

*In the practice of Yoga one can emphasize the body, the mind or the self and hence the effort can never be fruitless.*

*--T. Krishnamacharya*



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

July 4, 2017

*Happy Independence Day! Please check the schedule to see which classes are being held today.*

## **Workshops and Series**



**CHILL YIN YOGA  
with Angela Heverling**

**Saturday, July 8th  
1:00 pm - 2:30 pm**

\$35.00 per person

[Register Now](#)

Yin Yoga is suitable for beginners as well as to those who practice yoga or another exercise regimen. Yin Yoga was developed to stretch the body's connective tissues, particularly around the joints. In order to do this, specific poses are held from 3-5 minutes, often with props. The intention of the practice is to prepare the body for sitting still for long periods in meditation sessions, and to act as a counter to

the movement-oriented vigorous Yang styles of yoga.

Long deep stretches lead to core flexibility and healthier joints. The stillness provides a reprieve from our busy lives. The workshop will include breathing exercises and meditation.

This class will be taught by [Angela Heverling](#).



**Restore and Rejuvenate  
Sunday, July 9th (Second of six  
sessions)**

**1:00 PM - 2:15 PM**

\$30.00 per session, or \$95 for  
remaining 5 sessions

[Register Now.](#)

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

Five sessions remain 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.



**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  
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!



**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 lose 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 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.



**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.

Join [Rexx Samuell](#) 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

## 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

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

**NEW!** [Managing Stress and Cultivating Resilience in the Vinyoga Tradition](#) with Robin Glantz: September 26th (Six-week Series)

[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.***

Spotlight On

## Sivananda Yoga

Washington Yoga Center is one of only three yoga studios in the D.C. area to offer Sivananda Yoga. Join [Laura Narayani](#) on [Monday evenings](#) to learn this systematic and holistic yoga style.

Sivananda Yoga is based on the philosophy of Swami Sivananda



of Rishikesh, India, who taught disciples to "serve, love, give, purify, meditate, realize." In order to achieve this goal, Sivananda advocated a path that would recognize and synthesize each level of the human experience including the intellect, heart, body, and mind.

In 1957, his disciple Swami Vishnu-Devananda summarized Sivananda's system into five main principles: proper exercise (asanas); proper breathing (pranayama); proper relaxation (Savasana); proper diet (reduced meat intake); and positive thinking (Vedanta) and meditation (dhyana).

Sivananda Yoga is an excellent system for learning yoga and staying committed to the discipline of a yoga practice.

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**COMING SOON:** Mindfulness Classes with Cynthia Kane, a well regarded expert and author of *How to Communicate Like a Buddhist*.

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**

## 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 page for more information about this course.

*More teacher training coming soon - check [www.washingtonyogacenter.com](http://www.washingtonyogacenter.com) as we add classes and workshops!*

## Yoga and Wellness



### **Can Yoga and Meditation Change Your Genes?**

The June 16 edition of Time magazine quotes a new paper published in *Frontiers in Immunology* which suggests that Yoga and meditation may do more than just help you feel relaxed in the moment. A scientific review was recently carried out by British researchers which analyzed the findings from 18 previously published studies—involving a total of 846 people—on the biological effects of meditation, yoga, breathing exercises, Qi gong and Tai Chi.

The studies show that these mind-body exercises appear to suppress the expression of genes and genetic pathways that promote inflammation and that mindfulness exercises can actually reverse stress-related changes in genes linked to poor health and depression.

Inflammation can temporarily boost the immune system, and can be protective against infection and injury, the authors write in their paper. But in today's society,

in which stress is primarily psychological, the body's inflammatory response can become chronic and can impair both physical and mental health.

Click [here](#) to continue reading about yoga's health benefits in *TIME*.

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



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