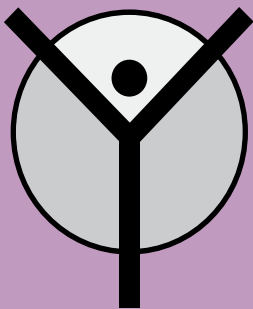


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Circle Yoga, LLC & Budding Yogis
3838 Northampton St., NW · Washington, DC 20015



Circle Yoga

It's easy to Be here.

winter 2008 SCHEDULE

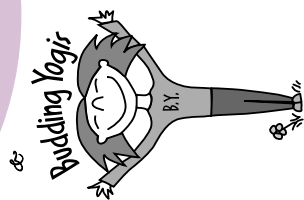
join us for
Holiday
Week
Yoga!

reception &
shop hours

Monday
9 am — 9 pm
Tuesday
9 am — 9 pm
Wednesday
9 am — 8:30 pm
Thursday
9 am — 9 pm
Friday
9 am — 5:30 pm
Saturday
8:30 am — 5 pm
Sunday
9 am — 6 pm

who we are!

At Circle Yoga we provide a way for you to find joy and peace today. We combine the highest quality yoga teachings with the simple practice of mindfulness to stretch and strengthen your body while calming and centering your mind.



Circle Yoga

register

at www.circleyoga.com with MC/Visa, or send completed registration form (available online or at the studio) with payment to Circle Yoga, 3838 Northampton St., NW, Washington D.C. 20015. Or call 202.686.1104. (for more information see "policies & procedures")

Registration opens for current students Dec. 3, 2007 and for new students Dec. 10, 2007

fees

\$180 Circle Yoga Classes (12 weeks)

\$150 for Budding Yogis Kids Classes (10 weeks), and \$180 for Movers & Twisters and Family Yoga (includes both adult and child), each additional adult/child \$120

Drop-ins welcome! (see "policies and procedures")

\$18 single participant classes
\$20 for Movers & Twisters and Family Yoga drop-ins, each additional participant drop-in \$14

Limited scholarships available!

therapeutic yoga

Circle Yoga offers therapeutic yoga classes, workshops, and private sessions for students who have special needs. We work with children, teens, and adults with needs ranging from anxiety, depression and ADD/ADHD to addictions, chronic pain, and more. Our therapeutic yoga program provides a natural, drug-free, side-effect-free set of tools which can help you learn to manage your physical and psychological symptoms. Call the studio, or contact Karen Soltes, Director of Therapeutic Programs, karen@circleyoga.com.

how to reach us

www.circleyoga.com · www.buddingyogis.com
3838 Northampton Street, NW, DC 20015 · 202.686.1104

Annie Mahon, Director
annie@circleyoga.com

Linda Feldman, Studio Manager and
Director of Budding Yogis Kids Programs
linda@buddingyogis.com

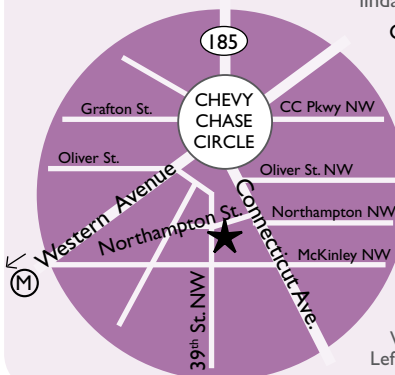
Gayle Hager, Business Manager
gayle@circleyoga.com

Karen Soltes, Director of
Therapeutic Yoga Programs
karen@circleyoga.com

★ Located one block west of Connecticut Ave., just south of the Chevy Chase Circle at Northampton and 39th

On-street parking

METRO—Red Line. From the Friendship Heights stop: NE on Western, Right on McKinley, Left on 39th to Northampton



Circle Yoga class schedule

for
adults

WINTER 2008

Jan. 7 — Mar. 30

(12 weeks)

