

March 28, 2017



A Studio Like None Other

Each morning we are born again. What we do today is what matters most. Buddha

Dear Yogis,

Another week, another new teacher and another style of yoga at Washington Yoga Center! This week Stanley Courrier joins our growing list of new teachers. Stanley teaches Jivamukti Yoga. See below to learn more about Stanley and [online](#) to read more about his class. Welcome, Stanley, to WYC!

Please be sure to check out our growing list of workshops below and even more [online](#)! So many ways to continue to grow your practice at WYC!

See you at the studio!

Jivamukti Yoga at WYC

We welcome **Stanley Courrier**
our new
Jivamukti Yoga teacher



on

Tuesdays @ 7:30 pm

Stanley first started practicing yoga in Kazakhstan in 2003, and has been blessed to study with teachers in different parts of the world including the US, Japan and India. He has trained in hatha and vinyasa style yoga, and received his 300 hour certification in the Jivamukti Yoga method and 200 hour certification from Buddha B Yoga.

Prior to moving to Washington, DC, Stanley taught yoga in Portland, Oregon and Almaty, Kazakhstan. He continues to study and explore the many paths of yoga, and strives to root his practice and teaching first and foremost in kindness and compassion. Stanley holds master's degrees in education and peace studies, and works for an international non-profit organization in downtown Washington, D.C.

Learn about Stanley's Jivamukti yoga class [online](#).



**Baby & Me Yoga
with Rachel Gooze**

drop ins welcome for the current series

Spring 4 week Series

April 18th - May 9th

Tuesdays, 11 am - 11:45 am

A sweet way to bond with your baby and get your yoga in too.

Stay afterwards for tea!

\$85 for the series

\$25 Drop Ins Welcome

[Register here](#)

Yoga for Anxiety this Sunday



Join Michael Paterson and Katherine Ross

Sunday, April 2nd

12:30 pm - 3 pm

\$35 per person

This workshop combines western psychology and the eastern perspective, bringing you the best of both worlds. Anxiety is a normal human emotion that we all experience.

In this workshop, you will have the opportunity to understand and work with your own anxieties using movement, reflection, and teachings from both eastern and western perspectives.

Michael Peterson will offer exploration and teachings that draw from his background in Buddhism, Yoga, and meditation. Katherine Ross, M.A., M.S.Ed. will offer teaching and healing practices from her training in Counseling Psychology.

This workshop is open to all experience (and anxiety) levels.

Limited Space, please register early.

[Register here](#)

Radiate for Women this Sunday



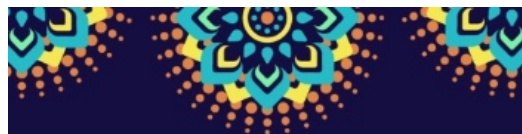
RADIATE
Women's
Monthly Sacred Soul Circle

Inspired by the vibrations of life, by our beautiful bodies- all shapes, sizes, ages of women, from 10 - 100, are welcome.

Come with an open heart and mind....be ready for movement, meditation, relaxation, and together building a sense of community.

Join **Pleasance Silicki**
this Sunday April 2nd
7:15 pm - 8:30 pm
\$30 per person

[Register here](#)



Yoga Nidra
with
Neva Ingalls

Yoga Nidra with Neva Ingalls
Friday, April 7th
6 pm - 7:15 pm

Members, \$25.00, Non Members \$30

Yoga Nidra is one of the truly untapped treasures of the yoga tradition. This is Yoga's systematic

approach to unwinding accumulated stress from the deepest layers of our being.

Through guided meditation in an extended svasana, layer upon layer is relaxed until you are in a state of sleep with just the slightest trace of awareness. It is in this state that your fullest potential is available to you to change the course of your life. A few of Yoga Nidra's many benefits include?

- Mental and physical stress reduction
- Activation of right brain activities such as imagination and creativity
- Healing and integration of body, mind and spirit
- Release of negative patterns

[Register here](#)

**Dark Side
of the
Moon:**



**Exploring Chandra Krama
during the New Moon
with Rexx Samuell**

**Exploring Chandra Krama
with Rexx Samuell
Sunday, April 23rd
12 pm - 2:30 pm**

\$35 per person

Join Rexx Samuell, one of only 10 American students to be authorized to teach the Chandra Krama, for this special workshop on variations of the Moon Sequence suitable for the time of the new moon.

The dark side of the moon refers to the side of the moon we never see because Earth's tidal activity locks the moon in synchronous motion with its rotation around the Earth. Similarly, we can use the metaphor of the lunar dark side to express those dimensions of ourselves which remain just outside our normal consciousness. Through the cultivation of a mindful attitude, we can begin to shed light on those

shadows in our minds and hearts, eradicating impulsive behaviors, reactive patterns, and limiting stories we tell ourselves.

The Moon Sequence (Chandra Krama) is an alternative yoga sequence created by Matthew Sweeney, author of *Ashtanga Yoga As It Is* and *Vinyasa Krama*. Chandra Krama is a unique blend of relaxing yin postures, soothing vinyasa sequencing, and restorative postures. Through its quietening and introspective sequencing, the Moon Sequence encourages us to become aware of our shadow side and to accept whatever we see arising, however pleasant or unpleasant.

[Register here](#)

Did you know?



In today's world, many people have been experiencing anxiety. "Questions remain about exactly how yoga works to improve mood, but preliminary evidence suggests its benefit is similar to that of exercise and relaxation techniques."

It's exciting to know that "(t)he evidence is growing that yoga practice is a relatively low-risk, high-yield approach to improving overall health."

With these findings from [Harvard Health](#) supporting your yoga practice, it's easy to see why coming to your mat when you can makes such a difference physically and mentally.



**Won't you take a
moment to share your
thoughts with others?**

Your kind words are very much appreciated!

See our Schedule !

Meet our teachers !



<http://washingtoneyogacenter.com/>

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