

Tranquil Space Online - User Guide

Get to the online system from our class schedule page

Username: Password:

New Users: [Sign-up!](#) Returning Users: [Forgot your login?](#)

[Classes](#) [Workshops & Events](#) [My Info](#) [Buy](#) [Help](#)

/ashington DC All Class Types All Teachers

Create a **username** and **ID** – the system will prompt you to verify your existing studio record by providing birth date, address, or something already on file with the studio.

GO TO:

| Today | | |

Classes (click for details)	Teacher (click for bio)
12:00 - 1:00 PM \$5 yoga 1	rob hess
12:00 - 1:15 PM yoga 2	peg armstrong
4:30 - 5:45 PM yoga 1	peg armstrong
5:15 - 6:15 PM yoga 1	gina davis
6:00 - 7:15 PM yoga 2	siobhan troy
6:30 - 7:45 PM Sign up now! yoga 1	peg armstrong
7:30 - 8:45 PM Sign up now! yoga 3	siobhan troy
8:00 - 9:15 PM Sign up now! yoga 2	peg armstrong

in-studio hint: the BLUE sign-in sheet always refers to the upstairs "sky" studio & GREEN always for downstairs "sea" studio!

Visit our new online community forum!

Talk to fellow yogis, post community events, items for sale, and more! Go the community link on our homepage!

Sign-up ahead of time for **classes** (up to 1 hour in advance) – the 'Sign up now!' symbol will go away if the class is less than 1 hour from starting. This does not mean the class is full - you will just need to drop-in to the studio to sign-up.

View **teachers** and **teacher substitutes** – Tranquil Space Online is always live, with up-to-date information, including **class cancellations/holiday schedules**.

sunday December 25, 2005

Classes (click for details)	Teacher (click for bio)
10:30 - 11:45 AM yoga 1	Cancelled Today (1)
12:00 - 1:15 PM yoga 2	Cancelled Today (2)
1:30 - 2:45 PM yoga 1	Cancelled Today (3)
3:00 - 4:15 PM slow flow	Cancelled Today (4)
3:00 - 4:15 PM yoga 2	Cancelled Today (5)
4:30 - 5:45 PM yoga 1	Cancelled Today (6)

Regularly Scheduled Teachers: (1) siobhan troy (2) siobhan troy (3) kevin waldorf (4) gina davis (5) kevin waldorf (6) gina davis

GO TO: [Classes](#) [Workshops & Events](#) [My Info](#) [Buy](#)

[My Contact Info](#) [My Schedule](#) [My History](#) [My Account](#)

Use the **'Buy'** tab to purchase class passes

Go to **'My Info'** and use the sub-tabs to view your **schedule**, your **visit history**, and see **how many classes you have left/expiration date**.

GO TO: [Classes](#) [Workshops & Events](#) [My Info](#) [Buy](#)

Washington DC | All Session Types | All Class Types | All Teachers

arm balances and inversions Location: [Washington DC](#)

w/[lisa farmer](#) 12:30 - 2:30 PM Sunday 8/21 [Signup!](#)

join lisa for a workshop focused on working on challenging arm balances and inversions such as forearm stand, handstand, bakasana, tittibasana, and koundinyasana. learn how to surf gravity with ease and grace! participants will build up to these challenging poses by first warming up with a heated vinyasa focusing on shoulders, core, and hips.

lighten up and light your fire Location: [Washington DC](#)

w/[peg armstrong](#) 12:30 - 2:30 PM Sunday 8/28 [Signup!](#)

let yoga, movement, journaling and meditation inspire you as you transition from summer to fall.

View all **workshops, enlightening events,** and **teacher trainings** under this tab. **Sign-up** online by clicking the sign-up button. You will then be prompted to **purchase** a corresponding product. Note: if you only purchase the *product* under the Buy tab, you will not be signed up for the workshop. You must sign-up through the workshops tab first.



Thank you for your support - Tranquil Space named Best Yoga Studio in and around DC by WashingtonPost.com!

