

December 20, 2016



*A Studio Like None Other*

"The **best** thing I did today was go to yoga class."

Yoga Students across the world

## Class Schedule

Dear Yogis,

Sales are coming soon! Stay tuned! Memberships & Class Passes will soon be on sale! If you are looking for one more special gift, let us know and we can pass on the savings to you early!

***\*\*\*Please be sure to check the online schedule for updates during the holiday season.\*\*\****

Let us know what's on your holiday list this season. ***Join us on Facebook, Twitter (@WashYoga), or Instagram (wycwashingtonyogacenter). Follow us, share a comment or photo, and tag us and you may find a special gift just for you!***

Looking forward to seeing you at the studio!

## Upcoming Workshops

***WORKSHOPS! WORKSHOPS! WORKSHOPS!***

***So many workshops coming in the New Year***

***\*Monthly Yoga Nidra with Neva Ingalls  
first Friday of every month***

**\*Beginner's Yoga Series with Rexx Samuell**

**January 8th, 15th, 22nd, & 29th**

**\*Teacher Training with Neva Ingalls**

**starts January 21st**

**\*Family Yoga with Rhiannon Landesberg**

**January 8th & February 12th & more dates coming soon**

**\*Itsy Bitsy Yoga with Pleasance Silicki**

**January 24th, 31st, & February 7th**

**\*Handstand with Jen Dryer**

**February 5th**

**\*Partner Yoga with Rhiannon Landesberg**

**February 12th**

**\*How to do Jump Throughs with Rexx Samuell**

**February 26th**

**\*Headstand with Rexx Samuell**

**March 12th**

***and more!***

**More details coming! Be sure to mark your calendar (if you still use paper) or add to your Google Calendar!**

**Register online early to reserve your space!**

*4 week Beginner's Series*

with

Rexx Samuell

starting January 8th

Learn poses, correct and safe alignment for your body, and how the



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

**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.

[washingtonyogacenter.com](http://washingtonyogacenter.com)

Rexx Anthony Samuell is a yoga teacher and trainer. He is an IYPT-200-hour level and is a certified personal trainer. He studied for yoga while studying theater and dance at university. Rexx started practicing Ashtanga Yoga in 2002, completing Primary Series in 2003 and Intermediate Series in 2005. Since 2006, Rexx's current practice includes Advanced A and B and the Krama. Rexx is known for his clarity of instruction, his attention to an individual's needs, and his emphasis on breathwork through diaphragm practice. His classes are organized 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, the breathing and directed gaze, the practice of yoga can be gateway to greater awareness which then seeps into other areas of one's life.

**LOCATION**  
Washington Yoga Center  
4000 Albarmarle 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@washingtonyogacenter.com](mailto:info@washingtonyogacenter.com)

**REGISTER**  
[washingtonyogacenter.com](http://washingtonyogacenter.com)



use of your breath can enhance your practice.

Great for  
*\*beginners*  
*\*students looking to refresh their practice*

Register online.  
\$100 for the series, \$25 drop ins

**200 Hour Teacher Training - Register early for reduced pricing**



**TEACHER TRAINING!**

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

Whether you want  
*\*to teach yoga, or*  
*\*deepen your personal practice*  
you will be amazed at the transformation your life will take from a Yoga Teacher Training!



Did you know, we offer private sessions and private parties?

If you have a special birthday in 2017, or want to plan a special yoga class with friends or family, let us know!

## Meet Our Teachers



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<http://washingtoneyogacenter.com/>

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

### **Contact Us**

**info@washingtoneyogacenter.com**

**202-244-YOGA**

**4000 Albemarle Street, NW**

**Suite 100**

**Washington, DC 20016**

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