



What is Yoga?

BY JOE MILLER

Yoga is:

(please check all that apply)

- Union of mind and body
- A spirit-y exercise system
- Technology for transformation
- A living philosophy of sustainable balance
- A justification for buying yoga pants
- Techniques for controlling body, mind, and breath
- A way to achieve superpowers (!?!?)
- Simply being in The Now

For more than 25 years, I have been an explorer and practitioner of the ancient art and science that is yoga, so I am in no way qualified to declare: YES, yoga is all of these things, and more.

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Yoga is many things to many people. For some, practicing yoga means drawing wisdom, perspective, and tools from remarkable historical texts. For others, practicing yoga means using pranayama (breath practices) and meditation to affect the nervous system and/or have a deeper experience of Self or soul. For most, practicing yoga means focusing on skillful, smart asana (physical postures) as a practical way to wring out the stresses of modern life.

For yoga suggests that from the moment of conception, each of us is in a constant state of growth and expansion, and that this is true for our whole life, even if we are unaware of it. We are always evolving (even though we do have the freedom to slow our progress to a glacial pace). Also constantly changing and expanding is the world in which we live: our roles, responsibilities, and relationships shift, both due to changes we make and due to circumstances beyond our control.

Whatever we seek from yoga, we always find more.

It's tempting to conclude that a yogi focusing on physical practice is shortchanging themselves. But if we step back and consider the miraculous bodies we've been given, the opportunity and rewards of actively aligning with body intelligence are extraordinary. We can clear long-term patterns of pain and dysfunction, and we can find workable support for structural challenges—both those we came into the world with, and the ones we've picked up along the way.

So here we find ourselves: evolving beings in an ever-more-rapidly changing world. Yoga offers powerful tools for this human condition—for helping us to navigate these currents of change, and to cultivate the flexibility in ego and in mind/body to promote a healthy, productive relationship with ourselves. In times of change—which is all the time—internal and external struggle are always available. Practiced skillfully, yoga is an opportunity to become aware of and shift away from the struggle, and to move



toward the greater ease that comes when we are able to recognize our role in the natural rhythms of the Universe.

What I have found in decades of practice and teaching is that whatever we seek from yoga, we always find more. Maybe an injured shoulder brings a yogi to practice, but what she finds is a greater ability to be present with her kids. Maybe a yogi's first experience in handstand gives him the confidence and new perspective to pursue a more fulfilling career.

Maybe you will come see us because you want to touch your toes or tone your bum, and what you'll discover is a deep sense of belonging in a community of students and teachers dedicated to expanding our experience of life.

So this is what we offer at Willow Street: more. We work joyfully to be a family-friendly, neighborhood yoga studio, where every body can find a practice that supports their health and wellbeing. And at the same time, we are a world-class yoga school full of rigorously trained teachers committed to using and personalizing yoga's tools for our own lives and practices. We are each of us, all of us, evolving together.



Workouts at Willow Street

Our newest additions to the schedule are wonderful complements to yoga and Pilates practice. Prepare to sweat, enjoy an eclectic playlist, and delight in your strong, sore muscles the next day!

Barre Basics

Inspired by Pilates, dance, and yoga, Barre emphasizes precise, intense movements that will tone, lengthen, and strengthen your legs, arms, glutes, and core. Beginners welcome; no major injuries, please.

**with Stephen • Mondays • 8p • Silver Spring
Sundays • 8:15a • Silver Spring**

with Roberta • Tuesdays • 4:30p • Takoma Park

Body Positive: Strength Training + Yoga

Vinyasa plus meticulously aligned, creative versions of exercises like squats, lunges, push-ups, and planks empowers both your workout and your yoga practice. Ample time for yogic stretching at the end of class promotes balance and prevents burn-out. Yoga experience recommended; no injuries, please.

**with Natalie • Thursdays • 6:30p • Takoma Park
Saturdays • 9:30a • Silver Spring**

The Simple, Effective Kettlebell Solution

Learn excellent alignment in key exercises, and discover how one Kettlebell improves your core strength, flexibility, joint mobility, and awareness. Beginners welcome; sorry, no drop-ins.

