

## VIRGINIA YOGA WEEK 2011 OFFERINGS

June 12-19

### Sunday, June 12

Location	Class	Time	Type	Charity	More Info
<a href="#">Reston Town Center</a>	Love Your Body Day - Northern VA Opening Event	9:00am-4:00pm	karma	<a href="#">Reston Interfaith</a>	Yoga for all ages & abilities, live music, & massage!
<a href="#">Durga Temple</a>	Children's Yoga (ages 9-13)	8:30am-9:30am	FREE		
<a href="#">Tranquil Space Arlington</a>	Yoga & Meditation On-the-go	9:00am-10:30am	FREE		
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I	9:00am-10:30am	\$5		Class held at Unity Woods in Arlington
<a href="#">Durga Temple</a>	Children's Yoga (ages 5-8)	9:30am-10:15am	FREE		
<a href="#">Pies Fitness</a>	Sunday Yoga	10:00am-11:00am	\$5		Max 20 participants. Register in advance.
<a href="#">Soaring Spirit Yoga Studio</a>	Compassion In Action!	11:30am-12:30pm	karma	<a href="#">Last Chance Animal Rescue</a>	Come 10-15 min early to fill out a registration card
<a href="#">Unity Woods</a>	Iyengar Yoga Class	12:30pm-1:30pm	FREE		Class held at Unity Woods in Arlington

### Monday, June 13

Location	Class	Time	Type	Charity	More Info
<a href="#">Falls Church Bikram Yoga</a>	6am Bikram Yoga	6:00am-7:30am	FREE		Visit website for class preparation and parking info.
<a href="#">Pies Fitness</a>	Wake Up Yoga	6:00am-7:00am	\$5		Max 20 participants. Register in advance.
<a href="#">Falls Church Bikram Yoga</a>	10am Bikram Yoga	10:00am-11:30am	\$5		Visit website for class preparation and parking info.
<a href="#">Pure Prana</a>	Lunch Yoga	12:15pm-1:15pm	\$5		New? arrive 10-15 min early to fill out a registration card. Cash/check payments only for \$5 classes
<a href="#">River's Edge Yoga</a>	Lunch Yoga	12:15pm-1:15pm	FREE		Arrive 5-10 min early to fill out a registration form
<a href="#">Soaring Spirit Yoga Studio</a>	Yoga Fundamentals	6:00pm-7:00pm	FREE		Come 10-15 min early to fill out a registration card
<a href="#">Little River Yoga</a>	Introduction to Ashtanga Yoga	6:30pm-8:00pm	FREE		
<a href="#">Pies Fitness</a>	Hot Yoga Your Way	6:45pm-7:45pm	\$5		Max 20 participants. Register in advance.
<a href="#">River's Edge Yoga</a>	Yoga for Athletes	6:45pm-7:45pm	karma	<a href="#">Mid Atlantic Pug Rescue</a>	\$10 minimum donation
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I	7:30pm-9:00pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Pure Prana</a>	Yoga Fusion	7:45pm-9:00pm	\$5		New? arrive 10-15 min early to fill out a registration card. Cash/check payments only for \$5 classes
<a href="#">River's Edge Yoga</a>	Vinyasa Yoga, All Levels	7:45pm-9:00pm	karma	<a href="#">Mid Atlantic Pug Rescue</a>	\$10 minimum donation
<a href="#">Pies Fitness</a>	Zumba	8:00pm-9:00pm	\$5		Max 20 participants. Register in advance.

