



Chesapeake Yoga & Wellness, Offering Gentle, Therapeutic and Beginner Yoga Classes

(Stevensville) Chesapeake Yoga & Wellness is offering a number of classes for beginning yoga students, as well as those who prefer a gentler practice, to accommodate those who may be intimidated by large classes and surrounded by more experienced practitioners.

“Our classes are smaller than the usual gym or studio class, enabling us to get to know our students and give a more personalized experience. This is especially important for the beginning student, or someone who has special physical needs to address during the practice,” states Julie Phillips-Turner, owner and director of Chesapeake Yoga & Wellness in Stevensville, Maryland.

After the increase in popularity of yoga, doctors are now suggesting that patients practice yoga to help relieve physical and mental ailments such as arthritis and stress. Now that more people are seeking to begin a yoga practice, classes are larger and can be intimidating to beginners who are unfamiliar with the poses and alignments.

Chesapeake Yoga & Wellness offers several beginner, restorative and therapeutic yoga classes for people of all ages to help students feel safe and learn in an atmosphere surrounded by other like-minded students, making the experience more enjoyable and comfortable.

A weekly schedule is available online at: <http://www.chesapeakeyoga.com>, or by dropping by the studio located at 203 Romancoke Road, Stevensville, MD – located across from the Bay Bridge Airport on Kent Island. Or contact chesapeakeyoga@gmail.com or call 410-490-0033.

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

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