



WASHINGTON
YOGA CENTER
a studio like none other

May 31, 2017

Welcome to our weekly update.

Adult Classes & Workshops

****THIS SUNDAY -How to Develop a Home Practice** with David Ingalls**

As summer approaches and you find yourself traveling, don't forget to bring your practice with you! Read below for more details on developing your home practice.

Managing Stress with Michael Peterson

Open Your Hips and Shoulders with Jarrick Browner

Yoga Nidra with Cynthia Kane

Yin Yoga with Angela Heverling

Eating Healthy with Allison Tepper

Yoga for Osteoporosis with Dhyana Delatour

Kids & Family Workshops

Baby and Me Class with Rachel Gooze

Parents Night Out with Sean Fraser



Summer fun!

Please be sure to
check
the online
schedule
for all the
latest class
updates this
summer

Adult Classes & Workshops



How to Develop your Home Practice with David Ingalls

Sunday, June 4th
1 pm - 3 pm
\$30 per person

Some days, as much as you want to, you just can't get to the studio. That doesn't mean you can't practice.

In this workshop, you will

- *learn how to design a home practice that is flexible yet effective,
- *learn how to prioritize your time in practice and find out which postures are the ones *you* really need to do, and
- *learn how to balance a practice with effective counter postures.

Let's map a practice for short days, long days and everything in between.

Register [online](#).

**Managing Stress
with**



Stress management

Michael Peterson & Jessica Phillips-Silver

Sunday, June 11th
12:30 pm - 3:30 pm
\$35 per person

It's a hard time to be living anywhere, these days, and DC is highly emotional for many reasons. When we experience discomfort in our lives, it's normal to respond in ways that actually keep us feeling stuck, overwhelmed, small, depressed. Then we lose ourselves in stress and miss an important step in the process of healing.

This workshop is dedicated to the practice of observing this moment for what it is and calmly identifying discomfort and our defense mechanisms. We will look at stress from the perspective of modern Neuroscience and ancient Yogic and Buddhist teachings.

With the help of specific techniques, deliberate practice, and community support these practices lead to freedom from suffering. Ultimately we learn how to choose wisely in the face of challenge.

This workshop will include discussion, self-reflection, yoga postures, and meditation practices.

Register [online](#).



Open Your Hips and Shoulders with Jarrick Browner

Sunday, June 17th
1 pm - 3 pm
\$35 per person

This workshop will be asana (pose) and discussion based.

We will discuss the connection between the hips and shoulders. As we release tension and energy stored in these areas, we can increase range of motion, flexibility and strengthen the joints.

We will perform poses that help to loosen up those specific, and surrounding areas.

Coupled with a breath focused flow and holds, we aim to bring more flexibility, mobility, strength, and openness to our bodies that can translate to other aspects of our life.

Register [online](#).



Yoga Nidra with Cynthia Kane

Sunday, June 25th
5:30 pm - 6:45 pm

\$30 for Members, \$35 for Non Members

Yoga Nidra is a form of meditation where students are guided through a body scan leading them to a deep state of relaxation in which the body is asleep, but the mind is awake and receptive to suggestions. Students are encouraged to make a resolution (Sankalpa) for themselves. In this meditative state the resolution gets implanted deep in the subconscious, which facilitates its realization.

After practice, you will emerge feeling deeply relaxed and centered. Research has shown that Yoga Nidra is a valuable addition to therapy for stress and anxiety related illnesses.

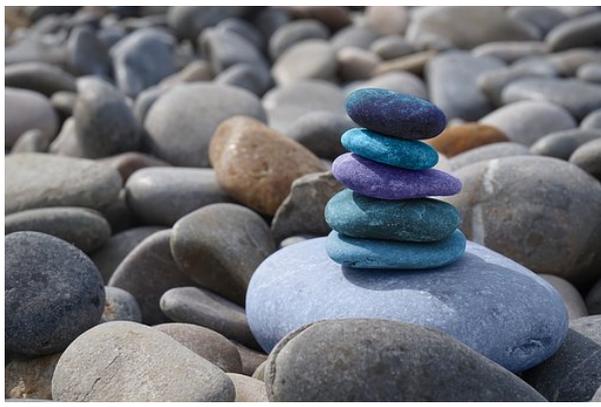
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Register [online](#).

Upcoming July Workshops



Yin Yoga Workshop
with Angela Heverling
Saturday, July 8th
1 pm - 2:30 pm
\$30 per person

Yin Yoga provides balance to those who have an active (vinyasa) yoga practice or other exercise regimen.

Long deep stretches target the connective tissues of the body leading to core flexibility and healthier joints. The stillness also provides a reprieve from our busy lives and the workshop will include breathing exercises and meditation.

Poses will be held for 3-5 minutes with modifications and props provided.

Suitable for beginners.

Register [online](#).



**Energize Your Practice
Through Healthy Eating**
with Allison Tepper
Friday, July 14th
6 pm - 7:15 pm
\$40 per person

Mindful eating entails listening to your body and focusing on foods and portions that provide you with energy to get through the day, fuel your workouts and make you feel good.

In this workshop, learn about using all of your senses to enjoy your meals, how to manage any emotional or stress eating, and new ways to incorporate a healthy balance of nutrients into your daily routine. Forget dieting or cutting out food groups, and instead learn how to incorporate all foods and appreciate your body's signals and individual needs.

Mindful eating chocolate tasting included!

Register [online](#).



Yoga for Osteoporosis
with Dhyana Delatour

Saturday, July 29th
1 pm - 2:30 pm
\$35 per person

This workshop will focus on yoga for those with osteoporosis or osteopenia to strengthen normal and weakened bones.

Osteoporosis, the lose of bone density is a natural part of the aging process, but when too much bone is lost the bones become weak and susceptible to fractures or breaks.

Osteoporosis can be prevented and treated through regular weight bearing exercise such as Yoga. Yoga helps to stimulate bone strengthening for the whole body while being low-impact.

Join Dhyana Delatour, Yoga Teacher/Therapist
Master Reiki Practitioner, to learn how to learn yoga poses that are beneficial for your bones.

Register [online](#).

Family & Kids



Baby & Me Yoga with Rachel Gooze

4 week series starts
June 6th- June 27th
11 am - 11:45 am
\$65 for the series, \$25 drop in

For newborns to crawlers, Baby and Me yoga is the perfect class to stretch and move with your baby! This class blends yoga for YOU with yoga for BABY!

Come dressed in comfy clothes, ready to breathe, move and stretch together and learn songs, games and poses for babies and meet new people in a supportive setting.

Register [online](#).



Parents Night Out! Pokemon Yoga for Kids with Sean Fraser

Friday, June 16th
6 pm - 8 pm
\$30 per child

Parents can enjoy a night out while your kids 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 [online](#).

**See our full list of upcoming workshops
and class schedule [online](#).**



<http://washingtoneyogacenter.com/>

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