### Tuesday, June 14

Location	Class	Time	Type	Charity	More Info
<a href="#">Falls Church Bikram Yoga</a>	6am Bikram Yoga	6:00am-7:30am	FREE		Visit website for class preparation and parking info.
<a href="#">Pies Fitness</a>	Morning Flow Yoga	9:30am-10:30am	\$5		Max 20 participants. Register in advance.
<a href="#">Falls Church Bikram Yoga</a>	10am Bikram Yoga	10:00am-11:30am	\$5		Visit website for class preparation and parking info.
<a href="#">Dancing Mind Yoga</a>	Try It! Dancing Mind Yoga's FREE Class!	11:30am-1:00pm	FREE		Call 703.237.9642 or visit website to register online.
<a href="#">Beloved Yoga</a>	Dance Flow	12:00pm-1:00pm	karma	<a href="#">Reston Interfaith</a>	Great Falls location
<a href="#">Inner Power Yoga</a>	Community Class	12:00pm-1:00pm	FREE		
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I	12:15pm-1:15pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I	5:00pm-6:00pm	\$5		Class held at Unity Woods in Arlington
<a href="#">River's Edge Yoga</a>	Yoga Basics	5:30pm-6:30pm	\$5		Arrive 5-10 min early to fill out a registration form
<a href="#">Soaring Spirit Yoga Studio</a>	All Levels Yoga	6:00pm-7:00pm	\$5		Come 10-15 min early to fill out a registration card
<a href="#">Pure Prana</a>	Dharma 2/3*	6:30pm-7:45pm	\$5		New? arrive 10-15 min early to fill out a registration card. Cash/check payments only for \$5 classes
<a href="#">Little River Yoga</a>	Ashtanga Variations	6:30pm-8:00pm	\$5		
<a href="#">Flow Yoga, Go With It!</a>	Flow Yoga 2	7:30pm-8:45pm	FREE		Bring a donatable item for CARE to this class
<a href="#">Radiant Sun Therapies</a>	Meditation for Rejuvenation	7:30-8:30pm	\$5		Come as you are!
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I	8:00pm-9:00pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Tranquil Space Arlington</a>	Yin On-the-go	8:45pm-9:45pm	\$5		

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### Wednesday, June 15

Location	Class	Time	Type	Charity	More Info
<a href="#">Falls Church Bikram Yoga</a>	6am Bikram Yoga	6:00am-7:30am	FREE		Visit website for class preparation and parking info.
<a href="#">Pies Fitness</a>	Wake Up Yoga	6:00am-7:00am	\$5		Max 20 participants. Register in advance.
<a href="#">Pies Fitness</a>	Morning Flow Yoga	9:30am-10:30am	\$5		Max 20 participants. Register in advance.
<a href="#">Falls Church Bikram Yoga</a>	10am Bikram Yoga	10:00am-11:30am	\$5		Visit website for class preparation and parking info.
<a href="#">Beloved Yoga</a>	Gentle Community Yoga	12:00pm-1:00pm	\$5	<a href="#">Reston Interfaith</a>	\$5 donation. Class held at Reston location.
<a href="#">Radiant Sun Therapies</a>	Kundalini Lunch	12:00pm-1:00pm	FREE		Come as you are!
<a href="#">River's Edge Yoga</a>	Lunch Yoga	12:15pm-1:15pm	\$5		Arrive 5-10 min early to fill out a registration form
<a href="#">Pies Fitness</a>	Kids Yoga	5:00pm-6:00pm	\$5		Max 20 participants. Register in advance.
<a href="#">Pure Prana</a>	Kundalini Yoga + Gong	5:00pm-6:15pm	FREE		New? arrive 10-15 min early to fill out a registration card. Cash/check payments only for \$5 classes
<a href="#">Apurva Wellness</a>	Fundamentals of Yoga	6:00pm-7:00pm	FREE		Wear comfortable clothing & bring a mat or blanket
<a href="#">Inner Power Yoga</a>	Prana Flow	6:00pm-7:30pm	\$5		
<a href="#">Soaring Spirit Yoga Studio</a>	Vinyasa Yoga	6:15pm-7:15pm	FREE		Come 10-15 min early to fill out a registration card
<a href="#">Pies Fitness</a>	My Body Don't Bend That Way	6:45pm-7:45pm	\$5		Max 20 participants. Register in advance.
<a href="#">River's Edge Yoga</a>	Vinyasa Yoga, Open Levels	6:45pm-8:00pm	FREE		Come 10-15 min early to fill out a registration card
<a href="#">Beloved Yoga</a>	Dance Flow	8:00pm-9:00pm	karma	<a href="#">Reston Interfaith</a>	Great Falls location
<a href="#">Pies Fitness</a>	Zumba	8:00pm-9:00pm	\$5		Max 20 participants. Register in advance.
<a href="#">River's Edge Yoga</a>	Joyful Bellydance, All Levels	8:00pm-9:15pm	karma	<a href="#">YoKid</a>	Pay what you can - \$10 minimum suggested
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I	8:00pm-9:15pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Tranquil Space Arlington</a>	Karma Class	8:45pm-9:45pm	karma	<a href="#">Tranquil Space Foundation</a>	Suggested donation \$5

