

February 21, 2017



A Studio Like None Other

"If you don't challenge yourself, you will never know what you can become."

Dear Yogis,

Thank you to those who were able to join us for our tea. It was nice to spend time together off the mat.

Have you seen the schedule changes? We've added new yoga styles such as **Kripalu Yoga** and we hope to add **Jivamukti Yoga** in the Spring. We have welcomed new teachers such as **Michael Peterson** to the schedule and **Ashlea Glickstein** will be joining on Wednesdays at 9:30 am starting March 1st. **Neva Ingalls** will be teaching **Chakra Vinyasa** on Wednesdays at 8 am. Starting in March, our **Iyengar class** will be taught by **Denise Rowe** on Wednesdays at 7:30 pm for all levels, with **Restorative Yoga** the second Wednesday of each month .

So many new choices, all here in one studio. Learn more about these classes below.

We look forward to seeing you at the studio.

Workshops This Weekend

**Light Like A Cat -
Techniques to improve jumpbacks & jump
throughs**



with Rexx Samuell

Sunday, February 26th

1:00 pm- 3:00 pm

Have you wanted to learn how to jump back safely during your Vinyasa?

In this workshop, learn the tools to cultivate and refine the jump backs and jump throughs. You will learn how to progress through the sun salutation to build core strength, how to build upper body stamina in the jump backs and how to develop control and grace in the jump throughs.

\$35 per student

New Class Styles

You see the class name on the schedule, but you aren't sure what the style means or if it is for you. Why not try something new?

Sivananda Yoga with Laura Narayani, Mondays, 7:30 pm

Sivananda yoga is a traditional hatha yoga practice. The classes are 90 minutes to allow time for a holistic practice incorporating breathing exercises (pranayama), yoga postures (asanas), and positive thinking. Together, these practices energize the body and calm the mind cultivating stillness and peace within. This practice is appropriate for all levels of experience including those new to yoga.

Iyengar Yoga all Levels with Denise Rowe, Wednesdays, 7:30 pm

This class is suitable for students new to the Iyengar system, or to yoga, as well as, students with more yoga experience. Asanas (poses) are modified for individual students with the use of props -- such as blocks, blankets and belts. The props allow for accessibility and exploration to a deeper practice in the poses. The poses are generally held longer for better effectiveness.

Restorative Yoga with Denise Rowe, second Wednesday of each month, 7:30 pm

Using her extensive Iyengar background, Denise will move students through restorative postures using the support of bolsters, blocks and blankets. Relax into the poses as they are held longer to get deep into the muscles.

Kripalu Yoga with Michael Peterson, Thursdays, 6pm

This Kripalu Yoga class, intended for all levels, includes breathing techniques, flowing movements to warm the body and energize the system, held postures to challenge the mind and body, and relaxation to allow all the levels of being to restore and integrate. Everything is done through the lens of non-judgmental, compassionate self-awareness which allows the practice to become a moving meditation.



Chakra Vinyasa

with Neva Ingalls, Wednesdays, 8 am

This a classical Vinyasa style class, artfully sequenced with a fusion of body, breath and awareness, referred to as Mindfulness. Neva brings her extensive background in physical and energetic anatomy to guide students into healing and empowering at the physical level and at the level of the chakras, nadis, doshas and pranas. The goal is to access the soul and have students realize their full potential and become self actualized. A basic level of experience in the asanas is required.

New Teachers - Meet Aashlea Glickstein



Ashlea discovered the practice of yoga in college, and shortly after graduating, she enrolled in yoga teacher training . Her goal in becoming a teacher was to inspire others to practice. Her classes focus on the convergence of body and mind, with a concentration on alignment. As a practitioner of Ashtanga Mysore, Ashlea believes in inspiring each student to do their own practice. Using repetition as a medium for reflection, the physicality of Ashlea's class provides a mirror through which students can view their inner-self on and off the mat. Prior to becoming a yoga teacher Ashlea trained as ballet dancer for 15 years at various institutions including the Baltimore School for the Arts. Follow her on instagram @ashlearavenglick.

Upcoming Workshops



Radiate with Pleasance Silicki

3 week exploration of mind, body, spirit for women.

Choose either series (or both!)

Sundays, February 12th, 26th, & March 5th

**Thursdays March 2nd, 9th, & 16th
7:30 pm - 8:30 pm**

This course will integrate music, strength, sweat, softness and the magic of being together. It is inspired by the vibrations of life, by our beautiful bodies- all shapes, sizes, ages of women are welcome, from prenatal to retired, from your daughters to your sisters to your co-workers to your mamas!

Come with an open heart and mind....you can expect yoga, meditation, breathing practices, music, and strength practices.

\$100 per 3 week series (Make-ups can be done during either series.)



**Yoga Nidra
with Neva Ingalls
Friday, March 3rd
6 pm - 7:15 pm**

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.

Members, \$25.00

Non-Members, \$30.00

WYC staff: \$15.00

Mark your Calendars for March and April



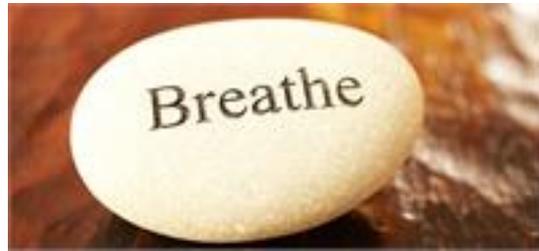
Improving Arm Balances



**Family Yoga Fundraiser
with Rhiannon Landesberg**

**& Headstand
with Rexx Samuell**

Sunday, 3/12 @ 1pm



**Opening the Breath
with David Ingalls**

Sunday, 3/26 @ 1 pm

Sunday, 3/19 @ 12:30 pm

All proceeds will support the non-profit organization, Eliana's Light.



**East Meets West: Yoga for Anxiety
with Michael Peterson &
Katherine Ross**

Sunday, April 2nd @ 12:30 pm

Did you know?



While you may think Spring has arrived based on the beautiful days we've been having in DC this winter, it is actually just around the corner.

For some Spring means enjoying the beauty of flowers and cherry blossoms, but for others it brings sneezing and coughing.

How can you find some relief? Perhaps a neti pot would help. Here's what the Mayo Clinic has to say to the question, "[Neti pot: Can it clear your nose?](#)"

See our Schedule !

Meet our teachers !

Workshops !



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