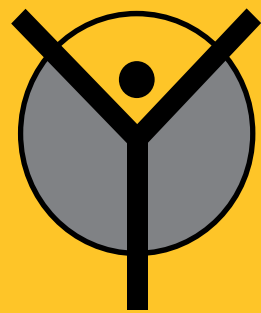


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WASHINGTON DC  
PERMIT NO. 179

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



# Circle Yoga

It's easy to Be here.

## fall 2008

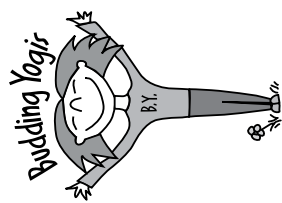
### SCHEDULE

#### 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  
9 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](http://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 Monday, August 11<sup>th</sup> for current students and Monday, August 18<sup>th</sup> for new students.

### fees

\$210 Circle Yoga Classes (14 weeks)  
\$195 for Budding Yogis Kids Classes (13 weeks), and  
\$234 for Movers & Twisters and Family Yoga  
(includes both adult and child), each additional adult/child \$156  
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](mailto:karen@circleyoga.com).

### how to reach us

[www.circleyoga.com](http://www.circleyoga.com) · [www.buddingyogis.com](http://www.buddingyogis.com)  
3838 Northampton Street, NW, DC 20015 · 202.686.1104

Annie Mahon, Director  
[annie@circleyoga.com](mailto:annie@circleyoga.com)

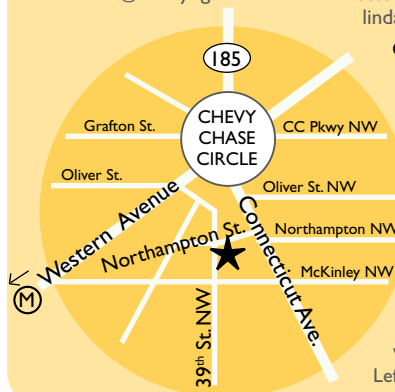
Linda Feldman, Studio Manager and  
Director of Budding Yogis Kids Programs  
[linda@buddingyogis.com](mailto:linda@buddingyogis.com)

Gayle Hager, Business Manager  
[gayle@circleyoga.com](mailto:gayle@circleyoga.com)

Karen Soltes, Director of  
Therapeutic Yoga Programs  
[karen@circleyoga.com](mailto:karen@circleyoga.com)

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

On-street parking  
METRO—Red Line. From the  
Friendship Heights stop: NE on  
Western, Right on McKinley,  
Left on 39<sup>th</sup> to Northampton



### Circle Yoga class schedule

for  
adults

FALL 2008

Sept. 8 – Dec. 14

(14 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	Kate*
7:45 – 8:45 pm	Yoga Nidra	Karen
7:45 – 9:15 pm	Yoga – Level 2	Kate*

#### TUESDAY

9:15 – 10:30 am	Yoga – Level 2	Jill M
10 – 11:15 am	Yoga – Gentle	Annie
10:30 – 11:45 am	Yoga – Level 1/2*	Anne K
12:00 – 1:15 pm	Yoga – Baby & Me (6 wks.–6 months)	Anne K*
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 – 9:15 pm*	Yoga – Level 1/2	Marisa

#### WEDNESDAY

6:30 – 7:30 am	Mindfulness Meditation free**	
7:15 – 8:30 am	Yoga + Shake Your Soul®*	Christine
9:30 – 10:45 am	Yoga – Fusion Flow*	Annette
9:45 – 11 am	Yoga – Level 1/2	Annie
11 am–12 pm*	Pilates – Basic Level	Annette
5:30 – 6:45 pm*	Yoga – Gentle	Debbie M*
6:30 – 7:45 pm*	Yoga – Level 1	Cinema
7 – 8:15 pm	Yoga – Level 1/2	Debbie M

