

The Ever-Evolving Integrative Care Providers Contact List (A gift from Eliana's Light to help save you time)

Group	Function	Affiliation/Business	Contact Name	Phone	Email	Location	Website
ACUPUNCTURIST	Acupuncture	Acupuncture Alternative	Monika Rukus	301.986.9999		8901 Connecticut Ave, Chevy Chase, MD 20815	
ACUPUNCTURIST	Acupuncture	Chinese Acupuncture and Herb Center		202.393.1203	<a href="mailto:jjin34@aol.com">jjin34@aol.com</a>	1010 Vermont Ave., NW, Suite 501, Washington, DC 20005	<a href="http://www.chineseacupunctureherbcenter.net">www.chineseacupunctureherbcenter.net</a>
ACUPUNCTURIST	Acupuncture	City Acupuncture Circle		202.300.8428	<a href="mailto:clinic@cityacupuncturecircle.com">clinic@cityacupuncturecircle.com</a>	1221 Connecticut Ave., NW, Suite 5B, Washington, DC 20036	<a href="http://www.cityacupuncturecircle.com">www.cityacupuncturecircle.com</a>
ACUPUNCTURIST	Acupuncture	DC Acupuncture		202.321.2923	<a href="mailto:bronwyn@dcacupuncture.net">bronwyn@dcacupuncture.net</a>	1737 Wisconsin Ave. NW, Washington, DC 20007	<a href="http://www.dcacupuncture.net">www.dcacupuncture.net</a>
ACUPUNCTURIST	Acupuncture	DCMindBody	Allison Kitchen	202.256.1635	<a href="mailto:allison@dcmindbody.c">allison@dcmindbody.c</a>	1365 Wisconsin Ave, Suite	<a href="http://www.dcmindbo">http://www.dcmindbo</a>
ACUPUNCTURIST	Acupuncture	Fertile Living	Njemile Carol Jones	202.306.2386	<a href="mailto:healingtime@earthlink.net">healingtime@earthlink.net</a>	1423 Powhatan Street Suite 7 Alexandria, VA 22314	<a href="http://www.fertileliving.com">http://www.fertileliving.com</a>
ACUPUNCTURIST	Acupuncture	Healing Arts of Capitol Hill	Mary Rieger	202.544.9389 x3		320 G Street NE Washington, D.C. 20002	<a href="http://www.healingartscapitolhill.com/">http://www.healingartscapitolhill.com/</a>
ACUPUNCTURIST	Acupuncture	Little Bird Community Acupuncture	Suzzane Lohr	202.328.1804	<a href="mailto:suzanne.lohr@gmail.com">suzanne.lohr@gmail.com</a>	1640 Columbia Road NW, Washington, DC 20009	<a href="http://www.littlebirddc.com/">http://www.littlebirddc.com/</a>
ACUPUNCTURIST	Acupuncture	The Center	Charlotte Martin	202.302.9876	<a href="mailto:charlottesmartinlac@gmail.com">charlottesmartinlac@gmail.com</a>	4321 Wisconsin Ave NW, Washington, DC 20016	<a href="http://www.thisisthecenter.com">http://www.thisisthecenter.com</a>
ACUPUNCTURIST	Acupuncture	Traditional Acupuncture	Susan McConnell	202-966-3061	<a href="mailto:susanbewell@msn.com">susanbewell@msn.com</a>	Washington DC	
ACUPUNCTURIST	Acupuncture	Welch and Yonkers, LLC	Kelly Welch and Kate Yonkers	202.783.9404		1800 I Street NW #503A Washington, D.C. 20006	<a href="http://www.acupuncture-dc.net/">http://www.acupuncture-dc.net/</a>
ACUPUNCTURIST	Acupuncture and Chinese Medicine		Brad Hill	301.639.9759	<a href="mailto:brad@bradhill-wellness.com">brad@bradhill-wellness.com</a>	Bethesda and Germantown	<a href="http://www.bradhill-wellnes.com">http://www.bradhill-wellnes.com</a>
ACUPUNCTURIST	Acupuncture	Littles Pediatric Acupuncture	Risi Idiokitas	240-486-4295	<a href="mailto:risi@healthylittles.com">risi@healthylittles.com</a>	Maryland and Washington, DC	<a href="http://www.healthylittles.com/">http://www.healthylittles.com/</a>
ACUPUNCTURIST	Acupuncture and Chinese Herbalist	Yao Shan Center for Chinese Medicine	Evan Rabinowitz	202.822.4664	<a href="mailto:rabinowitzcm@gmail.com">rabinowitzcm@gmail.com</a>	910 17th Street NW Suite 1020 Washington, DC 20006	<a href="http://www.evanrabinowitz.com">www.evanrabinowitz.com</a>
ACUPUNCTURIST	Acupuncture	Transformational Acupuncture	Nadia Bouhdili	202-297-7404	<a href="http://nadia@dc-acupuncture.com">nadia@dc-acupuncture.com</a>	1645 Connecticut Ave NW, 3rd Floor Washington, DC	<a href="http://www.DC-Acupuncture.com">www.DC-Acupuncture.com</a>

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<b>ACUPUNCTURIST</b>	Acupuncture	Revive Community Acupuncture		301-864-1975	<a href="mailto:kim@revive-acupuncture.com">kim@revive-acupuncture.com</a>	7100 Baltimore Ave (Rte 1) Suite 206 College Park MD 20740	<a href="http://revive-acupuncture.com/">http://revive-acupuncture.com/</a>
<b>ACUPUNCTURIST</b>	Acupuncture and Chinese Herbalist	Uptown Acupuncture	Adam Miramom	202-630-2435	<a href="mailto:adam@uptownacupuncturedc.com">adam@uptownacupuncturedc.com</a>	4545 42nd Street, NW, Suite 301, Washington, DC 20016	<a href="http://www.uptownacupuncturedc.com">www.uptownacupuncturedc.com</a>
<b>ART THERAPIST</b>	Art Therapy	Children's National Hospital	Creative & Therapeutic Arts Services	202-476-6519	<a href="https://childrensnational.org/visit/resources-for-families/child-life-and-integrative-care-services/creative-and-therapeutic-arts/art-therapy">https://childrensnational.org/visit/resources-for-families/child-life-and-integrative-care-services/creative-and-therapeutic-arts/art-therapy</a>	Children's National Hospital: 111 Michigan Ave., NW, Washington, DC 20010	<a href="http://www.childrensnational.org">www.childrensnational.org</a>