**with Marvin • Saturdays • 12p • Silver Spring
Jun 6–Jul 18 (no class Jul 4)**



Indira Martell, 2013 photo contest winner.
See page 11 for details on this year's contest.

Special Events

JourneyDance™

with Toni Bergins • Sun, May 31

Join JourneyDance™ founder Toni Bergins for dynamic, conscious dance that combines freestyle and guided movement to inspire you to get out of your mind and into your body. Through breath, sweat, and expression, you'll reveal, re-discover, and revel in your natural intuitive movement.

JourneyDance™: Raise Your Vibration

Sun, May 31 • 10:00a–12:00p

Discussion: How Conscious Movement Sparks Deep Healing

Sun, May 31 • 12:00–1:00p



Awakening to Face Climate Change



with Betsey Downing • Fri–Sat, Jul 24–25

In this teach-in on climate disruption, Betsey Downing leads us in an exploration of how yoga can inspire in us courageous action. Friday night is a pay-what-you-can yoga and information session benefiting the Chesapeake Climate Action Network; Saturday's day-long workshop delves deeper into the material, and is for personal growth, spiritual activism, and planetary evolution. Sessions may be taken separately, but will be most powerful experienced all together.

Shining Light in Dark Times: The Roles of Yoga, Spirituality, and Community in Facing Climate Disruption • Fri, Jul 24 • 7:00–8:30p

Invoking Your Inner Warrior • Sat, Jul 25 • 12:00–3:00p

Envisioning a Bright Future • Sat, Jul 25 • 4:30–7:30p



Honoring the Divine Feminine Archetype: A Workshop for Spirited Women of All Ages

with Suzie Hurley & Betsey Downing • Sun, Jul 26

Join Suzie and Betsey for a rare, local, day-long workshop for spirited women! Explore the power of love and learn how it can make a real difference in today's world.

Moving from the Love of Power to the Power of Love

Sun, Jul 26 • 9:30a–12:30p

Balancing our Feminine and Masculine Energies • Sun, Jul 26 • 1:30–4:30p



Teaching Yoga & Meditation for Anxiety and Trauma: A Certification Training for Yoga Teachers



with Robin Carnes and Molly Asebey-Birkholm • Mon–Fri, Aug 10–14

Clinical research shows that yoga can help to regulate nervous systems affected by trauma and anxiety, integrate past traumas held in the body, and promote a peaceful sense of wholeness. In this 40-hour training, yoga teachers will learn to intelligently choose, introduce, and teach specific, evidence-based asana, breath, and meditation practices for trauma and anxiety-related symptoms in a variety of populations.

For yoga instructors who have completed a 200-hour training; all lineages are welcome.

Living Yoga Summer Project



Yoga for Spacious, Wholehearted Living with Natalie Miller

12 Mondays: Jun 1–Aug 17 • 7:30–9:15p • Takoma Park

Sometimes, 21st-century life is so busy, we find ourselves unable to enjoy the life we're working so hard to have. As we hurry and hustle, somewhere deep in our hearts there's a whisper:

Slow down. Breathe. Life is a blessing, and you're missing it.

This Summer Project is part weekly yoga class, part book club, and part deep self-reflection, all designed to help you tackle a big project: figuring out what's keeping you from living wholeheartedly, and what you can do about it.

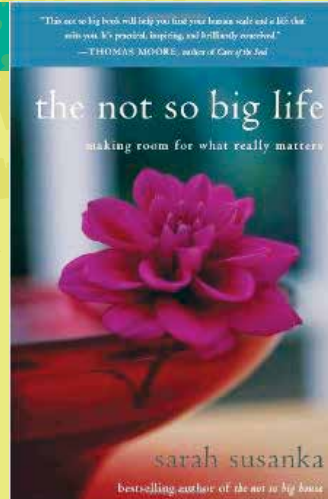
In 12 weekly meetings plus the spaces between, we will:

- Enjoy steadying, balanced yoga and meditation practice to get into our bodies, grounded and clear.
- Read Sarah Susanka's book, *The Not-So-Big Life: Making Room for What Really Matters*: one chapter per week.
- Use journaling and other self-reflection mediums to dig up the deeply-held beliefs that keep us from honoring our own needs and wants.

