



Presents:

Yoga: Beyond the Basics

8-week Program

at Shrewsbury Church, Kennedyville, MD

September 4 - October 23, 2014

Thursdays, 6:30pm - 8:00pm

Refine your understanding of yoga.

This 8-week class, taught by Julie Phillips-Turner, RYT, is for students who wish to better understand poses, breathwork, meditation, and have a deeper understanding of the benefits of yoga.

Each week the 90-minute class will focus on a select group of poses that will help you understand the alignment, what they should feel like, and when, and how, to go deeper and when to back off, along with breath practice, ending with a relaxing guided meditation.

This all-levels class is for beginner to intermediate students.

* 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 cost: \$100 per person

Drop-in fee: \$15

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. Online payment via PayPal is available - contact Julie to arrange.

Pre-registration for the program is due August 28, 2014.

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

Visit: www.chesapeakeyoga.com

Payment enclosed: \$100 _____

Check _____ (Payable to Chesapeake Yoga & Wellness)

Credit card #: _____

Expiration: ____/____ CSC#: _____

Name: _____

Address: _____

City: _____ State _____ ZIP _____

PHONE: _____

E-mail: _____

Do you have yoga experience? (Please circle) Yes No (If yes, where? _____)

Location:

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