

December 13, 2016



A Studio Like None Other

"There is a crack in everything, that's how the light gets in."

Leonard Cohen

Class Schedule

Dear Yogis,

During this time of year, do you find yourself getting lost in your to do list thoughts? Are you thinking of what all needs to be done for family and friends? While that does seem to be the norm, what if you could let that go, even if for only one day? What if you could forget that to do list, try to just be, and see what happens. While we can't just toss our lists, reality is important, what if we tried to be more present? We hope you will remember to slow down and be present, so that you can enjoy all the good surrounding you!

Looking forward to seeing you at the studio!

Upcoming Workshops

This Sunday

December 18th, 12:30pm -1:15pm.

Connect with your lil ones, ages 4-8, during Family Yoga. Enjoy playful partner poses, traditional yoga asana (movement), breathing, and mindfulness exercises that develop confidence,



strength, and relaxation while fostering trust and communication.

The benefits of this unique and playful class will carry you through the busy week ahead. Both parents welcome.

Register [online](#) early ~ Space is limited!

\$30 per Family

Stay tuned for Pleasance's Itsy Bitsy Yoga class coming in January!

Register online early to reserve your space!



**Washington
Yoga
Center**
A Studio Like None Other

LOCATION
Washington Yoga Center
4000 Alborna Street, NW
Suite 100
Washington DC 20016

SERIES

- 4 week series
- Sundays, January 8, 15, 22, and 29
- 2 pm - 3:30 pm

PRICE

- \$100 for 4 weeks
- \$25 drop in

QUESTIONS
info@washingtoneyogacenter.com

REGISTER
washingtoneyogacenter.com

New Beginnings Yoga Series

WITH REXX ANTHONY SAMUELL

Start your New Year's Resolution with this 4 week series!
This class is for anyone looking to begin a yoga practice or anyone looking to refine their practice. Learn how to properly move in and out of poses, learn pose names, and learn the importance of incorporating focus on the breath during your practice.

From this class you will gain the confidence as you continue to deepen your practice.

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Rexx Anthony Samuell is a yoga teacher and trainer. He is an I-C-RYT 200-hour level and is a certified personal trainer. Introduced to yoga while studying theater and dance at university, Rexx started practicing Ashtanga Yoga in 2002, completing Primary Series in 2005 and Intermediate Series in 2006. Since 2008, Rexx's current practice includes Advanced A and Ashtanga Vinyasa. Rexx is known for the clarity of instruction, his attention to an individual's needs, and his emphasis on breathwork through disciplined practice. His classes are designed 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, fine breathing and directed gaze, the practice of yoga can be gateway to greater awareness which then seeps into other areas of one's life.



Do you know someone looking to start a yoga practice?
Maybe your New Year's resolution is to get back to your practice?
Or maybe you need *just one more gift* for that special someone?

Join Rexx Samuell for a 4 week *Beginner's Series* starting January 8th.

Learn earn poses, correct and safe alignment for your body, and how the use of your breath can enhance your practice.

Register online.

\$100 for the series, \$25 drop ins



to Wednesdays

11am - 12:15pm

Same great
class...
different day &
time.

200 Hour Teacher Training - Register early for reduced pricing



TEACHER TRAINING!
**Make 2017 your year to become
a yoga teacher!**

Now is your time! Whether you want to teach or just deepen your knowledge. Study with Neva Ingalls and other guest teachers! Delve into the history of yoga, the poses and deepen your connection to your personal yoga practice!

Check out our [Teacher Training](#) page online for more details!
Early Bird prices end December 15th!

Did you know?



Often new yoga students want to jump right in and get to the core of yoga. (a little yoga humor there.) However, to avoid injuries, to learn the correct way to move in and out of poses safely, and to build your confidence to move into the next level of classes, a Beginner's Series is a great place to start! Read more here to learn, "[Why It's Important to Take Beginner Yoga Classes.](#)"

Meet Our Teachers



<http://washingtoneyogacenter.com/>

TO ENTER BUILDING, PRESS 3227# ON SMALL BLACKBOX BY FRONT DOOR

Contact Us

info@washingtoneyogacenter.com

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