<b>ART THERAPIST</b>	Art Therapy (holistic approach)	Children's National Hospital	Dr. Elva Anderson	202-476-2596	<a href="mailto:eanderso@childrensnational.org">eanderso@childrensnational.org</a>	Children's National Hospital: 111 Michigan Ave., NW, Washington, DC 20010	<a href="http://www.childrensnational.org">www.childrensnational.org</a>
<b>ART THERAPIST</b>	Art Therapy		Linda Assad Cates	202.930.3146	<a href="mailto:lina.assad.cates@gmail.com">lina.assad.cates@gmail.com</a>	731 8th Street SE, Suite 301, Washington, DC	
<b>ART</b>	Art Classes	Yellow Barn Studio	Walt Bartman	301.964.1897	<a href="mailto:walt@yellowbarnstudio.net">walt@yellowbarnstudio.net</a>	Glen Echo: 7300 MacArthur Blvd Glen Echo, MD 20812	<a href="http://www.yellowbarnstudio.com">www.yellowbarnstudio.com</a>
<b>ART</b>	Art Classes	Washington Studio School	Jill Philips	202.234.3030	<a href="mailto:admin@washingtonstudioschool.org">admin@washingtonstudioschool.org</a>	2129 S Street NW Washington, DC 20008	<a href="http://www.washingtonstudioschool.org">www.washingtonstudioschool.org</a>
<b>ART</b>	Art Classes	Smithsonian Associates				Primarily housed at S. Dillon Ripley Center located on the National Mall	<a href="https://smithsonianassociates.org/ticketing/studio-arts">https://smithsonianassociates.org/ticketing/studio-arts</a>
<b>ART</b>	Art Classes	Capital Hill Arts Workshop	Kent Gay	202.547.6839	<a href="mailto:kent@chaw.org">kent@chaw.org</a>	545 7th Street NE Washington, DC 20003	<a href="http://www.chaw.org">www.chaw.org</a>
<b>ART</b>	Art Classes	Corcoran Arts Continuing Education		202.994.1972	<a href="mailto:onds@gwu.edu">onds@gwu.edu</a>	1922 F Street NW Washington, DC 20052	<a href="https://nondegree.gwu.edu/cce">https://nondegree.gwu.edu/cce</a>
<b>ART</b>	Art Classes	Guy Masson Studio Arts	Ralph Wright	202.727.7527	<a href="mailto:ralphwright@dc.gov">ralphwright@dc.gov</a>	3600 Calvert Street NW Washington, DC 20007	<a href="http://guymassonstudioarts.org">http://guymassonstudioarts.org</a>
<b>ART</b>	Art Classes	Washington Glass School	Erwin Timmers	202.744.8222	<a href="mailto:erwin@washglass.com">erwin@washglass.com</a>	3700 Otis Street Mt. Rainier, MD 20712	<a href="http://washingtonglassschool.com/school">http://washingtonglassschool.com/school</a>
<b>ART</b>	Art Classes	Jewelry Class DC	Daniel Valencia	202.641.5896	<a href="mailto:dvalencia@jewelryclassdc.com">dvalencia@jewelryclassdc.com</a>	52 O Street NW Suite 105 Washington, DC 20001	<a href="http://jewelryclassdc.com">http://jewelryclassdc.com</a>
<b>CAMP/SUMMER PROGRAM</b>	OT/Speech /Language	Building Blocks Therapy and Fairfax FUNDamentals	Kirsten Metzger	(703) 533-8819 ext. 9	<a href="mailto:kirstenm@buildingblockstherapy.com">kirstenm@buildingblockstherapy.com</a>	July 9-Aug 2, 2018; 9am- 2pm	<a href="https://buildingblockstherapy.com/splishpsh-splish-splish-summer-camp/">https://buildingblockstherapy.com/splishpsh-splish-splish-summer-camp/</a>

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<b>CAMP/SUMMER PROGRAM</b>	medically supervised overnight camp for children/youth with chronic health conditions	Brainy Camps	Sandra Cushner-Weinstein	(202) 476-5142	<a href="mailto:info@brainycamps.com">info@brainycamps.com</a>	The Blue Ridge School in Virginia	<a href="http://www.brainycamps.com">www.brainycamps.com</a>
<b>CAMP/SUMMER PROGRAM</b>	Medically-supervised overnight camp for children and	Camp Simcha		(845) 856-1432 / (888) 756-1432	<a href="mailto:camp@chailifeline.org">camp@chailifeline.org</a>	<a href="http://www.campsimcha.org/faqs/">http://www.campsimcha.org/faqs/</a>	<a href="http://www.campsimcha.org/">http://www.campsimcha.org/</a>
<b>CAMP/SUMMER PROGRAM</b>	Various types of therapy	Fitness for Health	Mark Sickle	301.231.7138	<a href="mailto:info@fitnessforhealth.org">info@fitnessforhealth.org</a>	11140 Rockville Pike, Suite 303, Rockville, MD 20852	<a href="http://www.fitnessforhealth.org">www.fitnessforhealth.org</a>
<b>CAMP/SUMMER PROGRAM</b>	OT/Speech/Language	Leaps and Bounds	Allison Mistrep	202-237-8737	<a href="mailto:allison@leapsandboundsot.com">allison@leapsandboundsot.com</a>	4906 Wisconsin Ave. NW Washington, DC 20016	<a href="http://www.leapsandboundsot.com/">http://www.leapsandboundsot.com/</a>
<b>CHIROPRACTOR</b>	Chiropractor	Advantage Rehabilitation and Wellness Center	Dr. Rashida Cohen	202. 835.2225	<a href="mailto:drcohen@carinqchiropractor.com">drcohen@carinqchiropractor.com</a>	1145 19th Street NW, Suite 501 Washington, D.C. 20036	<a href="http://www.carinqchiropractor.com/">http://www.carinqchiropractor.com/</a>
<b>CHIROPRACTOR</b>	Chiropractor	Back to Health Center	Dr. Shara Posner	703.683.7771	<a href="mailto:drshara@verizon.net">drshara@verizon.net</a>	900 Prince Street, Alexandria, VA 22314	<a href="http://www.justadjust.com/">http://www.justadjust.com/</a>
<b>CHIROPRACTOR</b>	Chiropractor	Noya Chiropractic	Dr. Anthony Noya	202.237.1399	<a href="mailto:DrAnthony@NoyaChiropractic.com">DrAnthony@NoyaChiropractic.com</a>	4708 Wisconsin Ave, NW Suite 101 Washington, DC 20016	<a href="http://www.noyachiropractic.com">http://www.noyachiropractic.com</a>