MONDAY

9 — 10:15 am	Yoga — Level 1	Debbie H.
10 — 11 am	Yoga — Super Gentle	Annette
11:15 am—12:15 pm	Pilates — Intermediate Level	Annette
1 — 2 pm	Yoga — Level 1 ☺	Linda
6:15 — 7:30 pm	Yoga — Level 1	Paola
7:30 — 8:30 pm	Yoga Nidra	Karen
7:45 — 9:15 pm	Yoga — Level 2	Paola

TUESDAY

6:30 — 7:30 am	Yoga — Flow — All Levels	Mercedes
9 — 10:15 am	Yoga — Level 2	Jill M.
10 — 11:15 am	Yoga — Gentle	Annie
10:30 — 11:45 am	Yoga — Baby & Me (6 wks.—6 months)	Jill M. *
12 — 1 pm *	Yoga — Baby & Me (6–12 months) *	Jill M. *
6 — 7:30 pm	Yoga — Prenatal	Jill D.
6:15 — 7:15 pm	Pilates — Intermediate Level	Annette
7:30 — 8:30 pm	Pilates — Basic Level	Annette
7:45 — 9 pm	Yoga — Level 1/2	Marisa

WEDNESDAY

6:30 — 7:30 am	Mindfulness Meditation free **	
9:30 — 10:45 am	Yoga — Fusion Flow	Annette
9:45 — 11 am	Yoga — Level 1/2	Annie
11:15 am—12:15 pm	Pilates — Basic Level	Annette
5 — 6 pm	Yoga — Gentle	Cinema
6:15 — 7:30 pm	Yoga — Level 1	Cinema
7 — 8:15 pm	Yoga — Level 1/2 *	Debbie M. *

THURSDAY

9:15 — 10:15 am *	T'ai Chi & Qigong *	Eduardo
9:30 — 10:30 am	Shake Your Soul®	Christine D.
10 — 11:15 am	Yoga — Level 1	Linda
1 — 2 pm	Yoga — Level 1/2 ☺	Linda
6 — 7 pm	Yoga — Super Gentle	Debbie M.
6 — 7:15 pm	Yoga — Level 1	Marisa
7:30 — 8:45 pm	Yoga — Flow — Level 1/2	Debbie H.

FRIDAY

9 — 10:15 am	Yoga — Level 1/2	Karen *
10 — 11:30 am	Yoga — Level 1/2	Cinema
12 — 1:15 pm	Yoga — Baby & Me (6 wks.—6 months)	Marisa

SATURDAY

8 — 9 am	Yoga — Flow — All Levels *	Mercedes
8:30 — 10 am	Yoga — Level 1	Ifeoma *
9:15 — 10:45 am *	Yoga — Level 2	Mercedes
10:45 am — 12 pm	Yoga — Prenatal	Ifeoma *
4:30 — 5:45 pm	Yoga — Gentle	TBD

SUNDAY

9 — 10:15 am	Yoga — Level 1	Karen
10:30 — 11:45 am	Yoga — Level 1/2	Karen
12 — 1:15 pm	Hand Drumming	Kristen
4 — 5 pm	Pilates — Basic Level	Annette
5 — 6:15	Yoga for Runners & Cyclists	Mercedes
5:15 — 6:15 pm	Pilates — Intermediate	Annette

☺ These classes coincide with Budding Yogis classes for kids! Come practice yoga while your preschooler takes Storytime Yoga downstairs (see reverse).
* Change from the previous session.
** Community sitting and walking meditation is FREE; donations are accepted for cost of supplies.



register

www.circleyoga.com

3838 Northampton Street, NW
Washington DC 20015 • 202.686.1104

holiday week classes

All holiday classes are 1 hour and cost \$10. Register online or call the studio to reserve a space (202) 686-1104.