- Support one another through class discussion and a private (optional) Facebook group.
- Commit to integrating, week-by-week, self-honoring practices and habits into everyday life.

This Summer Project includes opportunities to individualize your experience, through participation in August's *From Self-Sabotage to Self-Discovery* workshop, and/or a 45-minute private session with Natalie.

This 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. This program will fill; please register early to secure your spot.



From Self-Sabotage to Self-Discovery: Yoga and Work with Shadow Selves

with Natalie Miller and Beth Charbonneau, LCSW-C

Sat, Aug 1 • 12:30–5:00p • Takoma Park

We all have a cast of characters within—some we champion, some we tolerate, and some (our shadow selves) we try to deny or ignore. Join Natalie and Beth for an afternoon of yoga, journaling, meditation, and creative exercises that help us to identify and welcome our shadow selves, discovering the strengths and insights they have to offer. Everybody welcome.



Silver Spring

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

MONDAY		
Yoga II	10:30a-12:00p	Maria
Yoga I	6:15-7:45p	Suzie
① Building Your Meditation Practice	6:30-7:45p	Tom
② Six Meditations of ParaYoga	6:45-7:45p	Stephen
Pilates I/II		
Barre Basics		
③ 1 Yoga for Better Posture	8:00-9:00p	Stephen
④ 2 Pilates for Very Beginners	8:00-9:00p	Sheree
⑤ 2 Pilates for Very Beginners	8:00-9:00p	Jessica
TUESDAY		
Yoga II	7:30-8:30a	Sheree
Pilates II	8:00-9:00a	Roberta
Yoga I	10:00-11:15a	Kelly
Yoga I/II	11:30a-1:00p	Kelly
Gentle Yoga + Meditation	12:00-1:00p	Tom
Aligned Vinyasa Flow	6:15-7:30p	Francesca
Gentle/Yoga I	6:15-7:45p	Rick
① 2 Yoga Basics for Stress Relief	6:30-7:45p	Carrie
Pregnancy Yoga	7:45-9:00p	Sarah
Hips + Hamstrings	8:00-9:15p	Rick
Yoga I/II	8:00-9:15p	Carrie
WEDNESDAY		
Aligned Vinyasa Flow	7:00-8:00a	Galen
Pilates I/II	7:45-8:45a	Jessica
Yoga I/II	10:00-11:30a	Maria
Yoga II/III	10:00-11:30a	Carrie
Vinyasa + Restoratives	6:15-7:30p	Tara
Yoga II	6:15-7:30p	Daisy
Yoga I	7:45-9:00p	Tara
Yoga I/II	7:45-9:15p	Daisy
THURSDAY		
Aligned Vinyasa Flow	6:15-7:15a	Philip/Pat
Yoga I	7:30-8:45a	Sheree
Yoga I/II	7:30-8:30a	Philip/Maria
Yoga I/II	10:00-11:30a	Sheree
Aligned Vinyasa Flow	12:00-1:00p	Paula
Yoga for Special Conditions and Injuries*	6:00-7:15p	Jenny
Pilates II	6:15-7:15p	Roberta
Yoga I/II	6:15-7:15p	Morgan
Body Balance Yoga II	7:30-9:00p	Jenny
① Introduction to Yoga with Meditation	7:30-8:45p	Morgan
② Flow and Fly (II+)	7:45-9:15p	Daisy
FRIDAY		
Yoga I/II	6:30-7:45p	Jarrad
SATURDAY		
Yoga I/II	8:30-10:00a	Maria
Body Positive: Strength Training plus Yoga	9:30-10:45a	Natalie
Yoga I	10:15-11:45a	Maria
Pregnancy Yoga	11:15a-12:45p	Daisy
① The Simple, Effective Kettlebell Solution*	12:00-1:00p	Marvin
② Postnatal Yoga	1:00-2:15p	Daisy
SUNDAY		
Barre Basics	8:15-9:15a	Stephen
Yoga II	8:30-10:30a	Natalie
Yoga I	9:30-11:00a	Lizzie/Elizabeth
Yoga I/II	10:45a-12:15p	Natalie

