

Have Fun. Be Well.

Chesapeake Yoga & Wellness is a mobile yoga studio run by Julie Phillips-Turner, RYT that offers private group and one-on-one classes.

Julie offers alignment-based hatha yoga classes that are tailored to your group's needs, as well as personalized Ayurvedic prescription yoga developed for private programs for an individual's needs and lifestyle.

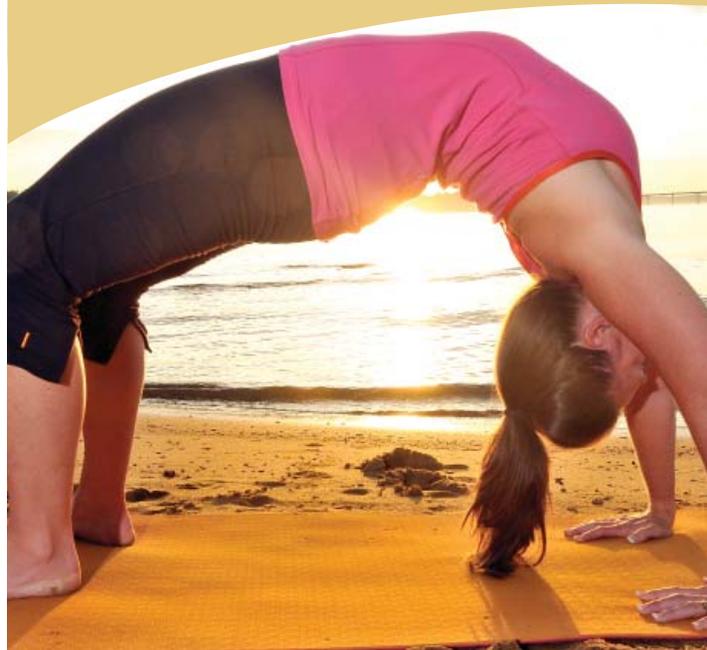
In addition to teaching all-levels of yoga, Julie is also trained in teaching yoga for seniors, and as therapy for physical issues such as arthritis, cancer, and effects of stress on the body and mind.

As a mobile studio, Chesapeake Yoga & Wellness can travel to your location, or help find a location suitable for your class or event. Julie also offers a variety of yoga events paired a favorite activity including kayaking, biking, stand up paddleboarding, art, photography or more.

Request a planned workshop, or work with Julie to create your own practice for yourself or a group.

Contact me Julie at julie@chesapeakeyoga.com for more information.

Meeting you on your mat. *And beyond.*



410. 490.0033
info@chesapeakeyoga.com

www.ChesapeakeYoga.com



Meeting you on your mat. *And beyond.*



Class Descriptions:

All-Levels Yoga: A mixed-level class based on proper alignment, suitable for any level. Many variations and options for the poses will be offered, so that each person can find that which feels steady and comfortable. Students are encouraged to listen to and honor the body, mind, breath to determine which variation is most appropriate for them in that moment.

Gentle Yoga: Emphasizes basic postures to comfort the body, breath awareness, and relaxation. Gentle Yoga is appropriate everyone, particularly those working through chronic issues, active people seeking to balance and heal over stressed bodies.

Yoga Nidra: Guided deep relaxation for the body and mind followed by relaxing breathing techniques leading into peaceful meditation. This class helps us release physical and mental stress and connect with a place of peaceful wellbeing within.

Aqua Yoga: A practice done in the water - a great resource for supporting the body. A practice appropriate for anyone with muscle or joint issues. Aqua Yoga gives individuals the ability to do poses without pain from weight bearing issues.

Private Class: Instruction tailored for individuals. The class includes an initial Ayurvedic assessment of physical activity, lifestyle, goals and unique personality of the student that will determine the practice designed exclusively for the student. For individuals seeking results, a minimum of 4 classes are recommended. Private class (One Person): \$75 per hour.

Private Group Class Series: Chose a one-time or 4- to 8-week program focusing on themes appropriate for your group. Classes can be developed specifically for your group's levels and needs. (See Class Fees.)

