

Remember this week:

Yoga practice can make us more and more sensitive to subtler sensations of the body. Paying attention to and staying with finer and finer sensations within the body is one of the surest ways to steady a wandering mind.

--Ravi Ravindran



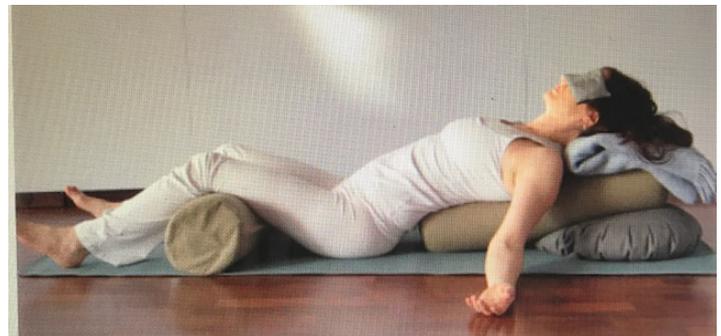
**WASHINGTON
YOGA CENTER**
a studio like none other

June 27, 2017

Workshops and Series

**RESTORE AND REJUVENATE
with Denese Cavanaugh**

**Every Sunday from July 2, 2017
through August 6, 2017
1:00 pm - 2:30 pm**



\$125.00 for full series of six sessions or
\$30.00 per session

[Register Now](#)

Gift your mind and body rest and relaxation. Right here in DC.

Experience six sessions with renowned Mind/Body Leader and IPATH Yoga founder, **[Denese Cavanaugh](#)**.

This is the perfect opportunity to make the most of your summer. Slow down, breathe, and connect to your deepest self with Restorative and IPATH yoga. Explore, renew, and discover ways to relieve tension and discover the essence of who you are.

Enjoy organic teas and wines after each session.

The sessions are offered on six consecutive Sundays starting July 2nd.

Coming Soon

Starting July 10th, 3-class series on mindfulness and mindful meditation with [Cynthia Kane](#). More details to follow.



Chill Yin Yoga Workshop with Angela Heverling Saturday, July 8th

1:00 PM - 2:30 PM

\$35 per person

[Register Now](#). Suitable for beginners.

Yin Yoga with [Angela Heverling](#) 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.



Energize Your Yoga Practice Through Healthy Eating with Allison Tepper

Friday, July 14th

6:00 PM - 7:15 PM

\$40 per person

[Register Now](#). Suitable for all levels.

Join Allison Tepper MS, RD, LDN for a presentation about mindful eating and the impact it can have on your yoga practice.

In this workshop you will learn about

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.



**Yoga for Osteoporosis
with Dhyana Delatour
Saturday, July 29th
1:00 PM - 2:30 PM**

\$35 per person

[Register Now](#)

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

Osteoporosis, the loss 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

using all of your senses to enjoy your meals, learn how to manage any emotional or stress eating, and find new ways to incorporate a healthy balance of nutrients into your daily routine while improving your overall well being and preventing disease. Remove any thoughts about 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!



**Learn the Ashtanga
Standing Pose Sequence
with Rexx Samuell
Sunday, July 30th**

12:00 PM - 2:30 PM

\$25 per person

[Register Now](#)

Ashtanga Yoga may begin with Surya Namaskar A and B (Sun Salutes A and B), but learning the standing sequence takes time, repetition, and memorization. Learn it the "precise" way first, and you can refine your practice over time, rather than spending time cleaning up your sequence.

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.

