

“REJUVENATE”

YOU & YOUR LIFE



YOGA

The relaxation part of yoga involves self-reflection, meditation and breathing. With each change in posture comes an inhale and an exhale. Yoga allows for a quiet, peaceful space to reflect on life and sort out any stressors or worries. Each time I leave my yoga class, I feel like the entire world gets lifted off of my shoulders. I'll admit it — I was skeptical when I first began. I knew yoga would be relaxing, but I typically like high-intensity, fast-paced workouts. Now, I enjoy both. Yoga is a great way to clear your mind and take time just for yourself with

no worries, no stressors, no schedules and no chaos of everyday life — even if just for a few minutes. Anyone could start by taking a class at a local studio. Mindful Freedom yoga studio, in Reisterstown, offers a variety of classes for different skill levels and needs. One Yoga One, in Owings Mills, offers small classes and individual instruction. There are plenty of yoga opportunities in the local area for people of all skill and interest levels. If you just want to try yoga out or do it on your own, you could always just learn some postures and do yoga at home, or just about anywhere.



To start
"Yoga"



you
&

Yoga Mat

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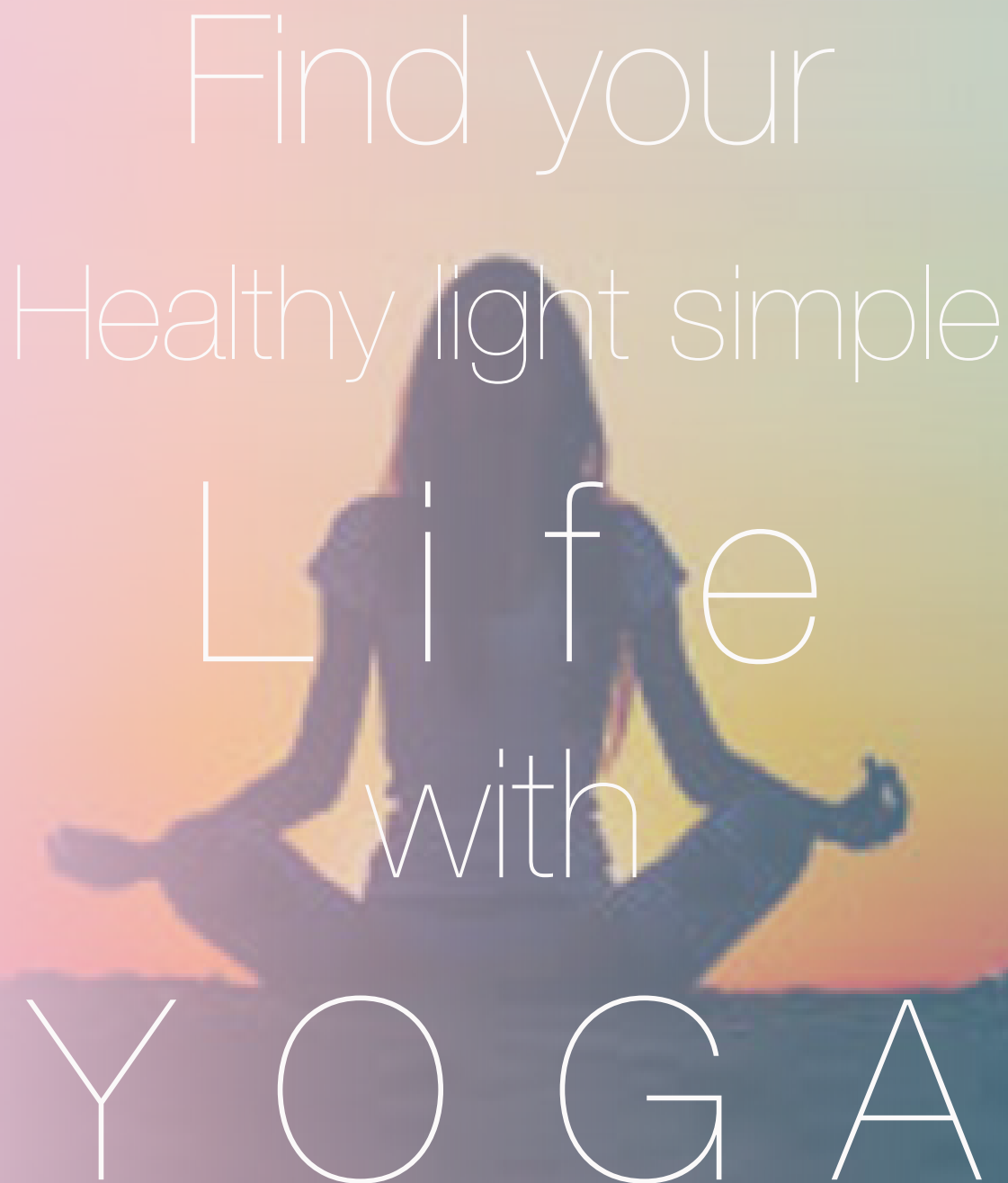
Only
Small Space
needs
for Yoga





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A person is shown in a yoga pose, specifically a lotus position, against a background of a sunset or sunrise. The person is silhouetted against the bright, warm colors of the sky. The text is overlaid on the image in a white, sans-serif font.

Find your
Healthy light simple
Life
with
YOGA