

Love the one you're with—You!

BY IVY FARGUESON

Go into any drugstore or grocery store in America, walk by any flower shop in the Western hemisphere, turn on the TV in the middle of the day and you know the day we will soon rejoice over: Valentine's Day.

The idea of celebrating love is always great any day of the year, but if you're not in a relationship, Valentine's Day can be a reminder of what you don't have.

Sure, it's easy to remind yourself before and after Valentine's Day that you're great and fabulous and worthy of the best, yadda, yadda, yadda, but with the emphasis of Valentine's Day on the couples of the world, singles are often left out!

Well, no more.

If you are not in a relationship and don't even have a crush on the horizon, no need to fret. Valentine's Day is a day for you, too, and you don't even have to go into DC to celebrate it. Venture around Silver Spring and Maryland and do whatever it is your great ole heart desires. True, Valentine's Day is on a Wednesday and it's easy to pretend like it's just another day, but not this year. It's time for you to stop sitting on the couch and go out and have the best Valentine's Day for Singles ever. Here are a few suggestions to make your Valentine's Day fantastic:



PHOTO: JULIE WIATT

Let your inner dog out of play on V-day with a yoga class.

Take a yoga class

Since 1994, Takoma Park has been home to one of the oldest yoga centers in the area, **Willow Street Yoga**. In 2003, Willow Street Yoga opened a Silver Spring studio, allowing the people of both towns

to practice opening their chakras in peace. With a friendly staff at both locations, this center is the best place around for beginners and the seasoned yogi looking to enjoy some love this Valentine's season.

Anusara yoga, the fastest growing yoga

tradition in the United States, focuses on opening your heart and is great for a drop-in class, according to Joy Kirstin, Willow Street Yoga's manager, and at a \$20 drop-in fee, the classes have the ability to open your budget as well. Yoga is a great way to spread love of self this season, so go alone or with some friends. For more details, and check out Willow Street Yoga's website (www.willowstreetyoga.com). If you enjoy yourself so much that you want to keep coming back, sign up for a session this winter. The last day to register is February 18th.

Take yourself out to dinner.

This one may be a little risky. If you want to practice self-love this February 14th, the last thing you may want to do is sit in a restaurant with a million couples expressing their love for each other every two minutes. So, call up all of your other single friends and make reservations for your bunch at **A Taste of Morocco** in Silver Spring.

What could be more fun than you and your friends hitting up a restaurant with 2 belly dancing shows (at 7 and 8:30 p.m.), eating fantastic food and enjoying each other's company?

Besides, you'll be bound to make the couples, half of whom will be wondering

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