

Inner Reaches Neighborhood Yoga Schedule

Tuesdays	Wednesdays	Thursdays
	Beginner's Hatha <i>w/ Kate</i> 9:00-10:15 AM	Vinyasa <i>w/ Dee & Kate</i> 9:00-10:15 AM
Intermediate Hatha <i>w/ Dee</i> 11:00-12:15 PM		
Fee for Bright Brain Meditation only is \$10.00 per class. For Bright Brain Yoga only, \$15.00. Combine both classes for only \$20.00 per class!	Bright Brain Meditation 7:00-7:30 PM* ----- Bright Brain Yoga <i>w/ Dee & Kate</i> 7:30-8:30 PM	Therapeutic Yoga <i>w/ Dee & Kate</i> 7:00-8:15 PM



Drop-in fee \$20 per class. See Registration Form for discounted full-session fees.

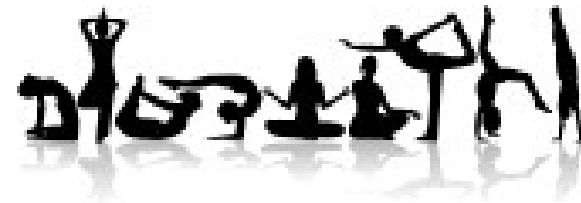
"The Barn" at
13420 Query Mill Rd
North Potomac, MD 20878

Call us at (301) 987-0884
dee@innerreaches.com

Neighborhood

Yoga!

at the Inner Reaches "Barn"



FREE Introductory Classes

September 6th, 7th, 8th

10-week session begins Sept. 13th



Class Descriptions



Beginners Hatha

Hatha (Ha – tha) in Sanskrit means “Sun and Moon,” implying a balance of energies. This class is an introduction to classic yoga postures (asanas), which combine with breathing techniques and deep relaxation to increase strength, flexibility, balance and body awareness. Hatha Yoga nurtures body, mind and spirit. This class is great for students of all ages and fitness levels, from all walks of life.

Intermediate Hatha

This class is a continuation and deepening of the principles and practices of Hatha Yoga. We will be cultivating the strength of body and mind needed to approach inversions, arm-balances and back-bending poses. These poses are classically prescribed for lifelong health and vigor. Previous yoga experience required.

Vinyasa

Vinyasa in Sanskrit, means “the intelligent putting together of things.” This class intelligently pairs body movement with the movement of breath. This type of practice is especially well suited to those who prefer movement to stillness. While an intense focus on breath calms the mind, the continuous movement of the body brings internal peace, culminating in deep relaxation. It’s a fun class for strengthening and building endurance.

Therapeutic Yoga

A safe and inspiring class taught by a team of therapeutic body-workers with 40+ years combined experience. The perfect class for those who suffer from chronic pain, injuries, anxiety and stress, or other conditions that make yoga seem intimidating. Safely stretch and strengthen body and mind through breath-work, postural alignment techniques, and personally adapted variations of classic yoga poses. Let us help you overcome physical and mental roadblocks. Don’t shy away, start healing today.

Bright Brain Yoga

Guided meditation and creative yoga for right and left brain integration. Neuroscience confirms the efficacy of yoga for balancing right and left brain hemispheres. Learn to brighten your logical, linear “left brain” by activating your intuitive, imaginative “right brain” with this unique, creative practice. This is a joyful intelligent yoga workout designed to free you from reliance on the “thinking mind” and uncover your natural creativity. *This class is broken into two segments, feel free to attend either or both: 30-minute guided meditation followed by a 60-minute yoga practice.*



**See Schedule for
Days, Times, and Fees.**