#### THURSDAY

9:30 – 10:30 am*	T'ai Chi & Qigong	Eduardo
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	Anne K
10 – 11:30 am	Yoga – Level 1/2	Cinema
10:30 am–12 pm	Yoga – Breast Cancer Recovery	Jill M./Karen
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
10:30 am – 12 pm	Yoga – Prenatal	Anne K
4:30 – 5:45 pm	Yoga – Gentle	Gretchen

#### SUNDAY

9 – 10:15 am	Yoga – Level 1	Karen
10:30 – 11:45 am	Yoga – Level 1/2	Karen
3 – 4:30 pm	Yoga Level 2/3*	Mercedes
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 the cost of supplies.

register at [www.circleyoga.com](http://www.circleyoga.com)

3838 Northampton Street, NW | Washington DC 20015 | 202.686.1104

### upcoming workshops

#### SPECIAL GUEST TEACHERS

**Anne Cushman**, writer, contributing editor to both *Yoga Journal* and *Tricycle*, yoga and mindfulness meditation teacher, director of the Mindfulness Yoga and Meditation program at Spirit Rock, and author of the new novel, *Enlightenment for Idiots*. (more about Anne at [enlightenmentforidiots.com](http://enlightenmentforidiots.com))

**Sunday, October 12, 12 – 3:30 pm: Awakening the Body, Mind, and Heart: A Mindful Yoga and Meditation Practice**, \$65 (\$60 if registered by October 1)

**Sunday, October 12, 6 – 8 pm: Nourishing the Body, Mind, and Heart through Restorative Yoga and Meditation**, \$40 (\$35 if registered by October 1)

Both workshops \$100 (\$95 if registered by October 1)

**Sage Rountree**, athlete, writer, editor of *Endurance Magazine*, triathlon coach, and yoga teacher focused on working with competitive and amateur athletes, author of *The Athlete's Guide to Yoga: An Integrated Approach to Strength, Flexibility, and Focus* (more about Sage at [www.sagerountree.com](http://www.sagerountree.com))

**Saturday, October 18, 12:30 – 3:30 pm, Yoga for Athletes**, \$65 (\$60 if registered by October 1)

#### YOGA & MEDITATION

##### Yoga for a Healthy Low Back

Sunday, October 5, 1:30 – 3:30 pm, \$40 (\$35 if registered by September 28). With Kate Miller.

##### Intro to Mindfulness Meditation

Saturday, October 25, 2 – 3:30 pm, Free, dana (donations) accepted. With Annie Mahon. Advance registration required.

##### Intro to Pranayama: The Art of Breath Awareness

Sunday, October 26, 1:30 – 3:30 \$35 (\$30 if registered by October 19). With Jill Dorosz & Paola Ceccarini.

##### Set Your Hips Free: Yoga for Hips

Sunday, November 2, 1:30 – 3:30 pm, \$35 (\$30 if registered by October 26). With Naomi Gottlieb-Miller.

##### Yoga for Emotional Healing

Saturday, November 15, 12 – 4 pm, \$70 (\$65 if registered by November 8). With Karen Soltes.

##### Restorative Yoga for Reducing Stress

Friday, November 21, 7 – 8:30 pm, \$30 (\$25 if registered by November 14). With Jill Minneman.

##### Relax Into the Holidays

Friday, December 5, 7 – 9 pm, \$35 (\$30 if registered by November 28). With Karen Soltes.



Circle Yoga

# workshops (continued)

## KIDS & FAMILIES

**Teen Girls Talking Circle**, Mondays 4:30-6 pm: September 8, free, open to any interested girls and their parents. September 22, free, open to any interested girls. September 29 – December 8, 10 weeks, \$150/person, sliding scale available.

**Infant Massage**: Monday, October 6, 11 – 1 pm \$35 (\$30 if registered by September 29) OR Saturday, November 22, 11-1 pm \$35 (\$30 if registered by November 15). With Luann Fortune.

**Daddy & Me Yoga** (ages 5 – 10): Sunday, Nov. 23, 11 am – 12 pm, \$25/couple (\$20 if registered by Nov. 16), \$17 each additional participant. With Linda Feldman.

