

# NORTHWEST BUSINESS

## Budding Chevy Chase studio adds adults

By **ABID SHAH**  
Current Staff Writer

Anne Mahon started out with the kids, but she's moving on to adults as well.

Mahon established the Budding Yogis children's studio at 5615 39th St. NW in March 2003. Now, she is expanding into an annex and opening Circle Yoga, which will offer yoga classes for adults.

"I realized a lot of stress is a trickle-down effect. We are so connected," said Mahon, discussing why she started teaching adults at her studio. "We decided to offer a family class."

Comparing her childhood to that of children today, Mahon explained she sees a different level of intensity in this era from yesteryear.

"I am blown over by how much they need to relax today," she said.

And so Mahon is making sure that everybody in Chevy Chase has access to yoga classes. While many of her children's classes are taught off-site, in schools, for example, her Circle Yoga will be based exclusively in the new studio. The new establishment, which had an opening ceremony on Saturday, will begin classes on Sept. 20.

Mahon has hired a half dozen new teachers and is on the lookout for more instructors. Adult classes are not new to her. She offered adult classes last year as a side project of Budding Yogis and had 50 adults in her classes. She said she is confident the number will balloon in the new facility.

Circle Yoga will charge \$13 a class for registered students; \$16 for drop-ins. Mahon said most of her current students are Chevy Chase residents, but some live in Cleveland Park.

"Yoga is an ancient practice," said Mahon. "It consists of a lot of physical and mental activity."



Bill Petros/The Current

**The studio's open house on Saturday offered free relaxation sessions and introductory yoga lessons.**

She said that the combination of the mental and physical aspects made yoga relevant. It's good for stress, fear and flexibility, she said.

"A lot of people do it to increase their flexibility," said Mahon. "Others do it because they don't exercise at all."

As for Mahon, "I do yoga, because it helps me to function in a way that I prefer to function," she said. "It can be spiritual if that's what you are looking for."

The studio will also offer meditation classes for children, adults and families.

"It's really about finding the connection between the mind and the body," said Mahon.

Also, yoga has another advantage in Mahon's eyes. "It is the only thing kids can do that is not competitive," she said. "There is no 'right' [in yoga]."

## New pizza parlor hits the joint in Glover Park

Chefs are rolling the dough in another Glover Park basement. Since July 6, Kavanagh's Pizza Pub has been serving Italian cuisine, with a dash of pub fare, at 2400 Wisconsin Ave. This month, business is starting to boom as the non-year-rounders return to the area.

"It [was] slow, as everybody, college students, Congress, had left town," said Kevin McFillin, who owns Kavanagh's with his wife, Lee Abbott. "Now it's September; it's starting to pick up."

Popular pizza options at Kavanagh's include the Pollo, grilled chicken with pesto and red onion; the Florentine, spinach and ricotta; and the Carciofi, artichoke hearts and sweet red peppers, said McFillin. Pizzas come in three sizes — 10, 12 and 14 inches.

The pub, which seats 119, including 15 at a bar with five televisions, offers lunch specials for around \$6. Pizza prices range from \$6.95 to \$17.25.

**■ New sandwich works opens.** Government workers and George Washington University students can now eat at a new sandwich shop at 616 23rd St.

Coggins' Sandwich Manufactory will serve sandwiches

### ON THE STREET

ABID SHAH

such as The Big Daddy, Memphis Morrie's Pulled Pork, The Tunacado and Fluffanutter and Bananas, which is made of peanut putter, marshmallows, hazelnut and bananas.

Sandwiches cost \$3.99 at the eatery, which seats 32 indoors and 54 on a patio. The shop also serves soups as well as salads, which cost \$4.29 and higher.

The store, which debuted the last week of August on the ground floor of a new George Washington University dormitory, is open from 11 a.m. to 9 p.m. throughout the week, according to manager Abdoul Cisse.

Coggins' Sandwich Manufactory is the first in what aims to be a national chain. Lori Isaac, who is handling the public relations for the store, said that the second Coggins store will open in Fairfax, Va., followed by sandwich shops elsewhere in the region.

"Washington will be a lively test market for the introduction of our fresh, custom-made, oven-baked, value-driven sandwich concept," said Ross Farro, president and chief

executive officer of the Manufactory.

**■ Business seminar.** The Georgetown Business Improvement District is offering a seminar on "A Good Recruit Is Worth the Loot: Establishing a Viable Recruitment Plan, the Investment Is Worth It!" on Friday. The two-hour seminar will begin at 8:30 a.m. in Suite L-11 at 1055 Thomas Jefferson St. Participants can register by calling 202-298-9222. The fee is \$25.

**■ Seminar.** Howard University will offer a three-class workshop called "Know Your Money, Economic Empowerment Program" from 10 a.m. to 2 p.m. on Saturday. Other classes will be taught on Oct. 2 and 16. The program is designed to teach African-Americans personal money management strategies. Each class will be facilitated by a wealth-management consultant and will address budgeting, income analyses, credit reports, investing and managing financial tools.

The seminar will cost \$30 and will be offered at Room 3019, The College of Medicine, Howard University, 520 W St. NW. Participants can register by calling 202-728-7585.

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