



Parkwood Christian Yoga Classes

Fall Session Dates: September 27 – December 9, 2010

NOTE: No Classes Held the Week of Thanksgiving Nov 22-25

What is Christian Yoga?

Christian yoga takes the best elements out of hatha yoga and brings them into the church environment. The classes include instruction in postures to increase flexibility and strength, and conscious breathing and relaxation.

Increase flexibility and strength and decrease stress through this physically and mentally relaxing exercise form. Over time, and with practice, yoga systematically stretches and strengthens muscles throughout the body, increases circulation to internal organs and glands, quiets the nervous system, and improves concentration. It conditions and tones your body, and helps maintain and build bone density. The practice of relaxation brings calming and helps to quiet your mind.

Class Information:

Classes will be held at Parkwood Baptist Church, located at 8726 Braddock Road, Annandale, VA. **As you enter the building each week, please look for church signs directing you to the class location as there could be room changes due to other activities going on within the building.**

Marylyn Mandeville, our instructor, has received her yoga teaching certification. Marylyn is a member of Parkwood and has been teaching yoga at Fairfax County Recreation Centers for many years.

Classes are held once a week and last 1.5 hours. Both men and women are welcome. The cost is \$60 for the session.

Class Day, Time and Instructor:

<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday
7:15 PM	9:00 AM	5:45 PM	9:00 AM	6:45 PM
Marylyn	Marylyn	Marylyn	Marylyn	Marylyn

Bring a mat, towel, an old belt or tie and bottled water to class. A blanket and yoga blocks are also beneficial. Please arrive five or ten minutes early. Classes begin on time and it is disruptive to be late and disturbs the other students. Please try to enter the classroom and rest quietly on your mat until class begins. It is wise to not eat 1-2 hrs before class. Wear comfortable clothing such shorts and a tee shirt.

If you cannot attend your regularly scheduled class, feel free to attend a class being offered at another time as a make-up. Requests for tuition refunds cannot be honored after the third week of classes. Should circumstances arise for which you would like to ask for special prayer, please do not hesitate to call or email Marylyn or Dana.

During inclement weather, classes will not be held if Fairfax County schools are closed. Yoga classes are held as scheduled when Fairfax County schools start late. If you have concerns about classes during bad weather, please call Marylyn or the church.

If you would like more information, please call Marylyn Mandeville at 703.764.2987 mande5640@aol.com or Dana Beales at 703.978.1861 dbeales@verizon.net or Parkwood 703.978.8160. Registration forms are available at Parkwood Baptist Church or www.parkwood.org.