Monday, December 31	10 am	Yoga
Tuesday, January 1	11 am	Restorative Yoga
Wednesday, January 2	10 am	Yoga
Thursday, January 3	10 am	Yoga Boogie
Friday, January 4	10 am	Yoga
Saturday, January 5	10 am	Yoga
Sunday, January 6	10 am	Yoga

dc yoga week 2008

Mark your Calendars! DC Yoga Week 2008 will be held April 12–18, 2008. Join other DC yogis on April 13, 1–4 pm for Yoga on the National Mall.

saturday sangha day

Saturdays: February 2, March 1, and April 5, 5–6:30 pm, free

The first Saturday of every month continues to be Circle Yoga's Saturday Sangha Day! On Saturday Sangha Day, all merchandise will be 10% off, and all are welcome to join us for a free discussion from 5–6:30 pm. January 1st the studio is closed—no Saturday Sangha.

upcoming workshops

Yoga & Meditation

Yoga Nidra with Karen Soltes

Wed., Dec. 26, 7–9 pm, \$35 (\$30 if registered by Dec. 19)

Tantric Meditation with Cinema Wood

Sun., Jan. 27, 6–8 pm, \$35 (\$30 if registered by Jan. 20)

Yoga for Shoulders with Naomi Gottlieb-Miller

Sun., Feb. 10, 1:30–3:30 pm, \$35 (\$30 if registered by Feb. 3)

Partner Yoga with Cinema Wood

Sun., Feb. 17, 1:30–3:30 pm, \$70/couple (\$60/couple if registered by Feb. 10)

Yoga Nidra with Karen Soltes

Fri., Feb. 29, 7–9 pm, \$35 (\$30 if registered by Feb. 22)

Ease Into Backbending with Jill Minneman

Sun., Mar. 2, 1:30–3:30pm, \$35 (\$30 if registered by Feb. 24)

Yoga of Bellydance with Annette Zabolotsky

(ages 10 to adult—under age 12 please come with an adult)
Sun., Mar. 9, 2–3:30 pm, \$30 (\$25 if registered by Mar. 2)

upcoming workshops

[continued from reverse side]

Introduction to Mindfulness Meditation with Annie Mahon

Tue., Mar. 11, 7–9 pm, Free (donations accepted)

Kids & Families

Infant Massage with Luann Fortune

2 Monday Workshops: Feb. 4 and Mar. 3, 11 am–1 pm

\$35/workshop (\$30/workshop if registered at least one week in advance of the workshop)

Daddy & Me Yoga (ages 5–10) with Linda Feldman

Sun., Feb. 10, 11 am–12 pm, \$25/couple (\$20/couple if registered by Feb. 3), \$17 each additional participant

Therapeutic Yoga

Yoga for a Healthy Low Back: A Therapeutic Anusara Yoga Workshop with Kate Miller

Sun., Jan. 20, 10 am–12 pm, \$35 (\$30 if registered by Jan. 13)

Restorative Yoga for Reducing Stress with Jill Minneman

Fri., Feb. 1, 6:30–8 pm, \$30 (\$25 if registered by Jan. 25)

The Gift of Our Compulsions: A Workshop with Mary O'Malley

Friday Night Introductory Talk: Fri., Mar. 14, 7–9 pm

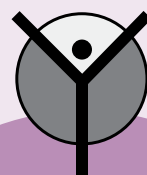
Saturday Workshop: Being Healed by Our Compulsions: Sat., Mar. 15, 12–7 pm

\$50 for Fri. night only, \$125 for Sat. only, \$150 for both (\$135 for both if registered by Mar. 1)

