

November 29, 2016



***A Studio Like None Other***

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward

**Class Schedule**

Dear Yogis,

We hope you had a wonderful Thanksgiving holiday surrounded by loved ones and friends. It's hard to believe that December is right around the corner! Where did the year go? With holiday shopping and busier days ahead, don't forget to take time for yourself! Making time for your yoga practice will leave you feeling refreshed and ready for your day.

This month we are offering Yoga Nidra and Restorative Yoga workshops to help ease the stress!

Looking forward to seeing you at the studio!

**Upcoming Workshops**



**Yoga Nidra**

with

**Neva Ingalls**

**Friday, December 2nd**

**6 pm - 7:15 pm**

**If you haven't experienced Yoga Nidra,  
you may be wondering what is this practice?**

**What are the benefits?**

Yoga Nidra brings the body and mind to a place of complete physical, mental and emotional ease using guided meditation. Begin by setting your sankalpa, your personal resolution, and as you lay on your back, you will be led into a state of relaxation.

While yoga is the union of the mind, body and soul, Yoga Nidra takes this union to a deeper level. Yoga Nidra allows the body to release on a muscular and emotional level while also releasing mental tensions.

Members, \$20

Non Members, \$25

Students, Seniors, and WYC Staff, \$15

At the Door, \$30



## **Rest to Recharge**

with

**Michael Peterson and  
Lindsey Uhrig**

**Sunday, December 11th  
1 pm - 3 pm**

The colder winter temperatures and the constant activity of the holidays can be draining. **Restorative Yoga** offers a chance to slow down and reboot. In this workshop, you will be guided through restorative yoga postures using props and meditation matched with techniques for relaxation. These relaxation techniques can be used during your week whenever you need a moment to re-charge. Leave with clarity and energy to embrace the season.

All-levels welcome, no prior experience necessary.

\$30 per person

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



Were you hoping to get away this Winter, but somehow life got busy and you forgot to make reservations? Now you find everywhere is booked? Don't worry!

A study from Harvard suggests ["\(r\)egular meditation is more beneficial than vacation."](#)

"But what's really striking are the result from 10 months later: the regular meditators still showed significant improvements on these scores, the novice meditators even more so. However, the vacationers were back to baseline."

So, let's get on our mats, practice, and maybe if you are inclined, get ready to meditate. Now, if only you could find a postcard to send to someone...

**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 or just deepen your knowledge, now is the time!

Study with Neva Ingalls and other guest teachers! Delve into the history of yoga, the poses and deepen your connection to your personal yoga practice!

Check out our [Teacher Training](#) page online for more details!

**Meet Our Teachers**



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<http://washingtoneyogacenter.com/>

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