Join [Rexx Samuel](#) for this special 2.5 hour workshop featuring the following:

- basic choreography of the sequence
- tips on how to remember the sequence
- the small steps that often get elided or sped past on our way to Primary Series
- exact breath count for the sequence
- some fun variations from the Old School of Ashtanga Yoga
- a handout of the standing sequence for your learning pleasure

Upcoming Workshops

[Prenatal Teacher Training Course](#) with Michelle Brady and Dr. Andrino Flevotomos:
August 4th - August 6th

[Sacred Music and Movement](#) with Iysha Nobes: August 6th

[Vinyasa Krama Pranayama and Meditation](#) with Rexx Samuel: August 10th

NEW! [Chaturanga Clinic](#) with Ariele Foster: September 17

NEW! [Business of Yoga: Part 1: Being a Student](#) with Rexx Samuel: October 20th-
October 22nd

[Register Online](#)

To keep up to date on classes, workshops, events, and our new teachers, remember to like us on [Facebook](#) and follow us on [Twitter](#) at @washyoga and [Instagram](#) at @wycwashingtonyogacenter.

[Class Updates](#)

We are open on 4th July on a limited schedule. Always check the website for the latest information on classes.

ALSO SEE OUR SUMMER SCHEDULE STARTING NEXT WEEK.

Have you tried our **Meditation in Motion** class yet?

This unique class by acclaimed teacher [Michael Peterson](#) combines flowing movements with breathing and relaxation techniques to integrate the body and the mind. [Meditation in Motion](#) classes are offered every **Thursday at 6:00 PM**.

Our **Baby and Me** series is now a regular weekly class.

Starting **July 11**, **Rachel Gooze** will be teaching [Baby and Me](#) every **Tuesday at 11:00 AM**. See the website for details and to view Rachel's [profile](#).

The following classes are offered in our beautiful 4th floor studio:

***Anna Kavaliunas**, [The Burn: Donation-based Class](#), **Mondays, 7:30 PM**

***Sarah Hull**, [Aligned Yoga Levels I and II](#), **Tuesdays, 6:30 PM**

***David Ingalls**, [Svastha Yoga](#), **Sundays 10:30 AM**

***Dena Kahn**, [Gentle Yoga & Meditation](#), **Sundays, 5:00 PM**

Membership at WYC

[Stay Committed to Yoga Membership](#)

\$99.00 Membership

\$85.00 for Seniors

\$65.00 for AU/WCL Students

Become a member of Washington Yoga Center. For \$99.00 per month, enjoy unlimited classes as well as discounts on workshops and events. Visit our website, www.washingtonyogacenter.com and purchase a membership.

Make yoga a part of living.

Yoga Instructor Training

WYC is offering its first Teacher Training Program

[Prenatal Teacher Training Course](#) with [Michelle Brady](#): August 4th - August 6th

The three-day intensive prenatal yoga teacher training is intended for those who wish to offer prenatal yoga classes in their community. (We recommend that you have at least one year of experience practicing yoga.)

A sample of the information that will be covered includes:

- Learn to engage students by merging yoga philosophy with childbirth education
- Safe, effective asanas that allow for optimal fetal positioning and best birth outcome
- Asanas and yoga sequences tailored to perinatal women - Breathing, relaxation, and visual techniques to benefit your students and enhance your yoga classes
- The latest research-based information on perinatal anatomy, pregnancy, and childbirth education

Visit our [Events](#) page for more information about this course.

More teacher training coming soon - check www.washingtonyogacenter.com as we add classes and workshops!

Yoga and Wellness



Back Pain? Try Yoga,

by Nicholas Bacalar

Yoga works as well as physical therapy for relieving back pain, a randomized trial found.

The study, in *The Annals of Internal Medicine*, included 320 people ages 18 to 64 with moderate and persistent low back pain. Researchers assigned them to either 12 weekly sessions with a yoga instructor, 15 sessions of physical therapy over 12 weeks, or education with a book and periodic newsletters about back pain therapy. They measured pain intensity and disability with well-validated questionnaires.

In both the yoga and physical therapy groups, about half the participants achieved reduced

pain and disability, and about half reduced their drug use. Those in the education group did not do as well: about a fifth showed improved physical function, 14 percent found pain relief, and 25 percent reduced their use of pain medication.

Click [here](#) to continue reading about yoga's health benefits in *The New York Times*.

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



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