



# Yoga

## Drop - In Classes at *the Energy Zone*



### Yoga Flow

with Mimi Phillips

Tuesdays 11:45am-12:45pm

A 1 hour energetic practice of yoga postures which increases heart rate and heat within the body. Coordination of breath and movement is emphasized. Benefits include increased strength, flexibility, concentration, and stress reduction.

### Yoga Level 1-2

with Gina Guffey

Thursdays

11:45am-12:45pm

A detail oriented class focusing on alignment, strength, and flexibility. Suitable for those new to yoga and experienced students.

\$72 for an eight-class pass.  
Liberty  
E1-E6 \$36.

### Yoga Stretch & Flex

with Susan Grier

Mondays 5:45pm-6:45pm

Focus on bringing a balance into the physical, energetic and emotional aspects of yourself. Working on cultivating strength while maintaining flexibility, this class will allow the student to experience the yogic principles of *Stira* (strength) and *Sukha* (ease & lightness). Appropriate for beginners or those with experience.



Register for all *Energy Zone* classes at the Fitness & Sports Office.  
For more information call 301-995-3869 or 301-757-3943.