Wellness Workshops

Couples Massage with Eduardo Cortina

Sat., Feb. 16, 4:30–8:30 pm, \$200/couple



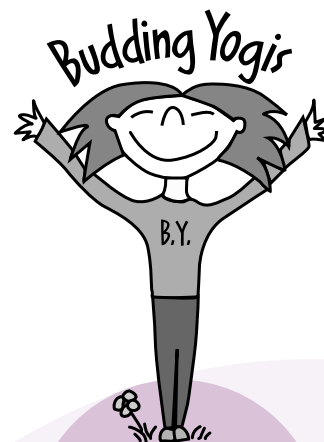
Circle Yoga

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register

www.circleyoga.com
www.buddingyogis.com

3838 Northampton Street, NW
Washington, DC 20015
202.686.1104



at Circle Yoga
for kids, teens
& families

Budding Yogis class schedule WINTER 2008 Jan. 7 – Mar. 16

(10 weeks)

MONDAY		
1 – 2 pm	Storytime Yoga (3–5 years) ☺	Camille
4:45 – 5:30 pm	Pre-teen Yoga (8–12 years)	Annie
WEDNESDAY		
5:30 – 6:30 pm	Teen Yoga (12+ years)	Marisa
THURSDAY		
1 – 2 pm	Storytime Yoga (3–5 years) ☺	Camille
4 – 4:45 pm	Pre-Teen Yoga (8–12 years)	Camille
6:30 – 7:15 pm	Family Yoga (5–10 yrs w/ adult/s)	Linda
FRIDAY		
10:15 – 11 am	Movers & Twisters (2–4 yrs w/ adult/s)	Linda
4:15 – 5 pm	Kids Yoga (5–8 years)	Linda
SATURDAY		
10 – 10:45 am	Family Yoga (5–10 yrs w/ adult/s)	Linda
11 – 11:45 am	Family Yoga (3–6 yrs w/ adult/s)	Linda
4 – 5 pm	Teen Yoga (12+ years)	Annie
SUNDAY		
10 – 10:45 am	Movers & Twisters (2–4 yrs w/ adult/s)	TBD
4 – 4:45 pm	Family Yoga (3–6 yrs w/ adult/s)	Debbie H.
5 – 5:45 pm	Kids Yoga (5–8 years)	Debbie H.

☺ These classes coincide with adult yoga classes on the Circle Yoga schedule so your preschooler can enjoy Storytime Yoga while you take yoga upstairs!



Circle Yoga

It's easy to Be here.

fees & registration
see reverse side

teachers/influences/styles

Circle Yoga and Budding Yogis teachers are experienced and qualified in teaching yoga. Our adult yoga teachers have completed nationally recognized teacher training programs, and most are registered through Yoga Alliance. Our kids and family yoga teachers are certified through the Budding Yogis Teacher Training Program and/or other kids yoga certification programs.

At Circle Yoga, our goal is to incorporate mindfulness—the ability to be alive in the present moment and to enjoy what is going on for us right now, in our bodies and minds—into everything we do. The practices of mindful breathing and mindfulness of the body are part of all of our classes. All of our teachers have their own yoga practice. Their unique paths have been inspired by many teachers and traditions, including the following:

Anusara

Anusara Yoga approaches asanas using a system of alignment principles that balances stability and flexibility in each pose. This “heart-oriented” practice encourages students to express yoga poses from the “inside out.”

Iyengar

Iyengar Yoga focuses on precision in alignment as the mind and body are stretched and strengthened. Poses are generally held for longer periods of time; modifications and props are commonly used.

Himalayan

Yoga classes in the Himalayan tradition offer a quiet and meditative atmosphere in which students learn to attend to their bodies, minds, and spirits through breathing practices, slow-moving yoga postures, meditation, and relaxation.

Kripalu

Kripalu Yoga emphasizes individual growth and awareness over the outward perfection of yoga postures. Kripalu classes combine breathing practices, a flowing sequence of postures, and meditation techniques.

In addition to these traditions, our teachers have also been influenced by Ashtanga Vinyasa, Para Yoga, and other traditions, making each teacher's style and approach unique. For more information about specific instructors, please visit www.circleyoga.com or www.buddingyogis.com.

circle yoga classes

Yoga Levels

Level 1 students will study basic principles through standing and seated postures, while emphasizing respect for the students' abilities.