<b>CHIROPRACTOR</b>	Chiropractor	TruCentered Chiropractic Care	Dr. Bryant Harris	202.248.1704	<a href="mailto:drharris@trucentered.com">drharris@trucentered.com</a>	4708 Wisconsin Ave, NW Suite 101 Washington, DC 20016	<a href="http://www.chiropractorswashingtondc.com">http://www.chiropractorswashingtondc.com</a>
<b>CHIROPRACTOR</b>	Chiropractor	Zinn Chiropractor	Dr. JoAnn Zinn	301.651.4293		7000 Carroll Avenue, Takoma Park , MD 20912	<a href="http://joannzinnchiropractic.com">http://joannzinnchiropractic.com</a>
<b>COUNSELOR/THERAPIST</b>	Psychologist	Center for Integrative Medicine	Marcia Kaufman	202.833.5055	<a href="mailto:kaufmama@gmail.com">kaufmama@gmail.com</a>	908 New Hampshire Ave NW Suite 200 Washington DC 20037	<a href="http://www.integrativemedicinedc.com">http://www.integrativemedicinedc.com</a>
<b>COUNSELOR/THERAPIST</b>	Child Development	Child Development Consultants	Amy Freedman	240.342.6066	<a href="mailto:info@childdc.com">info@childdc.com</a>	3570 Olney Laytonsville Road, #1638 Olney, MD 20830	<a href="http://www.childdc.com">www.childdc.com</a>

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<b>COUNSELOR/ THERAPIST</b>	Counseling	mind-body focus	Patricia E. Anderson	202.441.0941	<a href="mailto:patty@dcmindbody.com">patty@dcmindbody.com</a>	1365 Wisconsin Ave, NW Suite 300 Washington, SC 20007	<a href="http://dcmindbody.com">dcmindbody.com</a>
<b>COUNSELOR/ THERAPIST</b>	Children Developmental and	The Lourie Center for Children's Social & Emotional Wellness		301.984.4444		12301 Academy Way, Rockville, MD 20852	
<b>COUNSELOR/ THERAPIST</b>	Sleep Specialist	The Sleep Lady	Kim West and Joanne Kenen	410.975.5765	<a href="mailto:kim@sleeplady.com">kim@sleeplady.com</a>		<a href="http://www.sleeplady.com">http://www.sleeplady.com</a>
<b>COUNSELOR/ THERAPIST</b>	Counseling (parent)	Private practice	Jennifer Kogan	202.215.2790	<a href="mailto:jenko108@gmail.com">jenko108@gmail.com</a>	400 Albemarle Street NW Suite 510 Washington, DC 20016	<a href="http://www.jenniferkogan.com">http://www.jenniferkogan.com</a>
<b>COUNSELOR/ THERAPIST</b>	Counseling (indiv and couple)	Private practice	Ronit Atlan	202.432.4040		1000 Wisconsin Ave NW Suite 300 Washington DC 20007	
<b>COUNSELOR/ THERAPIST</b>	Clinical Social Work/Therapist	Private practice	Candice Peggs	301.265.2202	<a href="mailto:cap4wellness@gmail.com">cap4wellness@gmail.com</a>	4848 Battery Lane, Bethesda, MD 20814	<a href="http://www.candicepeggs.com">www.candicepeggs.com</a>
<b>COUNSELOR/ THERAPIST</b>	Children Developmental and Behavioral	Private practice	Jan Agricola	202.210.8489	<a href="mailto:Jan.Agricola3@gmail.com">Jan.Agricola3@gmail.com</a>	D.C. Area	
<b>COUNSELOR/ THERAPIST</b>	Speech and Language Pathologist; Autism	Coastal Health Care	Various			Hyattsville, Md	
<b>DANCE/MOVEMENT THERAPY</b>	Dance for special needs with physical	Maryland Youth Ballet		301.608.2232	<a href="mailto:info@marylandyouthballet.org">info@marylandyouthballet.org</a>	926 Ellsworth Drive Silver Spring, Md 20910	<a href="http://www.marylandyouthballet.org">www.marylandyouthballet.org</a>
<b>DANCE/MOVEMENT THERAPY</b>	Exercise/sports for children with special	KEEN	Beata Okulska	301.770.3200	<a href="mailto:info@keengreaterdc.org">info@keengreaterdc.org</a>	PO Box 341590 Bethesda, MD 20827	<a href="http://www.keengreaterdc.org">www.keengreaterdc.org</a>
<b>DANCE/MOVEMENT THERAPY</b>	West African Dance offering for children with	Coyaba Dance Theater	Sylvia Soumah	202.269.1600	<a href="mailto:info@coyabadancetheater.org">info@coyabadancetheater.org</a>	3225 8th Street Northeast Washington, DC 20017	<a href="http://www.coyabadancetheater.org">www.coyabadancetheater.org</a>
<b>EARLY CHILDHOOD DEVELOPMENT</b>	Integrated health, education and social	Mary's Center		202.727.3665 (Early Childhood Development);		2333 Ontario Road, NW, Washington, DC 20011 (this is main location;9 total locations)	<a href="http://www.maryscenter.org">www.maryscenter.org</a>

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<b>EARLY CHILDHOOD DEVELOPMENT</b>	Occupational and Speech/Language	Playwell DC	Lori Porcelli and Sarah Laryea	202-450-5335	form on website	Washington, DC	<a href="http://www.playwelldc.com">www.playwelldc.com</a>
<b>EMOTIONAL &amp; SPIRITUAL SUPPORT ORGANIZATION</b>	Emotional and Spiritual Support	Erika Kate Hope Alliance		563.263.1759	form on website	PO Box 262, Muscatine, Iowa 52761	<a href="http://www.erikakate.org">www.erikakate.org</a>
<b>EMOTIONAL &amp; SPIRITUAL SUPPORT ORGANIZATION</b>	Emotional and Spiritual Support	The Wholehearted Foundation	Ryan and Kristen Koppel	703-862-0751	<a href="mailto:info@wholeheartedfoundation.org">info@wholeheartedfoundation.org</a>	1918 Belleview Dr. NE, Leesburg, VA 20176	<a href="http://www.wholeheartedfoundation.org">www.wholeheartedfoundation.org</a>
