



Presents:

Yoga: Head to Toe

8-week Program

at Shrewsbury Parish Church, Kennedyville, MD

May 8 - June 26

Thursdays, 6:30pm - 8:00pm

Learn stability and balance from head to toe.

This 8-week program, taught by Julie Phillips-Turner, RYT, will help you learn the best ways for your body to stretch and strengthen. Each week the 90-minute class will focus on a new area of the body and how it affects the alignment and stability of the rest of your body. It's all interconnected, from head to toe.

This all-levels class is for new, beginners and experienced students. Everyone will learn alignment and variations for each pose for a steady and comfortable practice.

** A limited number of blocks, mats and straps and blankets will be available for participants. Participants are encouraged to bring their own equipment.*

Full 8-class program registration fee: \$100 per person (save \$20)
or Drop-in for \$15 (pre-registration is not required)

Please fill out the registration form below and fax with credit card payment to 443-703-2359 OR mail with payment information or check payable to: Chesapeake Yoga & Wellness to 220 Dutcher Road, Queenstown, MD 21658

Pre-registration for the full program is due April 25, 2014.

Questions? Call Julie at 410-490-0033 or e-mail Julie@chesapeakeyoga.com

Visit: www.chesapeakeyoga.com

Payment for the full 8-week program enclosed: \$100_____

Check_____ (Payable to Chesapeake Yoga & Wellness)

Credit card #: _____

Expiration: ____/____/____ CSC#: _____

Name: _____

Address: _____

City: _____ State _____ ZIP _____

PHONE: _____

E-mail: _____

Location:

Shrewsbury Parish Church
12824 Shrewsbury Church Rd,
Kennedyville, MD, 21645