6th week (July 14).

Please note: Refund policies are firm.

Please visit willowstreetyoga.com for workshop and six-week specials registration and cancellation policies.

Class Cancellations

WSYC reserves the right to cancel a class. Earliest notification will be given and students may choose a refund or transfer to another class.

Weather

If classes are cancelled due to inclement weather or an emergency, there will be an announcement on WSYC's voice mail (301.270.8038) 1.5-2 hours before the class is scheduled to begin. Updates will also be posted on our webpage and Facebook page.

Kids & Teens

We ask that children under the age of 16 attend classes specifically designed for their age group. Ages 16 and above may attend adult classes with teacher permission.

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.

Classes & Workshops Start on Time!

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

▶ **Willow Street will be closed for Independence Day, July 4**

all registered students will receive vouchers