### Thursday, June 16

Location	Class	Time	Type	Charity	More Info
<a href="#">Falls Church Bikram Yoga</a>	6am Bikram Yoga	6:00am-7:30am	FREE		Visit website for class preparation and parking info.
<a href="#">Pure Prana</a>	Open to All Yoga	9:30am-10:45am	\$5		New? arrive 10-15 min early to fill out a registration card. Cash/check payments only for \$5 classes
<a href="#">Falls Church Bikram Yoga</a>	10am Bikram Yoga	10:00am-11:30am	\$5		Visit website for class preparation and parking info.
<a href="#">River's Edge Yoga</a>	Vinyasa Yoga, All Levels	10:30am-11:30am	\$5		Arrive 5-10 min early to fill out a registration form
<a href="#">Flow Yoga. Go With It!</a>	Power Hour Yoga	12:00pm-1:00pm	\$5		
<a href="#">Inner Power Yoga</a>	Community Class	12:00pm-1:00pm	FREE		
<a href="#">East Meets West Yoga</a>	Gentle Yoga with Dawn	12:30pm-1:30pm	FREE		
<a href="#">Dancing Mind Yoga</a>	\$5 Class at Dancing Mind Yoga!	4:30pm-5:45pm	\$5		Call 703.237.9642 or visit website to register online.
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I/II	6:00pm-7:30pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Soaring Spirit Yoga Studio</a>	Prenatal/Postnatal	6:15pm-7:15pm	\$5		Come 10-15 min early to fill out a registration card
<a href="#">Pies Fitness</a>	Half and Half	6:45pm-7:45pm	\$5		Max 20 participants. Register in advance.
<a href="#">River's Edge Yoga</a>	Ashtanga Primary Series	6:45pm-8:15pm	\$5		Arrive 5-10 min early to fill out a registration form
5925 Heatherwood Ct. Alex.	Iyengar Yoga for All Levels w/ Nanda Bondale	7:15pm - 8:45pm	FREE		Space limited, yoginanda@yahoo.com/703.628.4830
<a href="#">Radiant Sun Therapies</a>	Kundalini for Beginners	7:30pm-8:30pm	FREE		Come as you are!

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### Friday, June 17

Location	Class	Time	Type	Charity	More Info
<a href="#">River's Edge Yoga</a>	Wake Up and Breathe! Yoga	6:00am-7:00am	\$5		Arrive 5-10 min early to fill out a registration form
<a href="#">Falls Church Bikram Yoga</a>	6am Bikram Yoga	6:00am-7:30am	FREE		Visit website for class preparation and parking info.
<a href="#">Falls Church Bikram Yoga</a>	10am Bikram Yoga	10:00am-11:30am	\$5		Visit website for class preparation and parking info.
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I/II	12:00pm-1:15pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Pure Prana</a>	Happy Hour Yoga	4:30pm-5:45pm	\$5		New? arrive 10-15 min early to fill out a registration card. Cash/check payments only for \$5 classes
<a href="#">Apurva Wellness</a>	Yoga Basics	5:00pm-6:00pm	\$5		Wear comfortable clothing & bring a mat or blanket
<a href="#">Dancing Mind Yoga</a>	Dancing Mind Yoga's Community Class	6:00pm-7:30pm	karma	<a href="#">People for Haiti</a>	\$10 donation requested
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I/II	6:00pm-7:30pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Pies Fitness</a>	Hot Yoga Your Way	6:45pm-7:45pm	\$5		Max 20 participants. Register in advance.
<a href="#">Sacred Well Yoga Studio</a>	Hatha Yoga	7:00pm-8:15pm	karma	<a href="#">Culmore Clinic</a>	Space is limited, call 703.989.8316 to reserve a spot.
<a href="#">Collingwood Library &amp; Museum</a>	Candlelight Yoga on the Potomac	6:30pm-9:30pm	karma	<a href="#">Give Back Yoga</a> <a href="#">YoKid</a>	Family Yoga, Vinyasa Flow, yoga nidra, & kirtan! \$20 minimum donation

