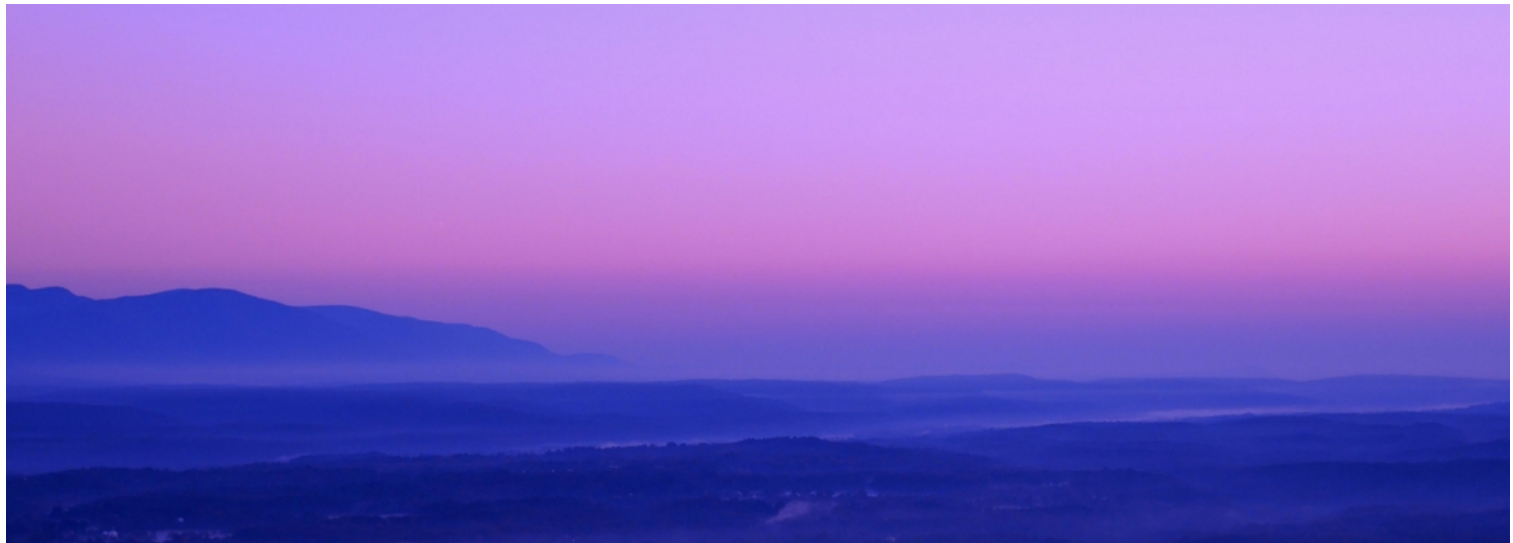


November 7, 2016



A Studio Like None Other

Where there is love, there is life. Ghandi



With the week ahead, be sure to take time for yourself.
Deep breaths, mindful movements, and best of all,
a nice, long savasana.

*Share the love ~ this Tuesday, members or paying students
can bring a friend to class for free!*

[See Our Schedule Online](#)

Don't miss out on schedule updates and additions!

**Vinyasa Flow All Levels
Mondays**

12:30 pm - 1:30 pm
with Rhiannon Landesberg

Flow Yoga all Levels

Tuesdays

7:30 pm - 8:45 pm

with Rexx Samuel

Hatha I

Wednesdays

1:45 pm - 2:45 pm

with Hari-kirtana das

Yoga Flow and Play

Wednesdays

4 pm - 5 pm

with Elissa Margolin

No sitter? No worries. Bring your kids to stay in the studio while you flow!

Hatha I

Saturdays

11:15 pm - 12:30 pm

with Geneva Moss

Meet Our Newest Teachers



Rexx Samuel
Tuesdays, Flow Yoga All Levels
7:30 pm - 8:45 pm

Rexx was introduced to yoga while studying theatre and dance. In his classes, Rexx is known for his clear instructions, his attention to individual needs, and

his emphasis on freedom through disciplined practice. His classes are sequenced based upon the needs of the students and draw heavily from an understanding of the principles of movement and progression. Through concentration on alignment within the postures, free breathing and directed gaze, the practices of yoga can be gateways to greater awareness on and off the mat.



Hari-kirtana das
Wednesdays, Hatha I
1:45 pm - 2:45 pm

Hari-kirtana das is registered as an E-RYT 500 yoga teacher with Yoga Alliance, received an 800-Hour certification from Jivamukti Yoga, and is the author of the upcoming book, *In Search of the Highest Truth: Adventures in Yoga Philosophy*. A life-long student of yoga, meditation, and eastern spiritual philosophies, Hari-kirtana lived full-time in devotional yoga ashrams and intentional spiritual communities from 1977 to 1982. He began teaching vinyasa yoga classes in 2009. He offers workshops in the United States and Europe and leads annual yoga pilgrimages to India.

Let's Give Them a Warm Welcome!



If you could take part in a lifestyle that, "brings suppleness to the muscles, increases flexibility in the spine, gets rid of stress and tension in the body, firms

up your skin, corrects poor posture, and aids in improving balance", would you try it?

If you answered yes, look no further! **YOGA is the answer!** In, [Yoga, The Age-Defying Beauty Elixir](#), read how yoga keeps you feeling young.



<http://washingtoneyogacenter.com/>

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