

Have Fun. Be Well.

Chesapeake Yoga & Wellness is a mobile yoga studio run by Julie Phillips-Turner, RYT that offers private group and one-on-one classes.

Julie's alignment-based yoga classes are developed to fit a group or individual's needs or lifestyle.

Offering yoga classes for all levels from beginner to advanced, the focus of all of her practices is connecting the body and mind through mindful breath and movement.

As a mobile studio, you can choose your location, or Julie will assist in finding a location suitable for your class or event.

Pair your yoga practice with a day retreat of kayaking, biking, or stand up paddleboarding.

Request a personalized planned yoga workshop, or work with Julie to present at your studio or private group.

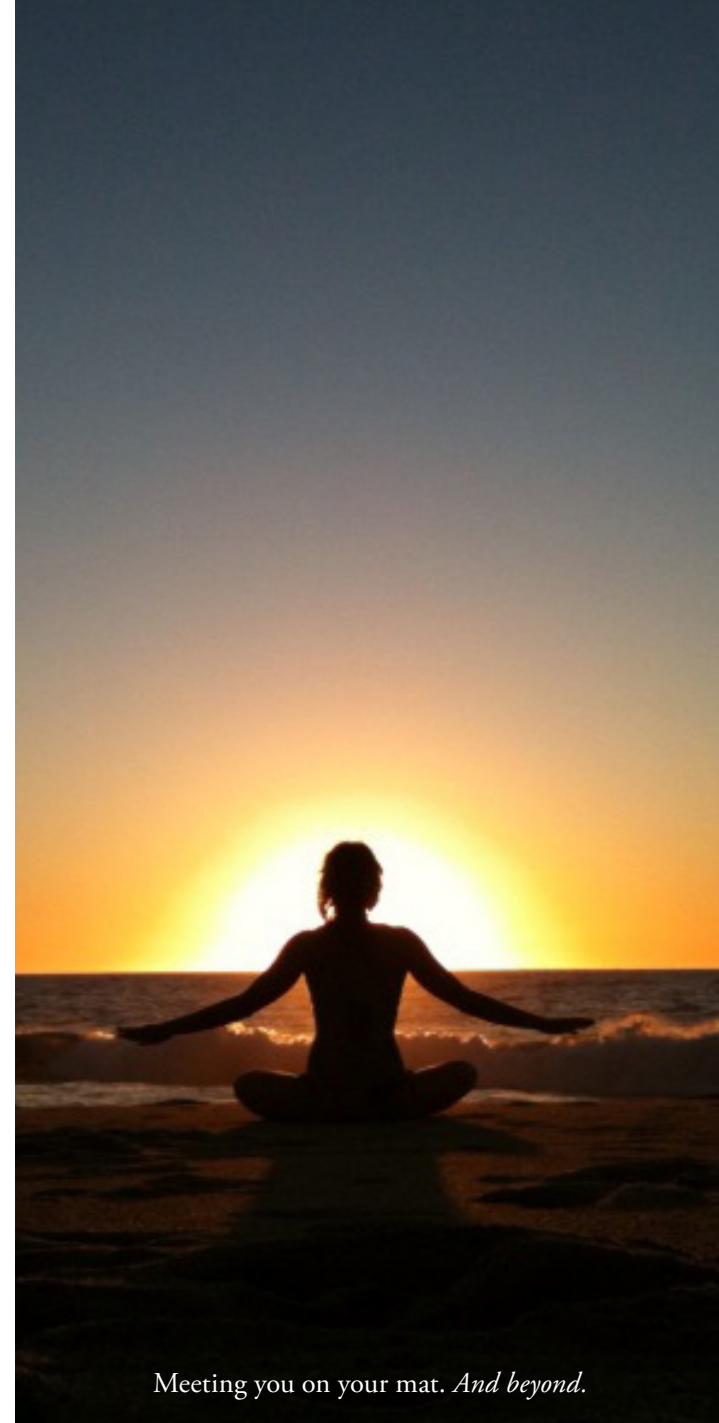
Contact Julie at julie@chesapeakeyoga.com for more information.

Meeting you on your mat. *And beyond.*



410. 490.0033
info@chesapeakeyoga.com

www.ChesapeakeYoga.com



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Typical Class Descriptions:

All-Levels Yoga: A mixed-level class based on proper alignment, 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 body, mind, breath to determine which variation is most appropriate for them in that moment.

Gentle Yoga: Emphasizes basic postures to comfort the body, breath awareness, and relaxation. Gentle Yoga is appropriate everyone, particularly those working through chronic issues, active people seeking to balance and heal over stressed bodies.

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.

Aqua Yoga: A practice done in the water - a great resource for supporting the body. A practice appropriate for anyone with muscle or joint issues. Aqua Yoga gives individuals the ability to do poses without pain from weight bearing issues.

Private Class: Instruction tailored for individuals - Beginneres to Advaned. The class includes an initial Ayurvedic assessment of physical activity, lifestyle, and goals that will determine the practice designed exclusively for the student. For individuals seeking results, a minimum of 4 classes are recommended. Private class (One Person): \$75 per hour.

Private Group Class Series: Chose a one-time or 4- to 8-week program focusing on themes appropriate for your group. Classes can be developed specifically for your group's levels and needs. (See Class Fees.)

Yoga Class Fees for Private Groups

One-Time Special Event Class: \$100

8-week class: \$100

4-week class: \$50

2-hour workshops: \$45

** Private groups require a minimum of 10 pre-registered participants for special 4- to 8-week sessions.*

** Drop-in fee for classes with 10 or more are \$10pp*

** Classes for special 8- & 4-week series are 60-minutes, unless otherwise requested*

** Yoga mats and props are available.*

Stand Up Paddle & Yoga

Enhance your love of the outdoors and water with Stand Up Paddling (SUP) or SUP with Yoga lessons.

SUP & Yoga will begin with a review of SUP skills instruction followed by yoga on the board. The practice is for all levels, and beginners are welcome. SUP & Yoga is a great way to build balance, coordination, endurance, strength and mindfulness surrounded by the calming water, while viewing the Bay's surroundings from an entirely different perspective.

SUP & Yoga Class Rates:

Private lesson (1 person): \$60

Couple/2 people: \$35/pp

Group of 3 to 5 people: \$25/pp

Additional fee for board ,paddle and PFD rental OR BYOB(oard). Rental fee will vary based on outfitter.



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



Private 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, including:

- Corporate Wellness Activities
- Day & Weekend Retreats
- Family Gatherings
- Birthday Partys
- Bridal Showers

Photos by:
Mike Morgan Photography (left)
Rafael Crisostomo (cover/inside)

Contact

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