



# Yoga at RHYC

September 29 - November 3  
Saturdays, 8:30am - 10:00am

## All-Levels Yoga

*All are invited to join in this class which will include mixed level instruction, 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.*

**Cost for 6-weeks:** (payable on 9/29)

**\$75 (RHYC Members)**

**\$90 (Non-RHYC Members)**

**Drop-in fee:**

**\$15 (Members)**

**\$ 20 (Non-RHYC Members)**

- A limited number of blocks, mats and straps and blankets will be available for participants.

- Participants are encouraged to bring equipment.

**Classes taught by Julie Phillips-Turner, RYT:**

Julie is an avid sailor on the Chesapeake Bay and teaches in the hatha yoga style, using props and modifications to ensure each person is enjoying the practice at their own level.

**Please contact Julie Philips-Turner with any questions at:**  
**julie@chesapeakeyoga.com or call 410-490-0033**



**Location:**

Rock Hall Yacht Club  
22759 Mckinleyville Rd,  
Rock Hall, MD