

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.

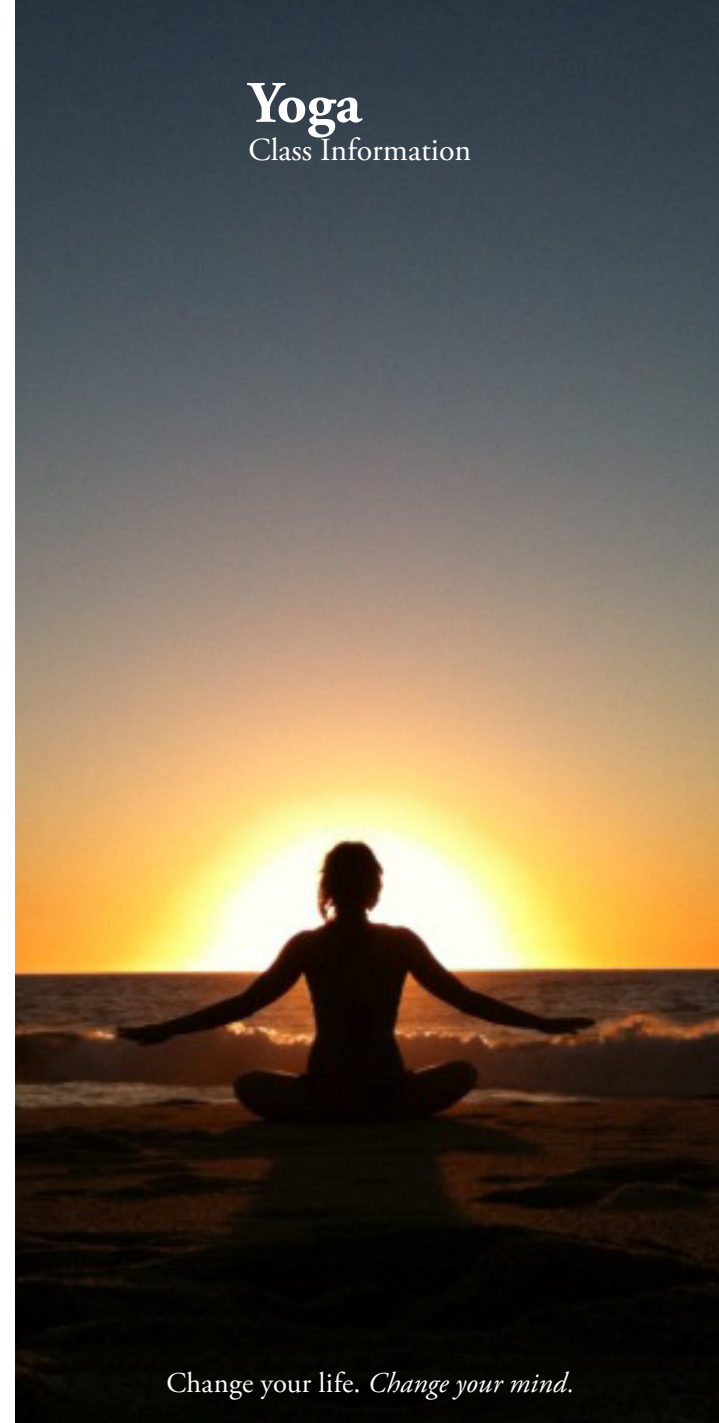
Change your life. *Change your mind.*



410. 490.0033
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www.ChesapeakeYoga.com

Yoga
Class Information



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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.

Yoga Basics: This class teaches you the building blocks of basic yoga poses. This class is appropriate for those who would like to begin their yoga experience and learn the proper alignment for their bodies.

Gentle Yoga: Emphasizes stretching, coordination of breath with movement and attention to alignment. Designed to create breath awareness, enhance balance, and increase flexibility. Appropriate for those new to yoga or those experiencing joint sensitivity, or other physical limitations.

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.

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.

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.

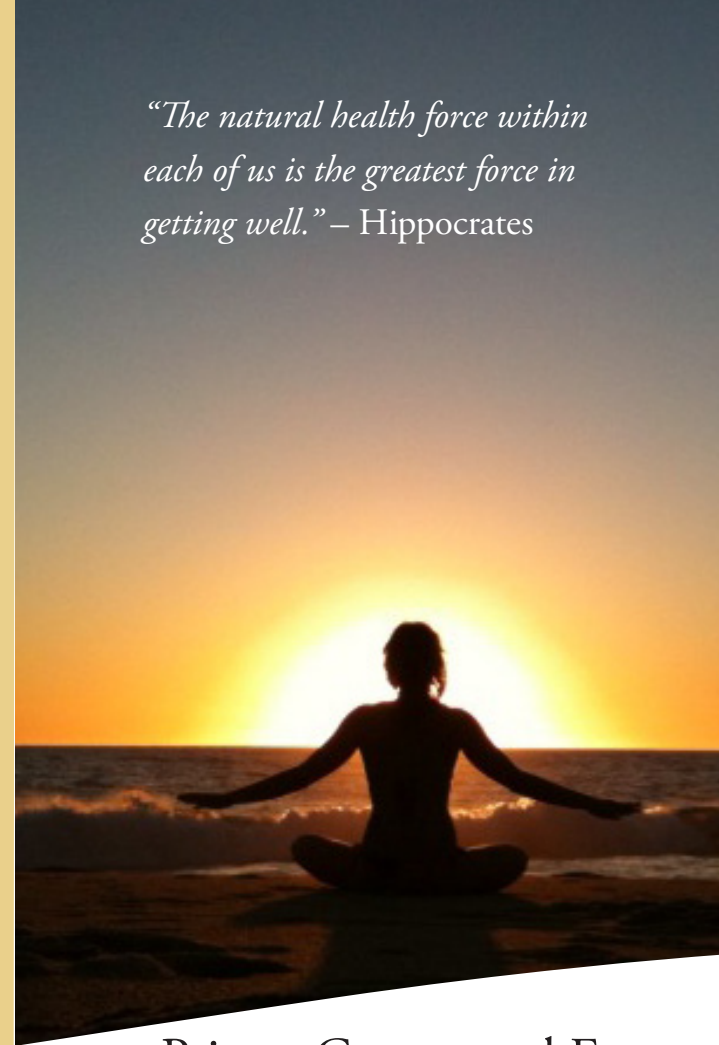
Many clients report that Reiki helps:

- Reduce anxiety
- Increase relaxation
- Relieve stress
- Promote feelings of peace, wellness & balance
- 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:
www.chesapeakeyoga.com

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



Private Groups and 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!

Consider Yoga for:

- Office/Corporate Employee Wellness Activities
- Day & Weekend Retreats
- Outdoor Locations
- Birthday Partys (adults and kids)
- Bridal Showers
- Business Conferences
- Fundraisers
- Sport Team Event Warm-Up

