

Class Descriptions

Yoga

Susie Hollister-Schell RYT, CSYT 410-886-2376 \$60/ 5 classes Drop-in \$15.

• **Svaroopa® Yoga** - This style of hatha yoga reaches deeply into the spine to create an inner opening and release of tension held in the body and mind. Mon 5:15

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Paulette Florio, LMT, RYT 410-924-2443

All classes \$60/5 classes or \$15 drop-in

• **Yoga Level 1** - For students new to yoga and for those with some experience. Covers the basics of hatha yoga.

Tues at 10:00 and Thur at 10:00

• **Yoga Level 2** - For students with six months or more of experience. Saturday at 9:00 am

• **Yoga for Men** - Build on natural strength while cultivating flexibility. Tues and Fri 8:00 am

• **Open Studio** - Work on your own poses with guidance from Paulette. Sun 4-6:00 \$10.

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Carolyn Brennan, RYT 410-745-2732

• **Flow "Pranakriya" Yoga** -Join Carolyn Brennan to explore and enhance the relationship between movement and breath. Build strength and flexibility while dissolving tensions. All levels welcome. Mon 9:30-11:00 am \$15 drop-in/\$60 for 5 classes.

T'ai Chi

Dell St. Ana has practiced T'ai Chi for over 20 years and taught locally since 1995. 410-822-3722

• **T'ai Chi/Beginner Class** - In this class you'll learn 16 movements of the Yang style. New series starts first week of May. \$120/10 weeks

• **T'ai Chi/ Level 2 Class**- Adds new movements to the basic 16 and continues to refine movements from the beginner class. New series starts first week of May. \$120/10 weeks.

• **T'ai Chi/ Level 3 Class**- Continues refinements of basic and new poses from Level 1 and Level 2. New series starts first week of May. \$120/10 weeks.

Class Descriptions

Dance

Mandie Shockley, 410-708-8544

\$10 Drop-in and \$8/class for series

• **Zumba** Come join this incredibly fun Latin-beat dance fitness class that will give you a great aerobic workout. Wear regular work-out clothes and shoes with no treads. Mandie is Brenda Stango's daughter and has her great Zumba style. Thurs 6-7

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Sandra Showell, an eastern shore native with *Dancing on the Shore*, has taught dance for 20 years. 410-482-6169

Ballroom Dance Classes for Spring 2009

Mondays:

March 23 - April 13- 7:30-8:20 Tango/8:30-9:20 Swing

April 20th- May 11th -7:30 Basic Cha-Cha/8:30 Begin Level 1 Swing

Fridays:

April 3rd-24th - 7:30-8:20 Basic Beginning Foxtrot

Basic Beginner: Class for students who have never danced before.

Beginner Level 1- is a continuation of the Basic classes.

COMING IN MAY

Tango Workshop, Friday, May 8th 7:30-9:30pm

Ballroom Line Dancing Workshop, Friday May 15th, 7:30-9:30 pm

Classes run in 4 week session. All classes are 50 minutes long. Cost is \$48.00 per person, /four-week session. Discount will apply for 2 classes taken on the same night or in the same week. Workshops are \$30/person **Pre-register at 410-482-6169**

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Diane Baumgartner- 410-924-8115

• **Adult Ballet** - Open to adults of all ages. Beginner level. No experience needed. Stretch, strengthen, move and increase flexibility. Wed @ 10:00am. \$15/drop-in class. Next session starts May 6th

Retreat and Workshops

• **Ansura Yoga Workshop with Suzie Hurley** April 4th, 11:00-1:30pm. This workshop will include a more detailed explanation of the Anusara Universal Principles of Alignment as well as the Loops and Spirals that refine our energy flow. Loops and Spirals will be broken down in a variety of poses focusing on standing poses. \$40

• **Ojo Caliente Retreat:** Journey with us April 19-23rd to the magical waters of Ojo Caliente, New Mexico. Deepen your practice of yoga and meditation and allow the rejuvenating natural mineral springs to renew you. Susan Gash, Sven Carlson and Paulette Florio will guide you thru a wonderful experience. \$450 program fee. Does not include airfare, accommodations or meals. Contact Susan @ 410-310-2863.

April 2009 schedule

The
yoga ♦ dance ♦ t'ai chi
Studio

**Anusara Yoga Workshop
with Suzie Hurley
April 4th**

**Spring 2009 Retreat to
Ojo Caliente, N.M.
April 19th - 23rd**

What's New?

- **Sun:** Open Yoga Studio 4-6pm
- **Mon:** Flow Yoga 9:30 am
Cha Cha 7:30 pm
Swing 8:30 pm
- **Thur:** Zumba 6:00
- **Fri:** Basic Foxtrot 7:30 pm

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