<b>ESSENTIAL OILS AND AROMATOUCH THERAPIST</b>	Essential Oils; AromaTouch	Beth Lindley	Beth Lindley	202.285.8191	<a href="mailto:beth@bethlindley.com">beth@bethlindley.com</a>	4124 Garrison St., NW, Washington, DC 20016	<a href="http://www.bethlindley.com">www.bethlindley.com</a> and <a href="http://www.mydoterra.com/thevibrantvisionary">www.mydoterra.com/thevibrantvisionary</a>
<b>ESSENTIAL OILS AND AROMATOUCH THERAPIST</b>	Essential Oils; AromaTouch; Wellness	Lil Omm	Pleasance Silicki		<a href="mailto:pleasance@lilomm.com">pleasance@lilomm.com</a>	Washington, DC Area	<a href="http://www.lilomm.com">www.lilomm.com</a>
<b>ESSENTIAL OILS AND AROMATOUCH THERAPIST</b>	Essential Oils, also Clinical Aromatherapy	Katherine Krupka	Katherine Krupka	202.271.9669	on website	Washington, DC Area	<a href="http://katherinekrupka.com">http://katherinekrupka.com</a>
<b>HEALING TOUCH PRACTITIONER</b>	Energy Healing	Children's National Hospital	Marian McEvilly; Liz Bettini	202.476.5000	<a href="mailto:mmcevill@childrensnational.org">mmcevill@childrensnational.org</a> ; <a href="mailto:ebettini@childrensnational.org">ebettini@childrensnational.org</a>	Children's National Medical Center: 111 Michigan Ave., NW, Washington, DC 20010	<a href="http://www.childrensnational.org">www.childrensnational.org</a>
<b>HEALING TOUCH PRACTITIONER</b>	Energy Healing	Healing Waters Through Transition	Linda Soaper	410.952.5369	<a href="mailto:lmsoaper@gmail.com">lmsoaper@gmail.com</a>	DC Area, including some parts of MD (Pasadena, Baltimore, Annapolis, Linthicum, and Salisbury)	<a href="http://www.healingwatersthroughtransition.com">www.healingwatersthroughtransition.com</a>
<b>HEALING TOUCH PRACTITIONER</b>	Energy Healing	Wellness by Shari	Shari Sternberger	724-313-HOME	<a href="mailto:timeforwellness@verizon.net">timeforwellness@verizon.net</a>	7191 Brooks Road, Highland, MD 20777	<a href="http://www.wellnessbyshari.com">www.wellnessbyshari.com</a>
<b>HEALING TOUCH PRACTITIONER</b>	Energy Healing	Katherine Krupka Energy Coach and Wellness Consultant	Katherine Krupka	202.271.9669	On website	Washington, DC Area	<a href="http://katherinekrupka.com">http://katherinekrupka.com</a>

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<b>INDIVIDUAL HEALERS WHO MAY DO HOUSE CALLS/PRIVATE SESSIONS</b>	Yoga instructor for children	Private practice	Leala Disidoro		<a href="mailto:leala.disidoro@gmail.com">leala.disidoro@gmail.com</a>	DC Area	
<b>INDIVIDUAL</b>	Yoga	New Beginnings Yoga	Angelyn Shapiro		<a href="mailto:angelyn@angelynshapiro.com">angelyn@angelynshapiro.com</a>	DC Area	<a href="http://www.angelynshapiro.com">www.angelynshapiro.com</a>
<b>INDIVIDUALS WHO MAY DO HOUSE VISITS</b>		Robyn Greenhouse (Yoga)	<a href="mailto:laughwithme45@gmail.com">laughwithme45@gmail.com</a> DC Area <a href="http://www.laughwithme45.com">com</a>		<a href="http://washingtonyogaacenter.com/apps/mini ndbody/staff">http://washingtonyogaacenter.com/apps/mini ndbody/staff</a>		
<b>INDIVIDUAL</b>	Yoga instructor for children	Private practice	Elissa Margolin	202-450-5335	<a href="mailto:elissamargolin@gmail.com">elissamargolin@gmail.com</a> form on website	DC Area	
<b>INDIVIDUALS</b>	OT/PT	Playwell DC	Lori Porcelli and Sarah Laryea				<a href="http://www.playwelldc.com">www.playwelldc.com</a>
<b>INTEGRATIVE CARE CENTERS</b>	Mind-Body-Spirit Wellness Education	Bonita Woods Wellness Institute			<a href="mailto:bonita@bonitawoods.org">bonita@bonitawoods.org</a>	140 Little Falls Street, Suite 111, Falls Church, VA	<a href="http://www.bonitawoods.org">www.bonitawoods.org</a>
	Mindfulness	The Mindfulness Center in Bethesda		301.986.1090	<a href="http://www.themindfulnesscenter@gmail.com">themindfulnesscenter@gmail.com</a>	Washington, D.C. 20016	<a href="http://www.themindfulnesscenter.com">www.themindfulnesscenter.com</a>
	Mind-Body Wellness	National Integrated Health Associates		202.237.7000	On website	5225 Wisconsin Ave., NW, Suite #402, Washington, DC	<a href="http://www.nihadc.com">www.nihadc.com</a>

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<b>INTEGRATIVE CARE CENTER</b>	Naturopathic, Holistic Physician	Private practice	Dr. Anne Berkeley	202.798.0221	<a href="mailto:dr.anneberkeley@gmail.com">dr.anneberkeley@gmail.com</a>	1915 I Street, NW, Suite 700, Washington, DC 20006	<a href="http://www.medicineto thrive.com">www.medicineto thrive.com</a>
<b>INTEGRATIVE CARE CENTER</b>	Variety of Services through GW University health system	GW Center for Integrative Medicine		202.833.5055		908 New Hampshire Ave NW Suite 200 Washington DC 20037	<a href="http://www.gwcim.com">http://www.gwcim.com</a>
<b>INTEGRATIVE CARE CENTER</b>	Mind, Body, Spirit wellness	The Still Point		301.920.0801		6 Grant Avenue, Takoma Park, MD	<a href="http://thestillpointspa.com/takoma-park/">http://thestillpointspa.com/takoma-park/</a>
<b>INTEGRATIVE CARE CENTER</b>	Integrative Counseling and Pyschothera	Dr. Elaina Vasserman-Stokes	Dr. Elaina Vasserman-Stokes	(240) 232-6236	<a href="mailto:drevstokes@gmail.com">drevstokes@gmail.com</a>	1350 Connecticut Avenue, NW, Suite 1225, Washington, DC 20036	<a href="http://www.doctorelainastokes.com">www.doctorelainastokes.com</a>
