
CLASS FEES

SUMMER INTRO OFFER FOR NEW STUDENTS:

\$10 for a 2 class pass valid for one week.

STANDARD FEES:

Drop-in yoga class: \$10

Ten yoga class pass, valid for one month: \$80

Unlimited monthly yoga membership: \$70/month
w/ \$100 initiation fee.

Eco-friendly yoga mat rental: \$1

Mat storage: free

Wondering why our class prices are so low? Read on!

LOW COST ★ HIGH QUALITY

Yoga District instructors are doing the impossible-- offering exceptional yoga instruction at \$10 a class in a peaceful setting. Why? Because an essential part of Yoga District's not-for-profit mission is to help make yoga affordable and accessible, without skimping on quality. To learn more about our space, pricing options and our innovative instructors' qualifications, please go to www.yogadistrict.com.

FREE 4th OF JULY CLASS AT DUPONT CIRCLE

Yoga District instructors will be teaching a free public yoga class at Dupont Circle on **July 4th** at 11:00a.m. (rain date July 7th). Please bring your mat and some water.

YOGA TEACHER CERTIFICATION

Yoga District hosts a 200-hour level three-month certification program carefully designed for serious students of yoga who want to deepen their practice and for those students who wish to become teachers themselves. This certification program is based upon a variety of types of yoga, and is registered through Yoga Alliance. Payment plans for the \$3,085 in fees are available, and 50% reduced admission to Yoga District classes is offered to all teacher training participants.

This season's Teacher Training Program begins on October 1st at 8:00 p.m. with graduation in early January. Please call for more information (202.265.YOGA).

WORKSHOPS

Meditation Workshop: JUNE 17th (4:00p.m. – 5:15p.m.) \$10

Inversions Workshop: JULY 7th (5:30p.m. – 7:00p.m.) \$10

Beginners Workshop: JULY 22rd (4:00p.m. – 5:30p.m.) \$10

UNTRADITIONAL

Yoga District's innovative instructors draw from a variety of types of yoga to create a wide variety of untraditional, challenging classes.

ECO-FRIENDLY

Everything from the paint on our walls, yoga mats, clothing line, cleaning products, recycling, composting, paper and printing— we're green.

SETTING THE STORY STRAIGHT

1. You can't get a good workout from yoga.

TRUE / **FALSE**

2. You have to be flexible to do yoga.

TRUE / **FALSE**

3. Yoga is a religion.

TRUE / **FALSE**

4. Yoga is expensive.

TRUE / **FALSE**

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Yoga District is a Founding Business Member of the Green Yoga Association.

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YOGA DISTRICT



UNTRADITIONAL ★ ECO-FRIENDLY


JUNE/JULY/AUGUST SCHEDULE

**1635 CONNECTICUT AVE., N.W. 5TH FLOOR
WASHINGTON, D.C. 20009**

1 block from Dupont Metro

**info@yogadistrict.com
www.yogadistrict.com
202.265.YOGA (9642)**

YOGA DISTRICT JUNE/JULY/AUGUST CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am - 8:15am		FOUNDATIONS (Sophia) <small>24hr. advance online registration required</small>		FREESTYLE (Helen) <small>24hr. advance online registration required</small>			
10:15am - 11:30am						POWER (Matsimela)	POWER (Matsimela)
12:30pm - 1:30pm (WEEKDAYS) 12:15pm - 1:30pm (WEEKENDS)	FREESTYLE (Jasmine)	RESTORATIVE (Amy)	FREESTYLE (Bernie)	FREESTYLE (Jasmine)	FREESTYLE (Jasmine)	POWER (Matsimela)	POWER-ADVANCED (Matsimela)
4:00pm - 5:15pm	FREESTYLE (Jasmine)	FOUNDATIONS (Ellie)	FREESTYLE (Bernie)	FREESTYLE (Amy)	FREESTYLE (Ellie)	FREESTYLE (Ariele)	HOLISTIC THERAPY (Stacy) <small>By appointment only. Additional times available.</small>
5:30pm - 6:30pm	FOUNDATIONS (Jasmine)	FREESTYLE (Amy)	YOGALATES (Christina)	FREESTYLE (Sabina)	FREESTYLE (Jenny)		FREESTYLE (Christina)
6:30pm - 7:45pm	POWER (Matsimela)	POWER (Helen)	POWER (Jasmine)	FOUNDATIONS (Jenny)	POWER (Matsimela)		
8:00pm - 9:15pm	POWER / YOGA FOR RUNNERS (Matsimela)	RESTORATIVE (Bernie)	HEATED FLOW (Sabina)	POWER (Jenny)	FOUNDATIONS (Matsimela)		

CLASS DESCRIPTIONS (SEE REVERSE FOR CLASS FEE INFORMATION)

FREESTYLE: All levels. A yoga class for absolutely everyone. Drawing from a variety of types of yoga, this class teaches classic postures & simultaneous rhythmic breathing, coupled with intense exercises to build strength.

FOUNDATIONS: Beginner. Lay the foundation for an effective yoga practice with this basic class introducing aspects of Sivananda, Vinyasa, and Power yoga.

POWER: All levels. Unconventional, challenging, and athletic. This class helps you tone up and stretch out, drawing from pilates and a variety of schools of yoga, including lyengar, Vinyasa, Ashtanga, Power, and Sivananda.

RESTORATIVE: All levels. Appropriate for all, yet designed to strengthen and relieve weak joints, tired backs and neglected cores.

HEATED FLOW: All Levels. Work up a sweat to release toxins in this Vinyasa-style yoga class.

YOGALATES: All levels. A serious workout. Learn to apply yoga together with the precision and control of the Pilates Method to develop deep core strength, flexibility, awareness of breath, and alignment of spine.

HOLISTIC THERAPY: Individualized sessions which build on connection between body, mind, and spirit to identify patterns, improve relationships, handle daily stress, promote balance, and discover your purpose.