

January 3, 2017



A Studio Like None Other

“You can get excited about the future. The past won’t mind.” – Hillary DePiano

Class Schedule

Dear Yogis,

As the new year begins and many set resolutions, in yoga we call these **Sankalpa**. Through the guided meditation of **Yoga Nidra**, one begins the practice by stating their personal Sankalpa to themselves. By placing these intentions in our mind and heart, we work towards these goals daily to make them come to true.

Whether your Sankalpa is to practice more yoga, to live a more yogic lifestyle, or something off your mat, for instance, to read the books gathering on your night stand, Yoga Nidra can help plant the seeds to reach these goals. We hope you will try this monthly offering to witness the benefits first hand!

Our first Yoga Nidra of the year will be this **Friday, January 6th at 6pm**.

Looking forward to seeing you at the studio!

Want to become a member? Know someone that would benefit from yoga in their lives? HURRY, SALE ends Friday!

****SALE****



NOW THROUGH JANUARY 6TH!

Join for only **\$89 per month**

use code **thisismyyear** at checkout

3,6, & 9 Class passes 15% off

use code **newyearnewyou** at checkout

Teacher Training starts January 21st!



Our 200 Hour Yoga Alliance Certified Yoga Teacher Training starts January 21st!

If you are wondering if now is your time, read this wonderful testimony from one of Neva's trainees:

Neva is a master teacher. She doesn't do yoga...she "lives" yoga.

This was the training I took when becoming a teacher in 2008 and I then went through it again when becoming 500 hour certified. This will be the third year now that it is being held here at Serenity Circle.

The training is not only for those who want to teach, but also for those who are ready to go deeper in their practice. To go deeper in their life. The complete training is taken over 8 weekend, or individual weekends can be attended.

What I see as the blessing of this training...other than receiving Neva's wisdom and guidance...is the home setting, use of the garden and fire pit, and the small intimate group of students. It is an immersion and is life changing.

Register online early to reserve your space!



THIS WEEKEND:

Yoga Nidra with Neva Ingalls

Friday, January 6th

6pm

Set your Sankalpa for the year

Family Yoga with Rhiannon Landesberg

Sunday, January 8th

12:30 pm

*Connect with your little ones
through movement and breath!*

Beginner's Series with Rexx Samuel

**4 week series on Sundays
starting January 8th**

1:30 pm - 2:45pm

*Learn (or refresh) your yoga practice
with review poses, alignment and the
use of breath in your practice.*

Itsy Bitsy Yoga



Join Pleasance Silicki
Tuesdays @ 11am starting January 24th
Washington Yoga Center

Limited Space!
Register online, \$100 for 3 week series

REGISTER ONLINE NOW TO SAVE YOUR SPOT!

Did you know?



"The ability of yoga to help dial back both physical and mental problems is reason enough to try it. But there's more. Even at this early stage of research, a regular yoga practice appears to correlate with increased wellbeing, including better sleep, better body awareness, weight loss, and greater happiness."

You can find the link to the full article on our [Facebook page?](#)



<http://washingtoneyogacenter.com/>

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