

April 5, 2017



"Yoga is almost like music in a way - there's no end to it." Sting

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Dear Yogis,

The excitement is building as we are expanding! WYC is adding more space on the fourth floor at 4000 Albemarle. What does this mean? More workshops. Series of classes that help you to delve deeper into your yoga practice. More kids classes to be added. Pilates. Through it all, we are staying calm and full of energy through yoga and deep breaths!

Deep breaths like the ones **David Ingalls** teaches in his ***Svastha Vinyoga*** class. David is offering a 4 week session starting April 16th in the fourth floor studio. Be one of the first to practice in the new studio. Read more about this practice [online](#), but be sure to try it to really experience the benefits.

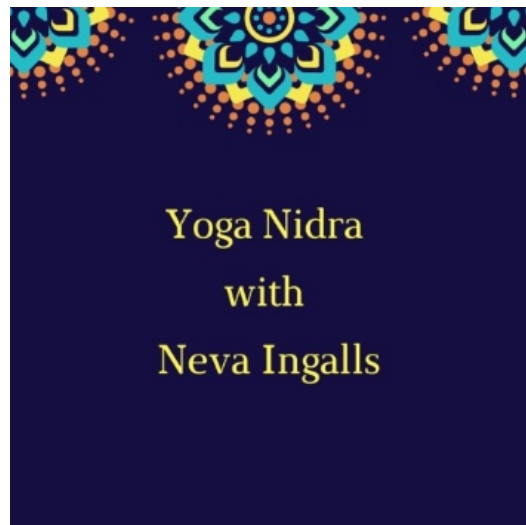
LOTS of adult workshops and kids workshops have been added - for newborns to crawlers to age 10! More workshops and classes are in the works!

So much more to come that couldn't be added before we went to press, so please be sure to check [online](#).

See you at the studio!

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**Yoga Nidra with Neva Ingalls**



**THIS Friday, April 7th**

**6 pm - 7:15 pm**

**Members, \$25.00, Non Members \$30**

Yoga Nidra is one of the truly untapped treasures of the yoga tradition. This is Yoga's systematic approach to unwinding accumulated stress from the deepest layers of our being.

Through guided meditation in an extended svasana, layer upon layer is relaxed until you are in a state of sleep with just the slightest trace of awareness leading to:

- Mental and physical stress reduction
- Activation of right brain activities such as imagination and creativity
- Healing and integration of body, mind and spirit
- Release of negative patterns

[Register here](#)

**Baby & Me with Rachel Gooze- FREE class Tuesday, April 18th!**



***FREE class April 18th***

*Register now for our 3 week Series*

**April 25th - May 9th**

**Tuesdays, 11 am - 11:45 am**

Enjoy a **FREE** class with Rachel on Tuesday, April 18th. Spread the word and come with your baby and friends. So much fun bonding together with your little one through songs and movement!

***Stay afterwards for tea!***

**\$65 for 3 week series**

\$25 Drop Ins Welcome

[Register here](#)

## Chandra Krama with Rexx Samuell

**Dark Side  
of the  
Moon:**



**Exploring Chandra Krama  
during the New Moon  
with Rexx Samuell**

**Sunday, April 23rd**

**12 pm - 2:30 pm**

**\$35 per person**

Join Rexx Samuell, one of only 10 American students to be authorized to teach the Chandra Krama, for this special workshop on variations of the Moon Sequence suitable for the time of the new moon.

The Moon Sequence (Chandra Krama) is an alternative yoga sequence created by Matthew Sweeney, author of [Ashtanga Yoga As It Is](#) and [Vinyasa Krama](#). Chandra Krama is a unique blend of relaxing yin postures, soothing vinyasa sequencing, and restorative postures.

Through its quietening and introspective sequencing, the Moon Sequence encourages us to accept whatever we see arising.

Read more about the Moon Sequence [online](#).

[Register here](#)



**Saturday, April 29th  
1 pm - 3 pm  
\$30 per person**

**Are you training for a triathlon, marathon, or simply increasing your running or cycling this spring and summer?**

In this workshop, you will learn to complement these activities with the deep stretches in Yin yoga to assist in recovery from

- \* joint wear,
- \*tight hamstrings,
- \*and burned-out quads.

We will practice a sequence specifically designed to work on the connective tissue in the hips, legs, and lower back. Poses will be held for 3-5 minutes with modifications and props provided.

