



BASIC VINYASA YOGA with Laura Mannarino, RYT
 Mondays 7:45-9:00pm | Jun 18, Jul 2, Jul 9, Jul 23, Aug 6 and Aug 13
 (no class Jun 25, Jul 16 or Jul 30)

The word vinyasa means flow. Flow is attained by linking the breath to the movement of the body and staying mindfully connected to the body. Classes will also include yoga philosophy, pranayama (breath work), relaxation, and aromatherapy. Benefits of the practice - reduce stress, relax the mind and body, tone muscles, detox the body, improve posture, balance and flexibility. Fee: \$100

8-WEEK MINDFULNESS BASED STRESS REDUCTION CLASS with Gina Sager, MD, RYT
 Tuesdays 6:30-9:00pm

This class presents mindfulness meditation, breath work and yoga as critical skills for managing life's challenges. This classes include elements of yoga, ayurveda, meditation, and even some traditional Chinese wisdom. So the work of mindfulness is about learning to pay attention moment to moment, without judgment. . .paying attention intentionally in each moment. And in each moment we always get to choose what gets our attention. The practices teach us how to change the mind to understand that things happen, many of which we can't change; yet regardless of what occurs, we ALWAYS get to choose how to relate. So we don't have to change what we're thinking, but can always change our relationship to what is already so, or how we're thinking about what is already happening. Fee: \$475. REGISTER BY CALLING GINA 410.667.0468 OR EMAIL GINA@GINASAGER.COM.

Upcoming Sessions: June 12 - July 31, 2012 (retreat July 21), August 14 - October 2, 2012 (retreat Sep 22), October 30 - December 18, 2012 (retreat Dec 8)

YOGA FOR BEGINNERS
 with Karen Shavin, RYT, LMT

The beginners' class opens with a setting an intention for the practice, followed by a warm-up, instruction in basic asana, cool-down and a brief relaxation (savasana) to close the practice. Classes will also include yoga philosophy and occasional pranayama (breath work). No prior experience is necessary. Dress in comfortable clothing and bring an open mind, a willingness to try, and a sticky mat.

When: Wednesdays
 11:00 A.M. – 12:15 P.M.
 Sessions: March 7-April 18 (No Class March 28)
 Cost: \$100 /six class session
 Register: Call Colleen at IHC Towson at 410-296-5160

YOGA FOR DIABETES
 with Karen Shavin, RYT, LMT

This ongoing series of classes is most beneficial for those recently diagnosed with pre-diabetes or in the early stages of adult onset diabetes. The class will include instruction on specific asana that have research evidence of effectiveness with reducing stress and in increasing the body's use of glucose. Yoga practice is intended for use in conjunction with the medical treatment of Diabetes and your doctor must provide clearance for participation. The series will be canceled if there is not a minimum of 4 people registered.

When: Fridays
 11:00 A.M.-12:15 P.M.
 Sessions: starts March 9
 Cost: \$100 for each six week session
 Register: Call Colleen at IHC Towson at 410-296-5160



WORKSHOP FOR LOWER BACK, SACRUM & HIPS
 with Karen Shavin, RYT, LMT

This workshop will focus on short, simple therapeutic yoga practices designed to promote health in the lower back, sacrum and hips, when practiced as a part of a daily regimen. The class will include a presentation on the causes of back pain, instruction on safely practicing the postures, and a handout with therapeutic practices for you to do at home. The exercises are based on the work of Gary Kraftsow and designed for everyone, even those who never practiced yoga before. NOTE: These exercises are not intended to replace medical advice and treatment. You must be healthy enough to practice yoga or cleared by your doctor in order to participate. The workshop will be canceled if there is not a minimum of 4 people registered. BEGINS IN MARCH 2012.

When: Second Thursday of each month 6:00-8:00 PM
 Cost: \$45
 Register: Call Colleen at IHC Towson at 410-296-5160

WORKSHOP FOR UPPER BACK, NECK & SHOULDERS
 with Karen Shavin, RYT, LMT

This workshop will focus on short, simple therapeutic yoga practices designed promote health in the upper back, neck and shoulders, when practiced as a part of a daily regimen. The class will include a presentation on the causes of back pain, instruction on safely practicing the postures, and a handout with therapeutic practices for you to do at home. The exercises are based on the work of Gary Kraftsow and designed for everyone, even those who never practiced yoga before. NOTE: These exercises are not intended to replace medical advice and treatment. You must be healthy enough to practice yoga or cleared by your doctor in order to participate. The workshop will be canceled if there is not a minimum of 4 people registered. BEGINS IN MARCH 2012.

When: Fourth Thursday of each month 6:00-8:00pm
 Cost: \$45
 Register: Call Colleen at IHC Towson at 410-296-5160