Yoga Class Fees for Private Groups

8-week class: \$100
4-week class: \$50
2-hour workshops: \$35
Drop-in: \$15

** Private groups require a minimum of 5 participants for special 4- to 8-week sessions.*

** Session rates above apply to group's individuals.*

** Classes for groups with 10 and more are \$10pp*

** Classes for special 8- & 4-week series are 90-minutes*

** Yoga mats and props are available.*

Stand Up Paddle & Yoga

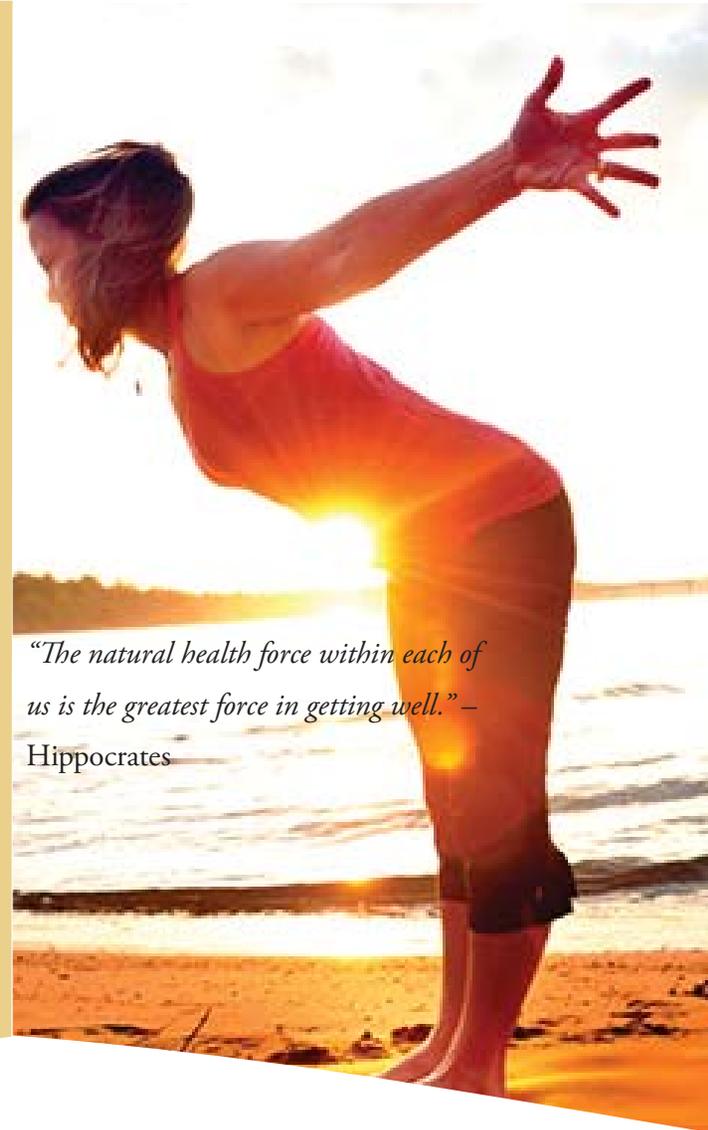
Enhance your love of the outdoors and water with Stand Up Paddling (SUP) or SUP with Yoga lessons.

SUP & Yoga will begin with a review of SUP skills instruction followed by yoga on the board. The practice is for all levels, and beginners are welcome. SUP & Yoga is a great way to build balance, coordination, endurance, strength and mindfulness surrounded by the calming water, while viewing the Bay's surroundings from an entirely different perspective.

SUP & Yoga Class Rates:

Private lesson (1 person): \$60
Couple/2 people: \$35/pp
Group of 3 to 5 people: \$25/pp

Additional fee for board, paddle and PFD rental OR BYOB(oard). Rental fee will vary based on outfitter.



"The natural health force within each of us is the greatest force in getting well." – Hippocrates

Private Events

Chesapeake Yoga & Wellness works with individuals and groups to develop and plan appropriate programs, schedules and locations. Consider incorporating a yoga class into your next event, including:

- Business Conferences
- Corporate Wellness Activities
- Day & Weekend Retreats
- Family Gatherings
- Birthday Partys
- Bridal Showers

Photos by:
Mike Morgan Photography (left)
Rafael Crisostomo (cover/inside)

Contact

For more information, contact Chesapeake Yoga & Wellness at

410.490.0033 or email info@chesapeakeyoga.com
or for class & event schedules visit us online at:
www.chesapeakeyoga.com

