

January 23, 2017



***A Studio Like None Other***

Even after you have rolled up your mat, yoga continues. Zubin Atré

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Dear Yogis,

***Please save the date, Friday, February 17th for a Tea & Dessert at the studio! More details to come soon!***

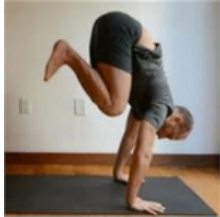
We are heading into our 4th week of January. How are you doing with your resolutions? Have you been able to turn a new resolution into a habit? Keep going! It's easy to fall back into old patterns, but stay strong to your resolutions (if you made them).

Let yoga be your anchor to your breath, to help you stay grounded through outside changes and chaos that you can't avoid. How we react though is our choice. The more you practice yoga, the more the body starts to become trained to become relaxed and calm. It will take your body back to that feeling you have on your mat, the delicious feeling at the end of savasana - you know the feeling!

So don't give up on your resolutions, just take a deep breath and let each new day be a new beginning on your journey to committing to positive change!

Looking forward to seeing you at the studio!

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# WORKSHOPS

Family Yoga  
Partner Yoga  
Handstand  
Headstand  
Jump throughs

Yoga Nidra  
Itsy Bitsy Yoga  
Moon Chandra  
Jump Backs  
& more!

## UPCOMING WORKSHOPS

**Beginner's Series** with Rexx Samuel

last in this series, Sunday, 1/29 @ 1:30 pm

**Itsy Bitsy Yoga** with Pleasance Silicki

3 week series starting 1/24 & a 3 week series starting 2/14 @ 11 am

**Yoga Nidra** with Neva Ingalls

Friday, 2/3 @ 6pm

Moving into **Handstand** with Jen Dryer

Sunday 2/5 @ 1pm

**Family Yoga** with Rhiannon Landesberg

Sunday, 2/12 @ 12:00 pm

**Partner Yoga** with Rhiannon Landesberg

Sunday, 2/12 @ 1:30 pm

Techniques for **Jumpbacks & Jump throughs** with Rexx Samuel

Sunday, 2/26 @ 1pm

Improving **Arm Balances & Headstand** with Rexx Samuel

Sunday, 3/12 @ 1pm

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*What are you grateful for?*  
"According to UCLA's [Mindfulness](#)



## Did you know?

[Awareness Research Center](#), regularly expressing gratitude literally changes the molecular structure of the brain, keeps the gray matter functioning, and makes us healthier and happier."

You can read more about the benefits of gratitude from [The Power of Ideas](#).

(and... thank you for reading our newsletter and being part of our WYC community!)

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## See our Schedule

[Meet our teachers](#)

[Workshops](#)



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<http://washingtoneyogacenter.com/>

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