<b>MASSAGE THERAPIST</b>	Massage (various types; in hospitals)	Healwell	Lauren Muser Cates	form on website: <a href="https://healwell.org/connect">https://healwell.org/connect</a>	<a href="mailto:info@healwell.org">info@healwell.org</a>	4201 Wilson Blvd., #110-341, Arlington, VA 22203-1859	<a href="http://www.healwell.org">www.healwell.org</a>
<b>MASSAGE THERAPIST</b>	Massage (prenatal, geriatric, oncology)	Lighthold Massage Therapy & End of Life Care	Lauren Muser Cates	202.320.7921	<a href="mailto:lauren@lighthold.org">lauren@lighthold.org</a>	Arlington, VA	<a href="http://www.lighthold.org/">http://www.lighthold.org/</a>
<b>MASSAGE THERAPIST</b>	Massage (orthopedic & neuromuscular & prenatal massage; myofascial,	Amta Massage	Candace Otto	202.907.0153; 301-907-0153		5301 Westbard Cir., 225, Bethesda, MD 20816	<a href="https://www.amtamassage.org/famt/candaceotto">https://www.amtamassage.org/famt/candaceotto</a>
<b>MASSAGE THERAPIST</b>	Massage (General)	Unwind Wellness Center		202.232.2232	<a href="mailto:info@unwind-dc.com">info@unwind-dc.com</a>	1990 18th St., NW, Washington, DC 20009	<a href="http://www.unwindwellness.com">www.unwindwellness.com</a>
<b>MASSAGE THERAPIST</b>	Massage (myofascial release; neuromuscular)	Eye Street Massage Therapy	Pamela Moyer, Dir.; Chelsea Cooper	202.463.0987	<a href="mailto:therapy@eyestreet-massage.com">therapy@eyestreet-massage.com</a>	1634 Eye Street, NW, Lower Level 125, Washington, DC 20006	<a href="http://eyestreet-massage.com">http://eyestreet-massage.com</a>
<b>MASSAGE THERAPIST</b>	Massage (General)	Georgetown Wellness Group/ Alleva Therapeutic Massage	Alison Alleva	202.215.8062	<a href="mailto:allevacmt@yahoo.com">allevacmt@yahoo.com</a>	1740 Wisconsin Avenue, NW (second floor), DC 20007	<a href="http://allevatherapeuticmassage.com/">http://allevatherapeuticmassage.com/</a>

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<b>MASSAGE THERAPIST</b>	Massage (Infant)	Holistic Helping Hand	Shannon Collier	202.573.1495	<a href="mailto:info@holistichelpinghand.com">info@holistichelpinghand.com</a>	DC Area	<a href="http://holistichelpinghand.org/">http://holistichelpinghand.org/</a>
<b>MASSAGE THERAPIST</b>	Massage (General)	Independent	Laurie Lee	202.237.0137	<a href="mailto:laurie.lee2@aol.com">laurie.lee2@aol.com</a> ; <a href="mailto:massagetherapist@fas.com">massagetherapist@fas.com</a>	4208 49th St NW DC 20016	
<b>MASSAGE THERAPIST</b>	Massage (General)	Independent	Lisa Schumacher	202.236.5649	<a href="mailto:lisaschu@gmail.com">lisaschu@gmail.com</a>	Tenleytown and Cleveland Park	<a href="http://www.balancingcenter.com">www.balancingcenter.com</a>
<b>MASSAGE THERAPIST</b>	Massage (lymphatic, geriatric,	My Massage Place DC	Melissa Martinie Hall	202.656.5689	<a href="mailto:melissa@mymassageplacedc.com">melissa@mymassageplacedc.com</a>	4545 42nd Street, NW, Suite 201, Washington, DC 20016	<a href="http://www.mymassageplacedc.com">www.mymassageplacedc.com</a>
<b>MASSAGE THERAPIST</b>	Massage (prenatal)	Sarah Lawrie, Licensed Massage Therapist	Sarah Lawrie	240.506.8155 (9am-9pm)	<a href="mailto:selamassage@gmail.com">selamassage@gmail.com</a>	Tenleytown and Cleveland Park	<a href="http://www.sarahlawrie.com/">http://www.sarahlawrie.com/</a>
<b>MASSAGE THERAPIST</b>	Massage (prenatal, postnatal)	Spa on the Hill/Therapeutic Massage By Lauren Piro	Lauren Piro	516.993.0895	<a href="mailto:laurenpiromassage@gmail.com">laurenpiromassage@gmail.com</a>	Capitol Hill, Columbia Heights	<a href="http://www.laurenpiromassage.com">http://www.laurenpiromassage.com</a>
<b>MASSAGE THERAPIST</b>	Massage (therapeutic deep tissue)	Private practice	Lynn Evertz	307-754-2323	<a href="mailto:lynnnevertz@gmail.com">lynnnevertz@gmail.com</a>	4000 Massachusetts Ave., NW	
<b>MASSAGE THERAPIST</b>	Massage (variety of holistic	Freed Body Works	Frances Reed	202.321.9715	<a href="mailto:info@freedbodyworks.com">info@freedbodyworks.com</a>	1337 Pennsylvania Ave SE Washington, DC 20003	<a href="http://www.freedbodyworks.com">http://www.freedbodyworks.com</a>
<b>MASSAGE THERAPIST</b>	Massage (General)	Georgetown Massage and Bodywork	Alison Alleva	202.215.8062	<a href="mailto:alison@georgetownmassageandbodywork.com">alison@georgetownmassageandbodywork.com</a>	1737-A Wisconsin Ave Washington, DC 20007	<a href="http://georgetownmassageandbodywork.com">http://georgetownmassageandbodywork.com</a>
<b>MEDITATION CENTER</b>	Meditation	Adept Prep	Jennifer Dillon, M.A., Director of	<a href="tel:202.230.0287">202.230.0287</a>	<a href="mailto:jen@adeptprep.com">jen@adeptprep.com</a>	4710 41st Street, NW, Suite B, Washington, DC 20016	<a href="http://adeptprep.com/meditation/">http://adeptprep.com/meditation/</a>
<b>MEDITATION CENTER</b>	Meditation	The Science of Spirituality Meditation Center			<a href="mailto:dcinfo@sos.org">dcinfo@sos.org</a>	2950 Arizona Ave., NW, Washington, DC	