Level 1/2 is an advanced beginner class for students wishing to extend their learning.

Level 2 is recommended for more advanced students who have completed a Level 1/2 class at Circle Yoga or an equivalent class at another studio.

Gentle Yoga is a good yoga class for adults of any age, including seniors and those with minor physical ailments, in which students will practice beginning yoga poses and learn the principles of body alignment and breath awareness.

Super Gentle Yoga is for students with special conditions, or who desire a slower pace to their yoga class. In this class students will gently practice yoga using a variety of props, allowing them to experience the stretching and strengthening benefits of yoga regardless of their current physical condition.

Baby & Me Yoga (babies ages 6 wks.–6 mos.)

This Baby & Me Yoga class combines yoga, breath awareness, and relaxation for moms, dads, or caregivers and their babies. Baby will be included in your yoga practice as you reconnect with your body, regain strength and flexibility, and learn new ways of moving and playing with your infant. This class is for babies who are not yet crawling. Please bring a blanket.

Baby & Me Yoga (babies ages 6 mos.–12 mos.)

This Baby & Me Yoga class is designed for for adults with crawlers and tots up to 12 months. Babies will explore the room and play with each other while adults build strength and flexibility through an active yoga practice. Please bring a couple of toys for your baby.

Flow Yoga

Flow Yoga gently warms the body, softens the heart and steadies the mind. The basic Sun salutations sequence is used to connect various standing and floor poses. Each pose (asana) is linked to the next via breath, leading to a flowing series of movements. The intention is that students bring this sense of 'flow' (vinyasa) off the mat and to other parts of their lives.

levels, influences, classes

circle yoga classes (cont.)

Fusion Flow

Fusion Flow is taught in a fun, vinyasa style, which blends yoga, Pilates, and breath work. This class focuses on building strength, flexibility, and balance in the core body.

Hand Drumming

Students will explore West African drums and rhythms with djembe artist Kristen Arant, learning basic notes of the djembe, parts to traditional West African polyrhythms and will build confidence, strength, and joy by playing improvisationally through listening and bonding with one another.

Pilates

Students will learn the basic principles and exercises of the Pilates mat workout. They will explore this series of low-impact mat exercises and will develop core strength, coordination, flexibility, balance, and focus.

Prenatal

A class for all pregnant women, including yoga beginners, during this important time. We will stretch and strengthen through yoga postures designed especially for pregnancy, and include breathing techniques and relaxation designed to help prepare for the upcoming birth.

T'ai Chi and Qigong

T'ai Chi and Qigong are ancient Chinese forms of exercise, meditation, and stretching to help bring the body into balance, health, and vitality. In this class we will learn exercises, sounds, and meditation to help reduce stress, calm the mind and body, and increase and enhance energy flow.

Shake Your Soul™

Shake Your Soul™ is a moving fitness experience where dynamic music and entrancing rhythms free your body and inspire your spirit. It combines many movement styles which merge into a seamless whole that evokes healing for our physical and emotional hearts. No dance experience needed.

Yoga for Runners & Cyclists

Participants will learn specific yoga postures helpful to some of the muscle groups (hips, quads, hamstrings, and shoulders) that may be overtaxed by running and cycling. This class is for anyone who wants to find greater ease and opening in their hips and hamstrings, shoulders and upper back, and between the pelvis and lower back. Students will also learn to deepen the connection between movement, awareness, and breath.

Yoga Nidra

Translated literally as Yogic Sleep, through a process of guided meditation Yoga Nidra enables one to remove the subconscious blocks to achieving life goals through a focused intention, known as a Sankulpa. Practiced on a regular basis, Yoga Nidra has the potential to induce relaxation in the body and mind, eliminate stress, promote health, and draw upon the power of our innate wisdom to solve personal problems.

budding yogis classes

Family Yoga

Family Yoga offers kids a chance to practice yoga with their family members. Classes are structured like kids yoga classes with more emphasis on interactive and partner poses for kids and adults to do together.