Takoma Park

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

MONDAY		
Pilates II/III	11:30a-12:30p	Roberta
Gentle Pilates	12:45-1:45p	Roberta
Yoga II	4:30-6:00p	Maria
① Breath-Powered Practice	6:15-7:15p	Galen
Yoga I/II	6:15-7:45p	Rick
Yoga for a Healthy Back	6:15-7:15p	Joe
Living Yoga Summer Project*	7:30-9:15p	Natalie
Yoga I	7:30-9:00p	Joe
Yoga II	8:00-9:30p	Rick
TUESDAY		
Seeds! Yoga for Crawlers to 2-year-olds	9:15-10:00a	Ylla
Yoga I	9:45-11:15a	Sheree
① Healing and Rejuvenation	10:00-11:30a	Philip
Sprouts! Yoga for 2- to 4-year-olds	10:15-11:00a	Ylla
① Itsy Bitsy Baby	11:15a-12:15p	Michelle
Aligned Vinyasa Flow	4:30-5:30p	Rick
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
① Pranayama and Meditation	8:00-9:00p	Suzie
② Strong and Healthy Shoulders	8:00-9:15p	Galen
WEDNESDAY		
Yoga I/II	10:15-11:45a	Bitia
Pilates II	11:30a-12:30p	Roberta
Gentle/Yoga I	12:00-1:30p	Kathy
Yoga I	12:00-1:00p	Bitia
Pilates I	12:45-1:45p	Roberta
Teens Yoga (13-16 yrs)	4:30-5:30p	Paula
Gentle/Therapeutics 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	Suzie
THURSDAY		
Gentle/Yoga I	10:00-11:30a	Carrie
Yoga II	10:30a-12:00p	Suzie
Asana & Meditation (I/II+)	4:30-6:00p	Joe
Pregnancy Yoga	6:15-7:45p	Carrie
Body Positive: Strength Training plus Yoga	6:30-7:45p	Natalie
Aligned Vinyasa Flow	6:45-7:45p	Tara
Yoga I/II	8:00-9:30p	Carrie
Yoga II	8:00-9:30p	Tara
FRIDAY		
Yoga I/II	7:15-8:30a	Natalie
Seeds! Yoga for Crawlers to 2-year-olds	9:45-10:30a	Lisa
Aligned Vinyasa Flow	10:00-11:15a	Francesca
Sprouts! Yoga for 2- to 4-year-olds	10:45-11:30a	Lisa
Aligned Vinyasa Flow: Advanced	12:00-1:30p	Francesca
Yoga II	7:30-9:00p	Bitia
SATURDAY		
Pilates II/III	8:00-8:45a	Roberta
Community Meditation (pay-what-you-can)	8:00-8:45a	Tom
Aligned Vinyasa Flow	9:00-10:00a	Tara
Pilates II	9:00-10:00a	Roberta
Yoga I/II	9:00-10:30a	Joe
Pilates I/II	10:15-11:15a	Roberta
Yoga I/II	10:15-11:45a	Tara
Yoga I	10:45a-12:15p	Joe
Pilates I	11:30a-12:30p	Roberta
SUNDAY		
① Yoga & Meditation: The Bandhas	8:30-10:00a	Philip
Yoga I/II	9:15-10:30a	Sheree
Yoga II	9:30-11:00a	Maria
① Healing and Rejuvenation	10:15-11:30a	Philip
Yoga I	10:45a-12:00p	Sheree
① Little Families	12:00-12:45p	Ylla
Aligned Vinyasa Flow	1:00-2:00p	Galen/Paula
Trees! (4-7 yrs)	1:00-2:00p	Amy/Ylla
② Postnatal Yoga	2:30-3:45p	Michelle
Pregnancy Yoga	4:00-5:30p	Michelle
Yoga I/II	4:00-5:30p	Galen
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 6
Registration opens

MON, JUN 1
First day of Summer Session

SUN, JUN 28
Last day for refunds

SUN, AUG 23
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 (①) are Jun 1-Jul 12 for round 1 (1) and Jul 13-Aug 23 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.