<b>MEDITATION CENTERS/COMMUNITY</b>	Meditation	Shambhala Meditation Center of Washington, DC		202.787.1526	<a href="mailto:info@dcshambhala.org">info@dcshambhala.org</a>	3520 Connecticut Ave., NW, Washington, DC 20008	<a href="http://www.dcshambhala.org">www.dcshambhala.org</a>
<b>MEDITATION CENTERS/COMMUNITY</b>	Meditation	Insight Meditation Community of Washington		202.986.2922	<a href="mailto:meditate@imcw.org">meditate@imcw.org</a>	P.O. Box 3 Cabin John, MD 20818	<a href="http://www.imcw.org">www.imcw.org</a>
<b>MEDITATION CENTERS/COMMUNITY</b>	Wellness Center	The Mindfulness Center in Bethesda	Aurora Hutchinson	301.986.1090	<a href="mailto:themindfulnesscenter@gmail.com">themindfulnesscenter@gmail.com</a>	4963 Elm St Suite 100 Bethesda, MD 20814	<a href="http://www.themindfulnesscenter.com">www.themindfulnesscenter.com</a>



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<b>MUSIC THERAPY</b>	Music therapy and classes	Levine School of Music	Leanne Belasco, Director of Music Therapy	202.686.8000 ext. 1103	<a href="mailto:lbelasco@levinmusic.org">lbelasco@levinmusic.org</a>	various locations in DC, MD, and VA	<a href="http://www.levinmusic.org/education/dept/music-therapy">www.levinmusic.org/education/dept/music-therapy</a>
<b>MUSIC THERAPY</b>	Music therapy	Private practice	Jonathan Chaffin	916.712.4208	<a href="mailto:chaff103@mail.chapman.edu">chaff103@mail.chapman.edu</a>	2 M Street, NE Apt 1206 Washington, DC 20001	
<b>MUSIC THERAPY</b>	Music therapy and healing arts services	Howards Music Therapy	Nazeeha Howard	202.714.0219	<a href="mailto:nazeehahoward@howardsmusictherapy.com">nazeehahoward@howardsmusictherapy.com</a>	2425 14th Street, NW Suite 204 Washington, DC 20009	<a href="http://www.howardsmusictherapy.com/">http://www.howardsmusictherapy.com/</a>
<b>MUSIC THERAPY</b>	Music therapy	Capital Music Therapy Services	Joshua Schrader	301.785.3596	through website	Home based in Montgomery County, MD and Fairfax, VA	<a href="http://www.capitalmts.com">www.capitalmts.com</a>
<b>MYOFASCIAL RELEASE THERAPY</b>	Myofascial release and pelvic health	Tavo Total Health	Phil Tavolacci	301.652.2522	<a href="mailto:info@tavototalhealth.com">info@tavototalhealth.com</a>	407 Leighton Ave, Silver Spring MD 20901	<a href="http://www.tavototalhealth.com">www.tavototalhealth.com</a>
<b>MYOFASCIAL RELEASE THERAPY</b>	Myofascial release and pelvic health	Body Connection Health and Wellness	Dr. Ann Udofia	202.733.1929	<a href="mailto:admin@bodyconnecthw.com">admin@bodyconnecthw.com</a>	2440 M Street NW Washington, DC 20037	<a href="http://www.bodyconnecthw.com">www.bodyconnecthw.com</a>
<b>NATUROPATHS</b>	Naturopathic Physician		Dr. Marie Rodriguez	202.386.9701	<a href="mailto:care@drmarierodriguez.com">care@drmarierodriguez.com</a>	DC area	
<b>NUTRITIONIST</b>	Nutrition	Fit-trition	Melissa Farley	917.340.0975	<a href="mailto:melissacfarley@gmail.com">melissacfarley@gmail.com</a>	DC Area	<a href="http://www.myfit-trition.com">http://www.myfit-trition.com</a>
<b>NUTRITIONIST</b>	Nutrition	National Center for Weight and Wellness	Kathy Rogers	202.223.3077	On website	1020 19th St., NW, Washington, DC 20036	
<b>NUTRITIONIST</b>	Nutrition	Simple Well Being	Linda Petursdottir	301.943.5737	<a href="mailto:linda@simplewellbeing.com">linda@simplewellbeing.com</a>	DC Area	<a href="http://www.simplewellbeing.com">http://www.simplewellbeing.com</a>
<b>NUTRITIONIST</b>	Nutrition	Southern Maryland Dietician	Dr. Linda Hugh	240-210-9725	Appointment info on website: <a href="https://www.southernmarylanddietitian.com/appointments.html">https://www.southernmarylanddietitian.com/appointments.html</a>	MD & DC	<a href="http://www.southernmarylanddietitian.com/">www.southernmarylanddietitian.com/</a>
<b>OCCUPATIONAL THERAPY</b>	Occupational and Speech/Language	Playwell DC	Lori Porcelli and Sarah Laryea	202-450-5335	form on website	Washington, DC	<a href="http://www.playwelldc.com">www.playwelldc.com</a>
<b>OCCUPATIONAL THERAPY</b>	Occupational/Speech/Language Therapy	Washington Pediatric Therapy	Amy Cullen	202.688.1280	<a href="mailto:amy@OTinDC.com">amy@OTinDC.com</a>	mailing address only: 600 Pennsylvania Ave SE Suite 15070 Washington, DC 20003	<a href="http://washingtonpediatrictherapy.com/">http://washingtonpediatrictherapy.com/</a>
<b>OCCUPATIONAL THERAPY</b>	Speech/Language therapy; also	Sensational Kids Therapy		202-244-8089	<a href="mailto:office@sensationalkids-therapy.com">office@sensationalkids-therapy.com</a>	4400 Jenifer Street, NW, Suite 280, Washington, DC 20015	<a href="http://www.sensationalkids-therapy.com">www.sensationalkids-therapy.com</a>
<b>OCCUPATIONAL THERAPY</b>	Various types of therapy	Fitness for Health	Mark Sickle	301.231.7138	<a href="mailto:info@fitnessforhealth.org">info@fitnessforhealth.org</a>	11140 Rockville Pike, Suite 303, Rockville, MD 20852	<a href="http://www.fitnessforhealth.org">www.fitnessforhealth.org</a>

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<b>OCCUPATIONAL THERAPY</b>	Occupational and Speech/Language	Sublime Kidz	Gillian Rai	540.761.3339	<a href="mailto:DrGrai@sublimelivin.com">DrGrai@sublimelivin.com</a>	2100 New Hampshire Ave, NW Washington, DC 20009	<a href="https://sublimelivin.com/">https://sublimelivin.com/</a>