## PILATES

The Pilates Sculpt Series\* with Annette Zabolotsky

**Pilates Sculpt: The Basics**  
Sunday, September 28, 1:30-3:30, \$40 (\$35 if registered by September 21) OR Sunday, October 12, 1:30-3:30, \$40 (\$35 if registered by October 5)

**Pilates Sculpt: Upper Body**  
Sunday, November 16, 1:30-3:30, \$40 (\$35 if registered by November 9)

\*This workshop series is designed for students who have completed at least one full session of the Pilates-Basic mat class.

## TRAINING

**Teaching Yoga to Kids — Budding Yogis Certification**: Friday, November 14 – Sunday, November 16. Fri: 12 – 5 pm and 6-9 pm, Sat: 12 – 4 pm and 5 – 7:30 pm, Sun: 8:30 am – 12:30 pm and 1:30 – 4 pm. \$475 (\$425 if registered by Oct. 1). With Linda Feldman and Annie Mahon.

**The Principles of Teaching and Practicing Yoga Nidra**  
Saturday, November 1, 12 – 4 pm, \$70 (\$65 if registered by October 25). With Karen Soltes & Philip Beck.

## SPECIAL EVENTS

**DC Global Mala** — Sunday, September 21 at THEARC  
The Second annual DC Global Mala will bring together hundreds of participants to salute the sun, take in a dharma talk, chant and sing at kirtan, and enjoy workshops for newcomers to yoga. All proceeds will be donated to charity. For more information visit [www.dcglobalmala.com](http://www.dcglobalmala.com).

**Dana Week** — November 17 – 23  
Dana is the practice of generosity. During this week, all profits from the sale of merchandise and workshops will be donated to the globally-reaching non-profit, Anahata International, founded by local yoginis Radhika Thakkar and Angela Cerkevich. Anahata International is dedicated to assisting with the self-healing of individuals and communities affected by conflict. For more information visit [www.anahatainternational.org](http://www.anahatainternational.org).

**Holiday Week Yoga** — December 29 – January 4  
We will offer an abbreviated schedule of classes during the week of Dec. 29 – Jan. 4. Class times will be listed on the winter schedule and on [www.circleyoga.com](http://www.circleyoga.com) in December.

## SATURDAY SANGHA DAY

Saturdays: Saturdays, Oct. 4, Nov. 1, and Dec. 6, 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.



at Circle Yoga  
for kids, teens & families

## Budding Yogis class schedule

FALL 2008

Sept. 15 – Dec. 14

MONDAY (13 weeks)		
1 – 2 pm	Storytime Yoga (3–5 years) ☺	Camille
3:45 – 4:30 pm*	Pre-teen Yoga (8–12 years)	Annie
4:30 – 6:00	Teen Talking Circle (no drop-in, call studio for info)	
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
4:15 – 5:00 pm	Pre-teen Yoga (8–12 years)*	Marta
SUNDAY		
10 – 10:45 am	Movers & Twisters (2–4 yrs w/ adult/s)	Robin
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!

fees & registration see reverse side

Circle Yoga

It's easy to Be here.

# levels, influences, classes

## 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](http://www.circleyoga.com) or [www.buddingyogis.com](http://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. Completion of one session Level 1 or equivalent preferred.

**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. Inversions and back bending will be introduced.

**Level 2/3** is for more-advanced students. Completion of Level 1/2, Level 2, or equivalent required.

**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.

**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.

photo by Judy Licht

## 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 poly-rhythms 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.

### 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.

# policies & procedures

## How to Register

- View the class schedule included with this brochure or on the website: [www.circleyoga.com](http://www.circleyoga.com). Join our mailing list to receive schedules by mail.
- For classes and workshops, register online at [www.circleyoga.com](http://www.circleyoga.com) or [www.buddingyogis.com](http://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 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> (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

- Space permitting, drop-ins are welcome.

## 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](http://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.

## We offer Restorative Yoga & Thai Yoga Massage!

for information:  
[info@circleyoga.com](mailto:info@circleyoga.com)  
202.686.1104

## 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](mailto:info@circleyoga.com).