Six-week Specials

clear your mind

Building Your Meditation Practice

with Tom Forhan • Silver Spring
Mondays • 6:30–7:45p • Jun 1–Jul 6

Beginners and experienced meditators alike will review basics of practice and explore using breath, mantra and guided symbolism. Includes light asana practice; for students with one session of Yoga I or equivalent.

Yoga & Meditation: The Bandhas

with Philip Bender • Takoma Park
Sundays • 8:30–10:00a • Jun 7–Jul 12

Learn to apply the bandhas to shape the energetic effects of yoga practice, deepening resolve, steadying the mind, and enkindling creativity. Levels I/II+.

B Introduction to Yoga with Meditation

with Morgan Butrick • Silver Spring
Thursdays • 7:30–8:45p • Jul 16–Aug 20

For students new to meditation or yoga or both: simple, accessible yoga practice paired with exploration of various meditation techniques.

Six Meditations of ParaYoga

with Tom Forhan • Silver Spring
Mondays • 6:30–7:45p • Jul 13–Aug 17

Explore a range of meditation practices, including focusing on the breath, working with specific mantras, shifting energy, cleansing kriyas, and balancing the chakras. Levels I/II+.

breathe and center

B Pranayama and Meditation

with Suzie Hurley • Takoma Park
Tuesdays • 8:00–9:00p • Jun 2–Jul 7

Suzie has been an ardent meditator since 1977; join her to learn classical yogic breathing exercises and experience a variety of meditation techniques each week. Beginners and experienced practitioners welcome.

Breath-Powered Practice

with Galen Tromble • Takoma Park
Mondays • 6:15–7:15p • Jun 1–Jul 6

Connect deeply with your breath, learn how it guides you to the right amount of effort in any pose, and deepen your experience. Level I/II+.

spread your wings

B Yoga for Better Posture

with Sheree Mullen • Silver Spring
Mondays • 8:00–9:00p • Jun 1–Jul 6

Counteract a rounded upper back by balancing strength, space, and flexibility in your back, chest, shoulders, and side body. Learn to stand, sit, and sleep for better posture. Everyone welcome.

Flow and Fly (II+)

with Daisy Whittemore • Silver Spring
Thursdays • 7:45–9:15p • Jun 4–Jul 9

A rigorous, playful, vinyasa-filled practice that includes weekly alignment-focused work on standing and arm-balancing poses that embody the sensation of F-L-Y-I-N-G. Level II+; no major injuries, please.

B Strong and Healthy Shoulders

with Galen Tromble • Takoma Park
Tuesdays • 8:00–9:15p • Jul 14–Aug 18

Learn how your shoulders work—as well as how to keep them safe in yoga—and practice exercises to strengthen and open them. All levels.

calm down and charge up

B Healing and Rejuvenation

with Philip Bender • Takoma Park
Tuesdays • 10:00–11:30a • Jun 2–Jul 7
Sundays • 10:15–11:30a • Jun 7–Jul 12

Feeling run-down, depleted, on edge? Cultivate healing and wellbeing through asana, breath work, guided savasana and meditation. All levels; drop-ins welcome.

B signifies classes that are ideal for beginners

B Yoga Basics for Stress Relief

with **Carrie Ganz** • Silver Spring
Tuesdays • 6:30–7:45p • Jun 2–Jul 7
and Jul 14–Aug 18

An introduction to yoga's calming, grounding poses and practices, taught at a relaxed pace. Everyone welcome.

build strength and focus

B The Simple, Effective Kettlebell Solution

with **Marvin King** • Silver Spring
Saturdays • 12:00–1:00p • Jun 6–Jul 18
(no class Jul 4)

Learn excellent alignment in key exercises, and discover how one Kettlebell improves your core strength, flexibility, joint mobility, and awareness. Beginners welcome; sorry, no drop-ins.

B Pilates for Very Beginners

with **Jessica Sloane** • Silver Spring
Mondays • 8:00–9:00p • Jul 13–Aug 17

Authentic Mat Pilates fundamentals at a steady pace, helping students begin with excellent technique and build deep strength. Everyone welcome.

