

# APRIL EVENTS

BEGINS  
APR  
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## Yoga to Elevate Your Mood w/Diane Hentz

April 2 - May 7, Tuesdays, 5:30-6:45pm

Location: Oaktree Wellness, 9910 Dupont Circle E

Tuition: \$65 (Free for Premium Members)

This 6 week course will provide tools to help alleviate stress and elevate mood. Using an awareness practice, breathing exercises, and simple yoga postures, we can help to heal ourselves.

6 WEEK  
COURSE

BEGINS  
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## Yoga 201: Intelligence in Practice w/Julia Haller

April 7 - April 28, Sundays, 6-7:30pm

Tuition: \$65 (Free for Premium Members)

Our signature 201 Series! We will focus on bio-mechanics of alignment, habitual patterns that may have developed during your asana practice, deepening your understanding of the yoga postures, and breathing patterns to create the desired space and stability. For the practitioner who has taken our yoga 101, and practiced beyond.

4 WEEK  
SERIES

BEGINS  
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## Yoga Therapy 101 w/Sevika

April 7 - May 5, Sundays, 6-7:30pm (Space is limited to 7 students.)

Tuition: \$65 (Free for Premium Members)

Yoga is for every body and sometimes the body needs extra support moving. This need may manifest for many reasons from the unique way your were born, to injury, or illness. Whatever the reason, you can achieve benefits of yoga. This beginner workshop works with movement, mind, and breath to learn the essential poses that are the foundation of any yoga practice.

4 WEEK  
SERIES

APR  
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## Elevate and Energize Spring Flow w/Vani

Saturday, April 20, 9:30-11am

Tuition: \$35 (Free for Premium Members)

Join founder Dani McGuire in this upbeat and fluid sattva vinyasa practice. Come play and plant seeds for Spring in this 90 minute All-Levels Vinyasa Flow class.

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## Easter Sunday Donation Yoga

Sunday, April 21, 10-11:15am

\$10 Donation

Join Jenny Young for an upbeat, uplifting, Vinyasa Flow class that is appropriate for all-levels. All proceeds go to support the PranaYoga Foundation.

BEGINS  
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## Aerial Flow Series

April 25 - May 16, Thursdays, 7:15-8:30pm

Tuition: \$65 (Free for Premium Members)

Aerial classes are a blend of traditional yoga poses and incorporate the aid and support of the aerial hammock to allow greater stability and ease. In this class, we move through creative flow sequences, both in and out of the hammocks, transition to balance and strengthening poses, with a few basic aerial "tricks" as the peak poses of the flow. Every class ends with a 10 minute "rocking womb" savasana, where you will be cocooned in your hammock, suspended in air, and fully supported.

4 WEEK  
SERIES

**MORE INFO/REGISTER ONLINE**

260 627-YOGA (9642) | [pranayogaschool.com/events2](http://pranayogaschool.com/events2)