<b>PARENT COACH</b>	Parent Coaching	Raising Orchid Kids	Gabriele Nicolet & Jen Dryer	Contact form	<a href="http://www.raisingorchidkids.com/contact/">www.raisingorchidkids.com/contact/</a>	Serves DC, MD & VA families in person and virtually	<a href="http://www.raisingorchidkids.com">www.raisingorchidkids.com</a>
<b>PHYSICAL THERAPY</b>	Physical Therapy	Bethesda Physiocare		301.656.5613		4405 East West Highway, Suite 403, Bethesda, MD 20814	<a href="http://www.bethesdaphysiocare.com">www.bethesdaphysiocare.com</a>
<b>PHYSICAL THERAPY</b>	Physical Therapy	Vida Therapy	Celinha Martins	240.784.0510	<a href="mailto:vidatherapy1@gmail.com">vidatherapy1@gmail.com</a>	DC Area	
<b>PHYSICAL THERAPY</b>	Physical Therapy	Advanced Neuromuscular Physiotherapy	Dr. Anna Borissow	240.482.3680		11333 Woodglen Drive, Suite, 204, North Bethesda, MD 20852	<a href="http://www.anmpt.com/">http://www.anmpt.com/</a>
<b>PHYSICAL THERAPY</b>	Speech/Language therapy; also	Sensational Kids Therapy		202-244-8089	<a href="http://office@sensationalkids-therapy.com">office@sensationalkids-therapy.com</a>	4400 Jenifer Street, NW, Suite 280, Washington, DC 20015	<a href="http://www.sensationalkids-therapy.com">www.sensationalkids-therapy.com</a>
<b>PLAY THERAPY</b>	Play Based, Physical	Play-Based Physical Therapy	Melissa Farley Smith	202-546-7529	<a href="mailto:melissa@playbasedpt.com">melissa@playbasedpt.com</a>	913 East Capital Street SE Washington, DC 20003	<a href="http://www.playbasedpt.com">http://www.playbasedpt.com</a>
<b>PLAY THERAPY</b>	Child Therapy	Creative Ways Therapy	Teresa Arene	202-413-7837	<a href="mailto:teresa@creativewaystherapy.com">teresa@creativewaystherapy.com</a>	7412 George Ave, NW #4 Washington, DC 20012	<a href="http://creativewaystherapy.com">http://creativewaystherapy.com</a>
<b>PLAY THERAPY</b>	Play Based, Physical	Connections Therapy Center		202.561.1110		3849 Alabama Ave SE Washington, DC 20020	<a href="http://www.thectenter.com">www.thectenter.com</a>
<b>PLAY THERAPY</b>	Play Based, Physical	Connections Therapy Center		301.577.4333		4451 Parliament Place Suite A Lanham, MD 20706	<a href="http://www.thectenter.com">www.thectenter.com</a>
<b>PRIMARY CARE CENTERS</b>	Nutrition	Bernard Medical Center		202-527-7500	On website	5100 Wisconsin Ave. N.W., Suite #401,	<a href="http://www.pcrm.org">www.pcrm.org</a>
<b>PRIMARY CARE CENTERS</b>	Integrative Approach	Casey Health	Iliana Bar-Levav	301.664.6464	<a href="mailto:info@caseyhealth.org">info@caseyhealth.org</a>	800 South Frederick Ave Gaithersburg, MD 20877	<a href="http://www.caseyhealth.org">www.caseyhealth.org</a>
<b>REFLEXOLOGISTS</b>	Reflexology	National Integrated Health Associates	K. Marie Hall	202.237.7000	On website	5225 Wisconsin Ave., NW, Suite 402, Washington, DC 20015	<a href="http://www.nihadc.org">www.nihadc.org</a>
<b>REFLEXOLOGISTS</b>	Reflexology	Elements Fitness and Wellness Center	Annette Dilascio	202.333.5252	On website	2233 Wisconsin Ave NW suite 217 Washington, DC 20007	<a href="https://elementscenter.com">https://elementscenter.com</a>
<b>REIKI PRACTITIONERS</b>	Energy Healing	Private practice	Juliana	202.246.5649	<a href="mailto:reikisol@live.com">reikisol@live.com</a>	DC Area	

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<b>REIKI PRACTITIONERS</b>	Energy Healing	Eye Street Massage Therapy		202.463.0987	therapy@eyestreet-massage.com	1634 Eye Street, NW, lower level 125, DC, 20006	<a href="http://eyestreet-massage.com">http://eyestreet-massage.com</a>
<b>REIKI PRACTITIONERS</b>	Energy Healing	Be Here Now Yoga	Macro Pineyro	202.643.8875	<a href="mailto:info@beherenowyogad.c.com">info@beherenowyogad.c.com</a>	411 8th Street SE Washington, DC 20003	<a href="http://beherenowyogad.c.com">http://beherenowyogad.c.com</a>
<b>REIKI PRACTITIONERS</b>	Energy Healing	Pekoe Acupuncture and Wellness Center	Jessica Mahler	202.408.4858		1410 9th Street NW #1 Washington, DC 20001	<a href="https://www.pekoedc.net">https://www.pekoedc.net</a>
<b>REIKI PRACTITIONERS</b>	Energy Healing	GW Center for Integrative Medicine	Luann Jacobs	202.833.5055	<a href="mailto:ljacobs@gwcim.com">ljacobs@gwcim.com</a>	908 New Hampshire Ave NW Suite 200 Washington DC 20037	<a href="http://www.gwcim.com">http://www.gwcim.com</a>
<b>REIKI PRACTITIONERS</b>	Energy Healing	Private practice	Susan Ruben	202.362.0047		Her home at 36th St and Yuma St Washington, DC	
<b>SPEECH THERAPY</b>	Speech/Language therapy	Speech Kids	Gabriele Nicolet	<a href="tel:202-306-0505">202-306-0505</a>	<a href="mailto:info@speechkids.com">info@speechkids.com</a>	Washington, DC Metropolitan Area	<a href="http://www.speechkids.com">www.speechkids.com</a>
<b>SPEECH THERAPY</b>	Occupational/Speech/Language Therapy	Playwell DC	Lori Porcelli and Sarah Laryea	202-450-5335	form on website	Washington, DC	<a href="http://www.playwelldc.com">www.playwelldc.com</a>
