

Remember this week:

Strive to still your thoughts. Make your mind one-pointed in meditation. The mind is restless and difficult to restrain, but it is subdued by practice.



June 13, 2017

Workshops



**Open Your Hips and Shoulders
with Jarrick Browner**

Saturday, June 17, 2017

1:00 pm - 3:00 pm

\$35 per person; [Register Now](#)

This workshop teaches asanas that will help loosen the hips and shoulders and the surrounding areas. As we release tension and energy stored in these areas, we can increase range of motion, flexibility and strengthen the joints.

In the Workshop we will complement asanas with discussing the connection between the hips and shoulders.

Coupled with a breath focused flow and holds, we aim to bring more flexibility,

mobility, strength, and openness to our bodies that can translate to other aspects of our life.



**Yoga Nidra
with Cynthia Kane**

Sunday, June 25th

5:30 PM - 6:45 PM

Members \$30 per person

Non-members \$35 per person

[Register Now.](#) No prior knowledge of yoga is required.

Yoga Nidra is a form of meditation where students are guided through a body scan leading them to a deep state of relaxation in which the body is asleep, but the mind is awake and receptive to suggestions. Students are encouraged to make a resolution (Sankalpa) for themselves. In this meditative state the resolution gets implanted deep in the subconscious, which facilitates its realization.

After practice, you will emerge feeling deeply relaxed and centered. Research has shown that Yoga Nidra is a valuable addition to therapy for stress and anxiety related illnesses.



**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 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. 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.

Upcoming Workshops

[Energize Your Yoga Practice Through Healthy Eating](#) with Allison Tepper: July 14th

[Yoga for Osteoporosis](#) with Dhyana Delatour: July 29th

[Learn the Ashtanga Pose Sequence](#) with Rexx Samuel: July 30th

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

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

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

[Register Online](#)

New Classes and Updates

Please be sure to check the schedule for class updates.

Starting June 14, 2017 every Wednesday at 8:30 AM a new class, Hatha Flow suitable for all levels is being introduced. It will be taught by Lisa Loring.

Please look at full class description and Lisa's profile on our [website](#).

Starting June 20, 2017 every Tuesday at 6:30 PM Sarah Hull will teach Aligned Yoga, Levels I and II in our **4th floor studio**. Please see our website for full details of the class and to view [Sarah's profile](#).

Also be sure to check in which studio classes will be held. On the 4th floor you can find

***David Ingalls, Svastha Yoga, Sundays 10:30 am**

***Dena Kahn, Gentle Yoga & Meditation, Sundays, 5 pm**

Yoga Instructor Training

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

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

Family & Kids

Kids Pokemon with Sean Frasier



Friday, June 16th

6:00 PM - 8:00 PM

Perfect for kids ages 4-10.

\$30 per child

Register [online](#).

Charmanders are red, Squirtles are blue, Jigglypuffs are pretty but we all want a Pikachu!

This adventure will evolve your little ones from yogis to Pokémon Masters!

Using yoga, meditation, games, and more, your Pokémon hunters will explore different lands and gain knowledge about a variety of Pokémon creatures while trying to catch them all.

Yogis and Pokémon Masters who join us will enjoy a themed craft, food, yoga, and more! Yogis are also allowed to dress up in their Pokémon training

gear or even as their favorite Pokémon; just make sure they are able to move easily to get into all of the fun poses we'll explore.



for kids ages 5 - 11
Summer Camp
July 31 - August 4

9 am - 12 pm
\$250 for the week

Space is limited so please [register online](#) early.

We are excited to offer our *first* kids summer camp at WYC!

Join **Rhiannon Landesberg** and **Sean Fraser** for a fun, yoga filled week. Kids will enjoy

- * journaling
- * yoga poses
- * yoga games
- * mindfulness and more!

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



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Contact Us
info@washingtoneyogacenter.com
202-244-YOGA

4000 Albemarle Street, NW
Suite 100 & 400
Washington, DC 20016

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