

February 28, 2017



A Studio Like None Other

"Feel the feeling but don't become the emotion. Witness it. Allow it. Release it."

Crystal Andrus

Dear Yogis,

It's that time again in DC to vote for your favorite places.

As we continue to strive to meet your needs, we hope you will consider casting your [vote](#) for Washington Yoga Center as the Best Yoga Studio in the area!



We look forward to seeing you at the studio.

This Week at the Studio



RADIATE for Women with Pleasance Silicki

3 week Series on Thursdays, 7:30 pm - 8:30 pm

March 9th, 16th, & 23rd

Join Pleasance for movement, joy & connection. Come with an open heart and mind....you can expect yoga, meditation, breathing practices, music, and strength practices.

\$100 for series (makes ups can be made during the Sunday series)



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

Yoga Nidra is becoming more popular as a form of guided meditation leading to a deep state of relaxation in which the body is asleep, but the mind is awake. Students are encouraged to make a resolution (Sankalpa) for themselves during this practice. 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

New Classes

Along with **Ashlea Glickstein starting this Wednesday at 9:30 am**, you may also like to try one of these new classes starting in March:

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.



Chakra Vinyasa starts **THIS** Wednesday, **8 am - 9:15 am with Neva Ingalls**

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.

BABY AND ME YOGA

with Pleasance Silicki

and Rachel Gooze



4 week Series

Tuesdays at 11 am - 11:45 am

March 7th - March 28th

Baby and Me yoga is the perfect class to stretch and move with your newborn to crawler! This class blends yoga for YOU with yoga for BABY!

Get ready to breathe, move and stretch together and learn songs, games and poses for babies.

Bonus: you'll meet new people in a supportive setting.

Limited space, so be sure to register early!

\$85 for the series, \$25 drop ins

Mark your Calendars for these upcoming events as well



Family Yoga Fundraiser with Rhiannon Landesberg

Sunday, 3/19 @ 12:30 pm

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



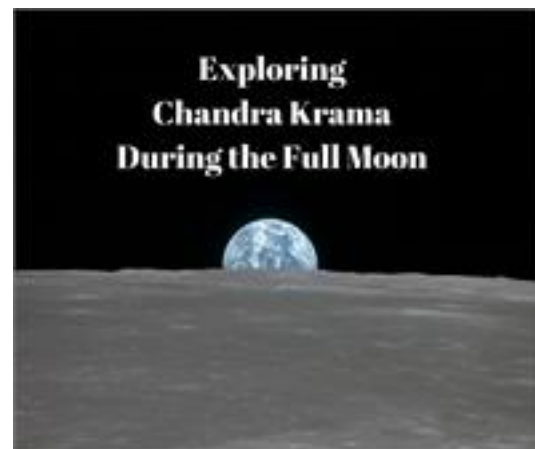
Opening the Breath with David Ingalls

Sunday, March 26 @ 1 pm



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

Sunday, April 2nd @ 12:30 pm



Dark Side of the Moon: Exploring Chandra Krama during the New Moon with Rexx Samuell

Sunday, April 23 @ 12:30 pm

Did you know?



Stretching provides many benefits for the body. "Before you plunge into stretching, make sure you do it safely and effectively. While you can stretch anytime, anywhere, be sure to use proper technique. Stretching incorrectly can actually do more harm than good."

The types of movements that are found in "yoga, can help you be more flexible in specific movements."

Check out more important pointers on stretching from the Mayo Clinic [here.](#)

See our Schedule !

Meet our teachers !

Workshops !



<http://washingtoneyogacenter.com/>

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