Kids & Pre-teen Yoga

Kids & Pre-teen Yoga are fun and age-appropriate yoga classes. Classes will have a theme, and will include poses, breathing, movement, music, art, and relaxation.

Movers & Twisters

Movers & Twisters is a fun class for young kids to experience beginning yoga with their parent or caregiver. We will do poses, movement, music, art, and relaxation, with more focus on movement and play. (For kids ages 2–4 w/ adult.)

Storytime Yoga

Better than taking a nap, your child will learn and practice gentle and quieting yoga stretches and yoga through story, and will have a long relaxation with a foot massage, while you can take your own Circle Yoga class. (For kids ages 3–5.)

Teen Yoga

Teen Yoga gives teens a chance to work on particular poses in a class with their peers and progress into more challenging poses throughout the session. We still maintain a playful atmosphere and offer relaxation.



photo by Judy Licht

policies & procedures

How to Register

- View the class schedule included with this brochure or on the website: www.circleyoga.com. Join our mailing list to receive schedules by mail.
- For classes and workshops, register online at www.circleyoga.com or www.buddingyogis.com with MC/Visa, or send completed registration form with payment to Circle Yoga, 3838 Northampton Street, NW, Washington D.C. 20015. Registration forms may be picked up at the studio or downloaded from the websites.
- Space is limited in classes, so please send your registration form in early to guarantee a space in class.
- Multi-class Discount: Household family members and individuals registering for multiple classes during the session will receive a 10% discount on the 2nd, 3rd, 4th (etc.) classes. This discount applies through the first week of Circle Yoga and Budding Yogis classes.

Weather and Emergency Cancellation

- Circle Yoga's Budding Yogis family and kids classes will be cancelled whenever the D.C. Public Schools are cancelled.
- All other Circle Yoga class cancellations will be announced on voice mail (202.686.1104) two hours before class time.

Make-up Policy

- Missed classes can be made up anytime within the same session (space permitting). Students may make-up in any age-appropriate class. Families may transfer the make-up to another household family member during the same session.

Drop-Ins

- Advanced registration is strongly encouraged.
- Kids classes: one drop-in per session is permitted (space permitting).
- Teens and family classes and all other Circle Yoga classes: drop-ins are accepted (space permitting).

Coming to Class

- Please feel free to wear any comfortable clothing to class (not too baggy, please) and bare feet.
- There is no eating in the studio, so please eat well in advance of class (yoga is best done on an empty stomach).
- Please turn off cell phones or leave phones in the dressing area.

Refund Policy

- Classes: Full refunds, minus a \$25 administrative fee, are happily given prior to the first week of classes. Pro-rated refunds, minus a \$25 administrative fee, are happily given through the fourth week of any session. Sorry, after the fourth week of any session, no refunds can be given.
- Workshops: Unless otherwise noted on our website, workshop refunds are provided minus a 20% administrative fee if the student cancels at least 48 hours before the workshop. Sorry, no refunds are given within 48 hours of the workshop.
- Day-long and special event workshops may have different refund policies, which are noted in individual workshop descriptions on our website at www.circleyoga.com.

Adult Participation

- One adult must be present for family classes and Movers & Twisters. Other kids yoga classes are drop-off. Due to limited studio space, family members and friends are asked not to observe these classes.

yoga parties!

Circle Yoga offers yoga parties for all occasions—birthdays, family reunions, anniversaries, wedding and baby showers. Whatever occasion you are celebrating, we can provide you with a tailor-made yoga session for your group of 4–15. Adult parties of 20 are available for mixed level yoga students; kids parties have a yoga theme chosen by you, and yoga games and poses are taught within the party theme. Please call or email the studio for more information at 202.686.1104 or info@circleyoga.com.