### Saturday, June 18

Location	Class	Time	Type	Charity	More Info
<a href="#">Beloved Yoga</a>	Beginner Yoga	7:30am-8:45am	FREE		Reston location
<a href="#">East Meets West Yoga</a>	Morning Kundalini Practice with Dawn	8:00am-9:15am	\$5		
5925 Heatherwood Ct. Alex.	Yoga for Balance and Strength	9:00am-10:15am	\$5		Space limited, yuginanda@yahoo.com/703.628.4830
<a href="#">Apurva Wellness</a>	Gentle Beginner Yoga	10:00am-11:00am	karma	<a href="#">Yatsalya Gram</a>	Wear comfortable clothing & bring a mat or blanket
5925 Heatherwood Ct. Alex.	What is Yoga Sutra? - An Intro to Yoga Philosophy	10:30am-11:30am	karma	Chaitanya - Bangalore, India underserved school	Space limited, yuginanda@yahoo.com/703.628.4830
<a href="#">River's Edge Yoga</a>	Vinyasa Flow	11:00am-12:15pm	FREE		Arrive 5-10 min early to fill out a registration form
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I/II	12:30pm-2:00pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Sacred Well Yoga Studio</a>	TriYoga Class	1:00pm-2:30pm	FREE		Space is limited, call 703.989.8316 to reserve a spot.
<a href="#">Health Advantage Yoga Center</a>	Karma Yoga Class	1:00pm-3:00pm	karma	<a href="#">Reston Interfaith</a>	Donations or in kind contributions website wish list
<a href="#">River's Edge Yoga</a>	In the Realm of the Gods: Legends & Myths of Hindu Deities	1:00pm-3:00pm	karma	<a href="#">Exalted Warrior Foundation</a>	\$10 minimum donation – larger gifts encouraged.
<a href="#">Pies Fitness</a>	Hot Yoga Your Way	1:15pm-2:15pm	\$5		Max 20 participants. Register in advance.
<a href="#">Beloved Yoga</a>	Vinyasa Community Yoga	4:00pm-5:30pm	FREE		Class held at Reston location.

### Sunday, June 19

Location	Class	Time	Type	Charity	More Info
<a href="#">Pies Fitness</a>	Spiritual Yoga	7:45am - 8:45am	FREE		Max 20 participants. Register in advance.
<a href="#">Durga Temple</a>	Children's Yoga (ages 9-13)	8:30am-9:30am	FREE		
<a href="#">Durga Temple</a>	Children's Yoga (ages 5-8)	9:30am-10:15am	FREE		
<a href="#">Beloved Yoga</a>	Vinyasa Community Yoga	9:30am-11:00am	\$5	<a href="#">Reston Interfaith</a>	\$5 donation. Class held at Great Falls location.
<a href="#">Unity Woods</a>	Iyengar Yoga Class, Level I	10:45am-12:15pm	\$5		Class held at Unity Woods in Arlington
<a href="#">Sacred Well Yoga Studio</a>	108 Sun Salutes	12:30pm-1:30pm	karma	<a href="#">Culmore Clinic</a>	Space is limited, call 703.989.8316 to reserve a spot.
<a href="#">River's Edge Yoga</a>	Yoga for Athletes	1:15pm-2:30pm	FREE		Arrive 5-10 min early to fill out a registration form
<a href="#">Sacred Well Yoga Studio</a>	TriYoga Class	2:00pm-3:30pm	FREE		Space is limited, call 703.989.8316 to reserve a spot.
Montgomery Park, Old Town	Free Yoga in the Fresh Air - Northern VA Closing Event	3:30pm-5:30pm	karma	<a href="#">Carpenter's Shelter</a> <a href="#">King Street Cats</a> <a href="#">Dogs XL Rescue</a> <a href="#">Dog World Rescue</a>	FOOD DRIVE to benefit 2 and 4 legged critters! Event will feature a sampling of classes with VYW teachers
<a href="#">Sacred Well Yoga Studio</a>	Breath-Centered Yoga Class	4:00pm-5:30pm	karma	<a href="#">Culmore Clinic</a>	Space is limited, call 703.989.8316 to reserve a spot.
<a href="#">Beloved Yoga</a>	Meditation	6:45pm-7:30pm	karma	<a href="#">Reston Interfaith</a>	Reston location
<b>Week-Long Events</b>					
<a href="#">East Meets West Yoga</a>	Pay It Forward Collection			<a href="#">Reston Interfaith</a>	Collecting non-perishable food items all week
<a href="#">Flow Yoga, Go With It!</a>	Donate Items to CARE			<a href="#">Loudon Cty Animal Shelter</a>	Donate gift cards for pet supplies, dry dog/cat food, toys, pillows, flea/tick medicine control, etc.
<a href="#">Unity Woods</a>	Collecting Check Donations			<a href="#">Arl. Food Assistance Ctr</a>	Collecting check donations for Center