



**YOGA CLASSES
U2 NEW U YOGA CENTER
4313 CR 466, 2ND FLOOR
OXFORD, FL 34484
352-748-1562**

All Level Yoga Class

Mondays 6- 7:30 pm

This class is taught by certified Yoga Instructor, Maryann Holden. This class emphasizes stress relief, better breathing, flexibility, increased strength & inner peace. Class ends with 20 minute guided meditation for complete relaxation of body, mind and spirit.

Drop-ins \$8 / class

All Level Yoga Class

Thursdays 6-7:30 pm

This class is taught by Gail Roeske, certified yoga instructor and Chiropractor. A Hatha Yoga class emphasizing muscular integration, alignment and breathing to improve posture and movement while reducing stress and increasing the capacity to deeply relax.

Drop-ins \$8/class

Slow Flow Yoga Class

Wednesdays 9- 10:30 am

March 22nd – April 26th

6 Weeks - \$65 Must pre-register

This all-level class, taught by certified Yoga Instructor, Maryann Holden, is mindfully transitioning asanas meant to release stress and build body-mind-spirit awareness. An exploratory warm-up is followed by flowing asanas that dive deep into your embodied experience. We will be holding postures that cover the entire body, and focusing on the breath which will help to create a supple and toned body. This class is soft and smooth but always challenging. Class ends with 20 minute guided meditation for complete relaxation of body, mind and spirit.

Beginner Yoga Classes

Wednesdays 11-12:30 pm

March 22nd – April 26th

6-Weeks \$65 Must pre-register

New to yoga? Start here with simple yoga poses, breathing techniques, and body awareness. Taught by certified instructor, Maryann Holden. Build strength and confidence to take your yoga practice to the next level. Class ends with 20 minute guided meditation for complete relaxation of body, mind and spirit.