

May 2, 2017



"Do your practice, all is coming." Sri K Pattabhi Jois

Dear Yogis,

Hopefully the April showers are over, bringing May flowers outside while we bring more yoga inside!

Sara Lubeck will be biking again this year to help end childhood hunger. She will cover 300 miles in 3 days! Please consider making a [donation](#) to support her on her ride. Thank you, Sara, for being such a great inspiration!

Read below for more details on, **Yoga Nidra with Neva Ingalls** that will now be moving to a new day and time, and for the whole family, **Jen Dryer combines two favorites - Star Wars and Family Yoga.**

If you are planning your summer fun, don't forget **summer camp for kids** ages 5 - 11, July 31st - August 4th.

See you at the studio!

This Weekend - Yoga Nidra & Star Wars Family Yoga



Yoga Nidra new day & time

First Sunday of each
month

5:30 pm - 6:30 pm

Join **Neva Ingalls** at **5:30 pm - 6:30 pm** the **first Sunday of each month** for **Yoga Nidra**.

A great way to end your weekend and ease into the week ahead, as your body and mind release tension and anxiety during this meditative state of relaxation. Check in with your own personal sankalpa monthly to keep deepening your practice.

Sunday, May 7th

5:30 pm - 6:30 pm

\$25 Members, \$30 Non-Members

[Register here](#)



**Star Wars Yoga
with Jen Dryer**

Sunday, May 7th
1:30 pm - 2:30 pm
\$30 per family, kids ages 4 -8

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!

[Register here](#)

CHEFS CYCLE

May 16-18, 2017 | Sonoma County, CA



sara lubeck

obelisk restaurant

Support sara as she rides 300 miles in three days to help end childhood hunger. \$1 can feed a child 10 healthy meals.

For more information about our cause, visit ChefsCycle.org

donate at:

join.nokidhungry.org/goto/cc17-saralubeck

*a donation of \$25 gives you entry to one of sara's classes

*a donation of \$35 enters you in a raffle for a private lesson with sara

*a donation of \$50 enters you in a raffle for dinner for 2 at obelisk
any donation will make you feel good!



Support Sara and No Kids Hungry

Weekly Series

Pilates

with Kerry Sinclair
Thursdays thru June 1st



6:30 pm - 7:30 pm
\$25 Drop Ins



Baby & Me with Rachel Gooze
Tuesdays thru May 9th

11 am - 11:45 am
\$25 Drop Ins Welcome

Bring your newborn to crawler and
bond through yoga.

[Register here](#)

Upcoming Workshops

The iPATH Method
with Denese Cavanaugh

Sunday, May 21, 2017
1:00 pm - 3:00 pm

\$55 per person



Do you experience pain, stiffness and loss of motion throughout your body?
Do you want to be able to move with ease?

Postural Alignment Technique (iPath) 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.*

These myofascial tension release sessions based on Yin Yoga poses that lubricate the bones, joints and connective tissues of the body, improve your posture and feel the pain melt away!

[Register here](#)

Upcoming Family Workshops



Family Yoga with Rhiannon Landesberg

Saturday, May 20th

1 pm - 1:45 pm

\$30 per family, kids ages 4 -8

Have fun combining two great loves -
yoga and family!

Rhiannon adds her playful touch to the
poses! Kids will "fly" and
learn yoga poses and mindfulness all
while having fun!

[Register here](#)

Parents Date Night



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

Parents, enjoy a night together knowing your kids are having fun *and* learning yoga! Drop your kids off with Sean Fraser for one or both of these exciting workshops. Kids can even come dressed for the theme.

[Register here](#)

Summer Camp for kids!



for kids ages 5 - 11

Summer Camp

July 31 - August 4

We are excited to offer our *first* kids summer camp at WYC!

Join **Rhiannon Landesberg and Sean Fraser** for a fun, yoga filled week. Kids

will enjoy

- * journaling
- * yoga poses
- * yoga games
- * mindfulness and more!

9 am - 12 pm

\$250 for the week

Space is limited so please register early.

[Register here](#)

Upcoming workshops:

June

***Home Practice with David Ingalls**, Sunday, June 4th

***Yoga Nidra with Neva Ingalls**, Sunday, June 4th

***Managing Stress with Michael Peterson**, Sunday, June 11th

***Open your Hips and Shoulders with Jarrick Browner**, Saturday, June 17th

July

***Yoga Nidra with Neva Ingalls**, Sunday, July 2nd

***Energize your Practice with Healthy Eating with Allison Tepper**, Friday,
July 14th

***Yoga for Osteoporosis with Dhyana Delatour**, Saturday, July 29th

September

***Yoga Nidra with Neva Ingalls**, Sunday, September 3rd

***Chaturunuga Clinic with Ariele Foster**, Sunday, September 17th

See our full list of upcoming workshops and class

schedule [online](#).



<http://washingtoneyogacenter.com/>

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