Yes Indeed Yoga

It’s always good news when a new yoga studio opens, but this one is over the top in its offerings and its aesthetics. Shauna Simon, a local school teacher, opened Simon Says Yoga Studio in December. The process was a family affair, with the beautiful custom cabinetry, unique bolsters and original line of tie-dye yoga clothing handcrafted by family members—creating a welcoming, tranquil environment for the community’s enjoyment. The studio offers adult, teen, kids, prenatal and senior yoga, yoga for the deaf, yoga camp, Pilates, meditation, tai chi and more. Shops at Sumner Place, Bethesda. 240-505-5448, simonsaysyoga.com

Get Out of Your Seat, Up on Your Feet!

Wolf Trap

Wolf Trap Children’s Theatre-in-the-Woods! It’s been a family tradition for generations. This summer, introduce your child to ballet performed by young dancers, experience the enchanting world of puppetry, dance to magnetic hip-hop beats created just for kids, or suggest characters that the Wolf Trap Opera Company will use to create a one-of-a-kind performance. After the shows, enjoy free interactive arts and nature workshops. wolftrap.org

Maid Brigade

Maid Brigade has been making busy lives easier for residential and commercial customers in the D.C. metropolitan area for more than 20 years. They’re professionals who provide reliable, trustworthy and professional housecleaning services that are safe for you and your family (especially kids and pets). They use only Green Seal-approved products like microfiber cloths (which trap dust, dirt and germs better than other fabrics) and Carpet & Rug Institute Green Label-approved HEPA vacuums. They respect your property, privacy and time! 800-515-MAID, maidbrigade.com

Aqua Adventures

Aqua Sports Camp has it all—swimming, diving, trampoline, water polo, junior lifeguarding, water slides, kickball, soccer, arts and crafts and games! This instructional and fun camp has top notch instructors who will teach your children the basics and create a fun and safe environment for all children ages 7-15. Children should be able to swim 25 yards and must be comfortable in water over their heads. Call Mike Tober, 301-873-8411, Aquasportscamps.com

Giving Through Art & Soul

Washington Parent is again pleased to be a media sponsor of the National Center for Children and Families’ annual Art & Soul Auction, June 3, 6-10 p.m. This year it’s at Silver Spring Civic Building at One Veteran’s Plaza. Bid on fine art and unique items featured in the silent auction and a live auction of artwork by young artists in NCCF’s Greentree Adolescent Program (GAP) and Greentree Shelter (GTS). Enjoy elegant hors d’oeuvres, as well as live music by renowned jazz musician Marcus Johnson. Also, from 4-6:30 p.m. NCCF will host its inaugural Youth Art Fair on the plaza outside. https://nccf-cares

Funtastic Summer Family Packages

Lansdowne Resort

It’s family fun every weekend starting June 17, 2011, at Loudoun County’s Lansdowne Resort, a AAA 4-Diamond, full-service golf and spa resort. With a lineup of family fun (from bingo to belly-flop contests, pie eating to putting) and outdoor concerts every Friday night this summer, it’s a family mini-vacation only 45 miles from the D.C. metro area. Sharkey, the Lansdowne mascot named after the family-friendly nine-hole golf course, will personally welcome you and your family. Check in with the Funcierge, the summer activities director, then head over to the five-pool Aquatic Complex to start relaxing. Need some grownup alone time? Sign up for extended ResortRascals daycare. lansdowneresort.com