

Manage Your Health & Well Being

Understanding that body types, as well as lifestyles and schedules may vary, Chesapeake Yoga & Wellness provides a number of different classes and services to fit your needs - from Power Yoga to Restorative Yoga, meditation and reiki.

Chesapeake Yoga & Wellness believes that good health comes from cultivating the ability to relax - even when the world around us is chaotic. By creating mindfulness about the way we live, and making healthy choices, both the mind and body benefit by living a healthier life.

Chesapeake Yoga & Wellness partners with area wellness professionals to enhance your experience of relaxation and health through specialized services and educational workshops.

Change your life. *Change your mind.*



410. 490.0033
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www.ChesapeakeYoga.com



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Class Descriptions:

All Levels Yoga: A mixed level class, 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 messages of the body, mind, breath and spirit to determine which variation is most appropriate for them in that moment.

Power Yoga: A lively, energetic class that builds strength, flexibility and concentration through movement and long holds. In this class, heat is created through moving the body, not by adjusting the thermostat. Expect a great cardiovascular and strength building workout. This class is appropriate for those who have yoga experience.

Restorative Yoga & Meditation: A supported relaxation practice using blankets and other props, helping the body relax, open, and release tension and stored-up toxins that can cause illness. Restorative poses benefit both the body and mind, for conditions ranging from stress to chronic pain. The class includes 60 min. of relaxing postures and 30 min. of meditation.

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.

Private Class: A one-on-one instruction tailored for the individual student. The class includes an initial assessment of physical activity, lifestyle, goals and unique personality of the student that will shape the practice. The class includes pranayama, meditation and asana that are appropriate for the student per the assessment. A minimum of 4 classes are recommended for results.

Yoga Class Fees

8-class/week: \$100

4-class/week: \$50

Drop-in: \$15

Private class: \$50 per hour

* Private groups require a minimum of 5 participants.

* Session rates above apply to group's individuals.

* One time classes for groups with 10 and more are \$10pp

* 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. Each private class is taught by ACA certified SUP instructor and certified yoga instructor, Julie Phillips-Turner, RYT, of Chesapeake Yoga & Wellness.

SUP Lessons (only) will teach you the basics of stand up paddle boarding, covering safety, proper stance and form and paddle techniques. No matter what your experience or level of fitness, you will be paddling your very first session.

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

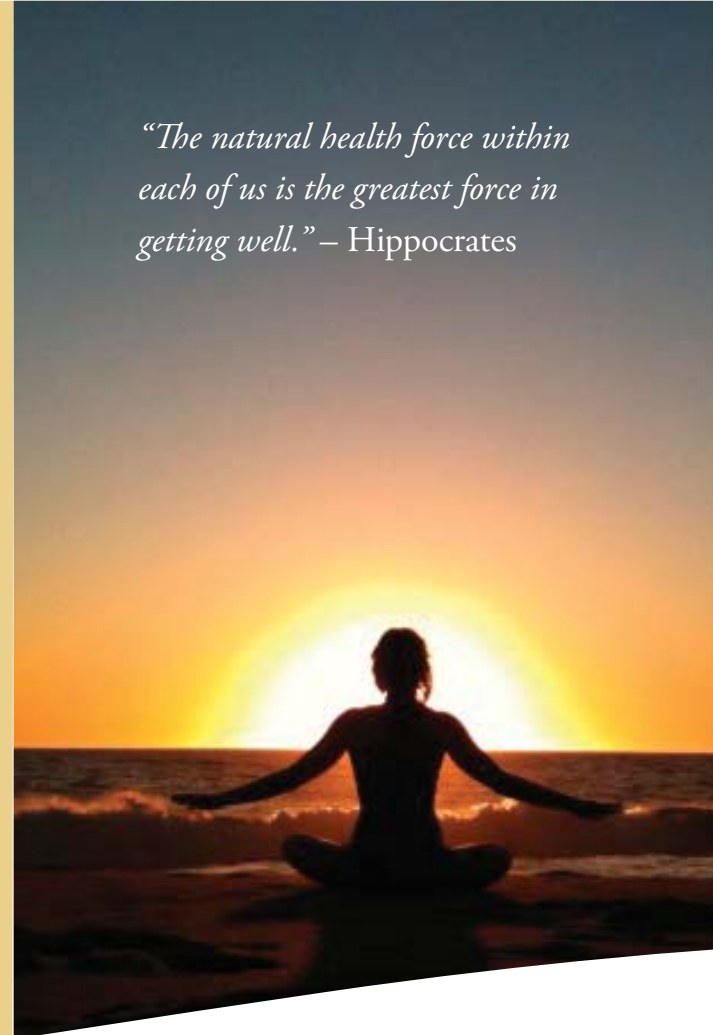
Additional fee for board, paddle and PFD rental OR BYOB(oard). Rental fee will vary based on outfitter.

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:

- Fundraisers
- Business Conferences
- Corporate Wellness Activities
- Day & Weekend Retreats
- Birthday Partys (adults and kids)
- Bridal Showers

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



Reiki Services

30 min.: \$30

60 min.: \$60

Reiki is a gentle, completely non-invasive practice that promotes balance and well-being. Reiki involves light touch of the practitioner's hands on, or slightly above, the receiver's body.

Many clients report that Reiki helps: reduce anxiety, increase relaxation, relieve stress, promote feelings of peace, wellness & balance and energize and rejuvenate the mind & body

**On-site service available.*

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:
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