Read more [online.](#)

**Register here**

**Yoga for Back Pain with Denese Cavanaugh**



**The IPATH Method  
with Denese Cavanaugh**

**Sun, May 21, 2017  
1:00 pm - 3:00 pm**

**\$55 per person**

As our posture deteriorates, joint movements become restricted and the differences between tense and weak muscles places greater stress on the joints. This causes pain, stiffness and loss of motion throughout the body. But fix these imbalances, along

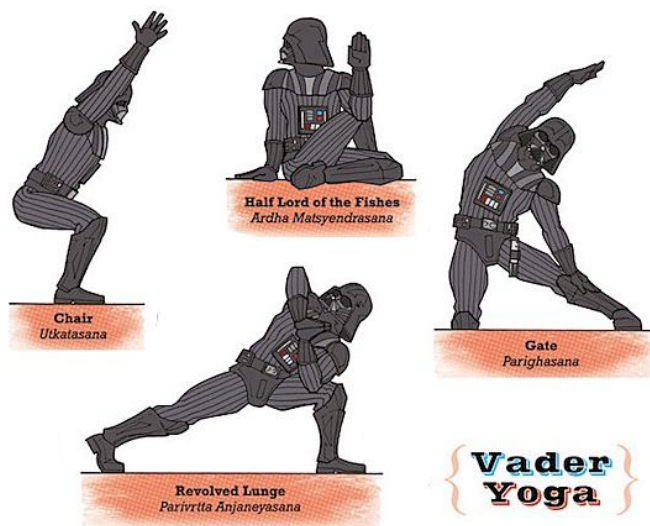
with breathing techniques, your posture (and the pain associated with it) will improve.

Denese Cavanaugh, developed this passive, yet deep alignment along with myofascial tension release session based on her knowledge of Yin Yoga poses that lubricate the bones, joints and connective tissues of the body, along with her yoga background of how to stimulate the meridian housed within, that invite deep relaxation.

Postural Alignment Technique sessions involve a series of positions using resistance balls to release and lengthen tight muscles and free up connective tissue. *Through regular practice, participants can increase their flexibility and range of motion, improve their posture, optimize and decrease pain caused by tissue restrictions.*

[Register here](#)

## Kids & Family Workshops



**Star Wars Yoga**  
with  
Jen Dryer

Saturday, May 7th  
1:30 pm - 2:30 pm

\$30 per family

Families with kids 4-8 years are invited to learn the ways of the Force to peacefully defeat evil Sith lords and use yoga poses to become AT-AT walkers, Chewbacca, and Jabba the Hutt, and other characters!

This one-hour “playshop” will be a fun way to merge your child’s love (or yours!) of Star Wars with yoga-inspired movement.

Costumes welcome and no prior knowledge of Star Wars or yoga required! Some fun Star Wars swag will be distributed at the end of class!

Cost: \$30/family.

[Register here](#)





Saturday, May 13th  
5 pm - 7 pm

Drop your kids off for an evening of  
**Fairy Tale Yoga: Enchanted Castle**

with  
Sean Fraser

\$30 per child

Be our guest in this one-of-a-kind real-life fairy tale story! Those who come along on this adventure will experience yoga and meditation with the help of our enchanted object friends. Relive a tale of kindness, acceptance, and friendship that's as old as time.

This event includes yoga, themed crafts, and food that can fill a giant beast! Please feel free to dress up as a queen or king but be sure that the yogi-s are able to easily move and get into all of the fun poses we'll explore.

[Register here](#)



Friday, June 16th  
6pm - 8pm

Drop your kids off for an evening of  
**Kids Pokemon Yoga**  
**Friday June 16th 6pm-8pm**

with Sean Fraser

#30 per child

Charmanders are red, Squirtles are blue, Jigglypuffs are pretty but we all want a Pikachu!

This adventure will evolve your little ones from yogi's to Pokémon Masters!

Using yoga, meditation, games, and more, your Pokémon hunters will explore

different lands and gain knowledge about a variety of Pokémon creatures while trying to catch them all.

Yogi's and Pokémon Masters who join us will enjoy a themed craft, food, yoga, and more! Yogi's are also allowed to dress up in their Pokémon training gear or even as their favorite Pokémon; just make sure they are able to move easily to get into all of the fun poses we'll explore.

Perfect for kids ages 4-10.

[Register here](#)

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## Did you know?

"Many of the postures in yoga gently strengthen the muscles in the back, as well as the abdominal muscles. Back and abdominal muscles are essential components of the muscular network of the spine, helping the body maintain proper upright posture and movement.

**When these muscles are well conditioned, back pain can be greatly reduced or avoided."**

Read more from spine-health about how yoga helps [back pain](#).



**Won't you take a moment to share your thoughts with others?**

Your kind words are very much appreciated!

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**See our Schedule**

**Meet our teachers**



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<http://washingtoneyogacenter.com/>

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