<b>SPEECH THERAPY</b>	Occupational/Speech/Language	Building Blocks Therapy	Kirsten Metzger	(703) 533-8819; (202) 363-8255	<a href="mailto:admin@buildingblockstherapy.com">admin@buildingblockstherapy.com</a>	Falls Church, VA and Washington, DC locations: <a href="https://buildingblockstherapy.com/contact/">https://buildingblockstherapy.com/contact/</a>	<a href="https://buildingblockstherapy.com">https://buildingblockstherapy.com</a>
<b>SPEECH THERAPY</b>	Speech/Language therapy	Private practice	Marisa Vaccalluzzo		<a href="mailto:mvaccalluzzo@gmail.com">mvaccalluzzo@gmail.com</a>	Washington DC	
<b>SPEECH THERAPY</b>	Speech/Language therapy	Sensational Kids Therapy		202-244-8089	<a href="mailto:office@sensationalkidstherapy.com">office@sensationalkidstherapy.com</a>	4400 Jenifer Street, NW, Suite 280, Washington, DC 20015	<a href="http://www.sensationalkidstherapy.com">www.sensationalkidstherapy.com</a>
<b>TAI CHI</b>	Tai Chi	Tenleytown Tai Chi	Susan Lowell		<a href="mailto:susanlowell@mac.com">susanlowell@mac.com</a>	4321 Wisconsin Ave., NW, Washington, DC 20016	<a href="http://www.tenleytowntaichi.com">www.tenleytowntaichi.com</a>
<b>TAI CHI</b>	Tai Chi	Wu Style Tai Chi Chuan	Sifu Larry Hawkins	301.388.8095	<a href="mailto:washington.wustyle@gmail.com">washington.wustyle@gmail.com</a>	The Hill Center 921 Pennsylvania Ave, SE Washington, DC 20003	<a href="http://www.wustyledc.com">http://www.wustyledc.com</a>

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YOGA STUDIOS	Yoga	Circle Yoga		202.686.1104	On website	3838 Northampton St., NW, Washington, DC 20015	<a href="http://www.circleyoga.com">www.circleyoga.com</a>
YOGA STUDIOS	Yoga	East Side Yoga	Alia J. Khan	202.600.9860	<a href="mailto:alia@eastsideyogadc.com">mailto:alia@eastsideyogadc.com</a>	518 10th Street, NE 2nd Floor Washington, DC 20002	<a href="http://www.eastsideyogadc.com/">http://www.eastsideyogadc.com/</a>
YOGA STUDIOS	Yoga	Flow Yoga Center		202.462.3569	<a href="mailto:debra@flowyogacenter.com">debra@flowyogacenter.com</a>	1508 14th Street, NW (b/t P & Church), Washington, DC 20005; 1450 P Street, NW (b/t 14th & 15th Sts) Washington, DC 20005	<a href="http://www.flowyogacenter.com">www.flowyogacenter.com</a>
YOGA STUDIOS	Yoga	Lil Omm	Pleasance Siliki		<a href="mailto:pleasance@me.com">pleasance@me.com</a>	4515 44th St NW, Washington, DC, 20016	<a href="http://www.lilomm.com">www.lilomm.com</a>
YOGA STUDIOS	Yoga	Rcharj		844.334.6627	<a href="mailto:info@recharj.com">info@recharj.com</a>	1445 New York Ave., NW, Washington, DC, 20009	<a href="http://www.recharj.com">www.recharj.com</a>
YOGA STUDIOS	Yoga	Shanti Yoga		301.654.4899	<a href="mailto:shantiyoga@schooloffliffe.org">shantiyoga@schooloffliffe.org</a>	Washington, DC, 20009	<a href="http://www.schooloffliffe.org">http://www.schooloffliffe.org</a>
YOGA STUDIOS	Yoga	Tots & Tykes Yoga	Angelyn Shapiro		<a href="mailto:angelyn@angelynshapiro.com">angelyn@angelynshapiro.com</a> ; <a href="mailto:admissions@lemontreeplaygroup.com">admissions@lemontreeplaygroup.com</a>	Lemon Tree Playgroup: 2100 New Hampshire Avenue, NW; Tranquil Space: 1632 17th St NW, Washington, DC 20009	<a href="http://www.lemontreeplaygroup.com/">http://www.lemontreeplaygroup.com/</a> ; <a href="http://www.lemontreeplaygroup.com/tots-">http://www.lemontreeplaygroup.com/tots-</a>
YOGA STUDIOS	Yoga	Tranquil Space		202.328.9642	<a href="mailto:info@tranquilspace.com">info@tranquilspace.com</a>	1632 17th Street, NW, Washington, DC 20009	<a href="http://www.tranquilspace.com/yoga/weeyogis">www.tranquilspace.com/yoga/weeyogis</a>
YOGA STUDIOS	Yoga	Washington Yoga Center	Robyn Greenhouse	202.244.9642	<a href="mailto:info@washingtoneyogacenter.com">info@washingtoneyogacenter.com</a>	4000 Albermarle St., NW, Washington, DC 20016	<a href="http://www.washingtoneyogacenter.com">www.washingtoneyogacenter.com</a>
YOGA STUDIOS	Yoga	Willow Street Yoga		301.270.8038	<a href="mailto:yoga@willowstreetyoga.com">yoga@willowstreetyoga.com</a>	6930 Carroll Avenue, Suite 100, Takoma Park, MD 20912	<a href="http://www.willowstreetyoga.com">www.willowstreetyoga.com</a>
YOGA STUDIOS	Yoga	Sweet Bay Yoga		202.999.7455	<a href="mailto:sweetbay@sweetbayyoga.com">sweetbay@sweetbayyoga.com</a>	5456 Westbard Ave., Bethesda, MD 20816	<a href="http://www.sweetbayyoga.com">www.sweetbayyoga.com</a>
YOGA STUDIOS	Yoga	Ease Yoga & Cafe		form on website	form on website	3051 Mt. Vernon Ave., Alexandria, VA 22305	<a href="http://www.easeyogacafe.com">www.easeyogacafe.com</a>
YOGA STUDIOS	Yoga	Be Here Now Yoga	Macro Pineyro	202.643.8875	<a href="mailto:info@beherenowyogadc.com">info@beherenowyogadc.com</a>	411 8th Street SE Washington, DC 20003	<a href="http://beherenowyogadc.com">http://beherenowyogadc.com</a>
YOGA STUDIOS	Yoga	Simon Says Yoga	Shauna Simon	240.535.5526	<a href="mailto:SimonSaysYoga@gmail.com">SimonSaysYoga@gmail.com</a>	4611 Sangamore Rd Bethesda, MD 20816	<a href="http://www.simonsaysyoga.com">www.simonsaysyoga.com</a>

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