B signifies classes that are ideal for beginners

for the mamas, the papas, the babies

B Postnatal Yoga

with **Daisy Whittemore** • Silver Spring
Saturdays, 1:00–2:15p • Jun 6–Jul 18 (no class Jul 4)

with **Michelle Cohen** • Takoma Park
Sundays • 2:30–3:45p • Jul 19–Aug 23

Simple, inspiring yoga focused on rebalancing postnatal bodies and building community. For mothers six weeks to two years post-partum; beginners welcome.

Itsy Bitsy Baby

with **Michelle Cohen** • Takoma Park
Tuesdays • 11:15a–12:15p • Jun 2–Jul 7

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

with **Ylla Bishop** • Takoma Park
Sundays • 12:00–12:45p • Jun 7–Jul 12

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

Healing Digestive Issues with Yoga and Ayurveda



with **Maria Hamburger and Belinda Baer**
4 Wednesdays: Jun 17, Jul 1, 15, 29
7:00–9:00p • Silver Spring

Many digestive issues that seem insurmountable can be addressed with simple diet and lifestyle adjustments. In these workshops, you will discover asana, pranayama, and meditation that help to enkindle the digestive fire, and you will learn Ayurvedic principles to help balance your digestive system.

Classes include recipes, food, and after-class discussions via a Facebook group. Everyone welcome.

Refresh: A Whole Foods Seasonal Cleanse



with **Janice Levitt**
3 Tuesday meetings: July 14, 21, 28
8:00–9:15p • Takoma Park

Join Certified Holistic Health Coach Janice Levitt to be part of a supportive community, embrace clean eating, and deeply nourish yourself from the inside out. In this 14-day guided cleanse, you'll gently re-set your body with seasonal foods and self-care, increase your energy, get rid of cravings, try delicious new foods, and uncover hidden food sensitivities. Everyone welcome.

Workshops

Takoma Park

Saturday, Jun 20 • 1:00–4:00p	Strengthening Intuition, Sparking Creativity with Joy Kirstin	\$40
Saturday, Jun 20 • 1:00–3:00p	Solstice Yoga and Acupuncture with Francesca Cervero and acupuncturists from The Still Point	\$40
Sunday, Jun 21 • 12:30–2:30p	Cooling Off & Tuning In with Sheree Mullen	\$30
Sundays, Jun 28, Jul 26, Aug 23 • 5:30–7:30p	Restorative Yoga Sundays with Tara Lemerise	\$80 for all 3 sessions / \$60 for 2 / \$38 for 1
3 Tuesdays: Jul 14, 21, 28 8:00–9:15p	Refresh: A Whole Foods Seasonal Cleanse with Janice Levitt	\$169
Saturday, Aug 1 • 12:30–5:00p	From Self-Sabotage to Self-Discovery: Yoga and Work with Shadow Selves with Natalie Miller and Beth Charbonneau, LCSW-C	\$75
Saturday, Aug 1 • 2:00–5:00p	Labor with Love: Yoga, Positioning, & Partner Support to Enhance Your Birth with Michelle Cohen	\$95

