

Welcome Michael Peterson to WYC! Partner & Family Yoga this weekend!

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February 7, 2017



A Studio Like None Other

"I can do things you cannot, you can do things, I cannot; together we can do great things."

Mother Theresa

Dear Yogis,

This weekend, Rhiannon offers two workshops, both bringing connections with others. Make special memories with your little ones at **Family Yoga**, 12:30 pm on Sunday, February 12th or try **Partner Yoga** at 1:30pm on Sunday. Come with someone or partner with a new yogi friend! If you have been wanting someone to try yoga, Partner Yoga could just be that fun way to get them on a mat!

Read more below for new teachers, new classes and new yoga styles now being offered at Washington Yoga Center!

Looking forward to seeing you at the studio!

[Meet our newest teacher!](#)



Join
Michael Peterson
Thursdays
@ 6 pm - 7:15 pm
for
Kripalu Yoga

Michael is a Senior Level 500-hr Kripalu Yoga Teacher. He received his 200-hr teaching certification from Yoga to the People in NYC and is a Registered Yoga Teacher under Yoga Alliance. He holds a Bachelor's of Fine Arts from Boston University and has studied dance, the Alexander Technique, and is certified in Reiki Level 1. He draws on his experience in this range of modalities, particularly the Alexander Technique, to broaden and deepen the yoga experience for his students.

Welcome to Washington Yoga Center Michael. We look forward to taking classes with you!

New Class - Chair Yoga




Chair Yoga is now being offered on **Thursdays, 2pm - 3pm**. Do you know someone who could benefit from yoga but the up and down on a yoga mat is too much? Chair Yoga just might be the right fit!

In chair yoga, the chair takes the place of your yoga mat. This is a perfect class for anyone with challenges that feel the support of a chair would allow them to

experience the physical and mental benefits that yoga provides. As students move through poses, they can stay seated or stand using the chair for support.

All levels of experience are able to participate in chair yoga!



WORKSHOPS

Family Yoga	Yoga Nidra
Partner Yoga	Itsy Bitsy Yoga
Handstand	Moon Chandra
Headstand	Jump Backs
Jump throughs	& more!

Workshops THIS Weekend



Join Rhiannon Landesberg for
Family Yoga, Sunday February 12th

12:30 pm - 1:15 pm

Bond with your kids and enjoy introducing them to yoga poses and mindfulness all while having FUN!

\$30 per family



Grab a loved one, a friend or come alone,
Partner Yoga, Sunday February 12th

1:30 pm- 3:30 pm.

This workshop will combine elements of yoga, dance, acro yoga and thai massage.

\$25 per person, \$40 per couple



Join **Pleasance Silicki** for **RADIATE for women**, a 3 week exploration of mind, body, and spirit for women.

It is inspired by the vibrations of life, by our beautiful bodies- all shapes, sizes, ages of women are welcome, from prenatal to retired, from your daughters to your sisters to your co-workers to your mamas!

Pleasance believes we need more movement & joy & connection **TOGETHER** here in Washington, DC. so let's create it.

Come with an open heart and mind....you can expect some yoga, some meditation, some breathing practices, some music, some strength practices.

Sundays, February 12th, 26th, & March 5th

Thursdays, March 2nd, 9th, & 16th

3 week series, \$100

[Register online to save your spot!](#)

UPCOMING WORKSHOPS

3 Week Beginner's Series with Rexx Samuel

Sunday, 2/19, 3/5, & 3/19 @ 1:30 pm

Techniques for **Jumpbacks & Jump throughs with Rexx Samuell**

Sunday, 2/26 @ 1pm

Improving **Arm Balances & Headstand with Rexx Samuell**

Sunday, 3/12 @ 1pm

Family Yoga Fundraiser with Rhiannon Landesberg

Sunday, 3/19 @ 12:30 pm

All proceeds will support the non-profit organization, Eliana's Light.

Opening the Breath with David Ingalls

Sunday, 3/26 @ 1 pm



*"Intentions compressed into words
enfold magical power."*

Deepak Chopra

Do you wonder what the purpose of
setting an intention is in class?

Setting an intention can give your
practice a focus, something to bring
your mind back to when you feel the
chatter creep in, or when you start to
wonder when you can stop holding
triangle.

Even off your mat, you can come back
to your intention. You can read more
at, ["The Power Behind Setting an
Intention in Yoga"](#).

Be sure to check out our new library!

See a book you want to read? Just sign
it out!

Or, relax at the studio and read!



See our Schedule !

Meet our teachers !

Workshops !



<http://washingtoneyogacenter.com/>

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