Silver Spring

Monday, May 25 • 9:30–11:00a	Memorial Day Body Positive with Natalie Miller	\$20
Sunday, May 31 10:00a–12:00p 12:00–1:00p	JourneyDance™ with Toni Bergins JourneyDance™: Raise Your Vibration Discussion: How Conscious Movement Sparks Deep Healing	\$50 (early birds: \$40)
Saturday, Jun 13 • 2:00–5:00p	Labor with Love: Yoga, Positioning, & Partner Support to Enhance Your Birth with Michelle Cohen	\$95
Sunday, Jun 14 • 12:45–2:45p	Yoga & Pranayama for Asthma with Sheree Mullen	\$30
Sunday, Jun 14 • 1:00–4:00p	Sankalpa: Creating Your Intention and Making It Real with Tom Forhan	\$50
Wednesdays: Jun 17, Jul 1, 15, 29 • 7:00–9:00p	Healing Digestive Issues with Yoga and Ayurveda with Maria Hamburger and Belinda Baer	\$175 for all 4 sessions / \$50 per session
Saturday, Jun 27 • 1:30–5:00p	Mind-Body Skills for Anxiety and Stress with Robin Carnes	\$50
Saturday, Jul 11 • 1:30–3:30p	iRest: A Comprehensive Method of Meditation for Human Beings with Robin Carnes	\$30
	Whole Mama Postpartum Workshops with Michelle Cohen and Jodi Balis, RD	\$65 for both sessions / \$40 per session
Saturday, Jul 11 • 1:00–3:00p	Whole Mama: Processing Your Birth Experience	
Saturday, Aug 8 • 1:00–3:00p	Whole Mama: Nurturing Your New Self	
Friday-Saturday, Jul 24–25	Awakening to Face Climate Change: A Call for Yoga, Spirituality, and Communal Action with Betsey Downing	
Friday • 7:00–8:30p	Shining Light in Dark Times: The Roles of Yoga, Spirituality, and Community in Facing Climate Disruption	pay what you can (proceeds to the Chesapeake Climate Action Network)
Saturday • 12:00–3:00p	Invoking Your Inner Warrior	\$75 for both sessions / \$50 per session
Saturday • 4:30–7:30p	Envisioning a Bright Future	
Sunday • Jul 26	Honoring the Divine Feminine Archetype: A Workshop for Spirited Women of All Ages with Suzie Hurley & Betsey Downing	\$80 for both sessions / \$50 per session
9:30–12:30p	Moving from the Love of Power to the Power of Love	
1:30–4:30p	Balancing our Feminine and Masculine Energies	
Monday-Friday, Aug 10–14 8:00a–6:00p	Teaching Yoga & Meditation for Anxiety and Trauma: A Certification Training for Yoga Teachers with Robin Carnes and Molly Asebey-Birkholm	\$795

Fees and Registration

Registration Opens May 6

Register online or in person. Payment plan and tuition discounts available; visit willowstreeyoga.com/policies for details.

Full Session Class Registration Fees

Class Length	Price per class*	Full session cost*
Regular registration rates		
2 hour class*	\$20	\$240
1.25 & 1.5 hour class*	\$18	\$216
1 hour class*	\$16	\$192
Seeds, Sprouts, Trees, Tweens and Teens	\$13	\$156
Six-week specials*	\$18	\$108
Summer special multi-class rate		
Any adult class*	\$12	\$144
Six-week specials*	\$12	\$72

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

Payment Plan

Pay half of tuition at the time of registration and half on July 6; available in-person with Visa/Mastercard only.

Drop-Ins

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

Class Length	Number of classes student registered in:	
	None	1 or more
2 hour class	\$24	\$12 <i>summer special rate</i>
1.25 & 1.5 hour class	\$22	
1 hour class	\$20	
Seeds, Sprouts, Trees, Tweens and Teens	\$15	
Six-week specials	\$22	



2014 photo contest winner Deepa Sundararaman

Summer Photo Contest

It's back! Snap a picture of yourself doing yoga: on the beach, at the pool, at the farmers market, or just in your backyard. E-mail it to community@willowstreeyoga.com before the end of the session (August 23). We'll post it to our Instagram page and the photo with the most Likes wins a full fall session of classes; runner-up wins a six-week special.

Contact

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

Joy Kirstin, administrative director
manager@willowstreeyoga.com
301-270-8038 ext. 14

Erin Pendergrass, registrar
registrar@willowstreeyoga.com
301-270-8038 ext. 15

general inquiries
yoga@willowstreeyoga.com

Directions to WSY

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

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

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

Design by Capizzi Designs, Washington, DC

Please visit willowstreeyoga.com/policies for registration, transfer, make-up and refund policies.



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

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PERMIT NO 5482
SURBURBAN, MD

Registration opens May 6

Learn more at willowstreetyoga.com

Summer **LOVE** for Registered Students

Class registrations are win-win-wins: they sustain your commitment to practice, your teacher's livelihood, and Willow Street's financial stability.

This summer, we want to **THANK YOU** for supporting us in supporting you!

When you register for a whole-summer class, any subsequent classes are just \$12 each:

\$12 drop-ins • \$12/class multi-class rate

Come feel the love: try something new, or see what a difference practicing more than once a week makes!

