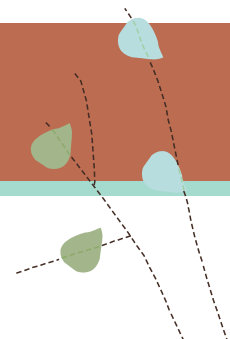


# YOGA FOR JOY! CLASSES & WORKSHOPS

Fall 2011



Yogi's and colleagues,

I am currently opening up registration for my Fall workshops, as well as my YOGA FOR JOY! yoga class. Many of you know of the emerging research on using yoga to help manage physical and psychological issues. I have begun merging the two fields in a very conscious way.

Please note new times and new additions to my regular Fall schedule. I hope to see many of you on and off the mat as we emerge from the summer fun and lack of routines.

## Classes

### YOGA FOR JOY! Class now meets on FRIDAYS

September 16 - November 11 (no class week of 9/30)

12:00 p.m. - 1:15 p.m. **NEW TIME**

Cost: \$200

An Anusara-inspired class for all levels taught with specific alignment instructions and heart opening themes weekly



Sharon Hyman, an Anusara-inspired, yoga instructor and psychotherapist who weaves connections between the mind-body-spirit.

## Workshops

### YOGA FOR MORE FULFILLMENT

Sunday, October 23, 12:00 - 2:00 p.m.

Cost: \$60.00

For people who want/yearn for more fulfillment, struggle with depression, always look at the dark side of things. Learn skills to help balance self out, learn skills to look for the bright side, discover key elements to happiness.

### YOGA FOR (LESS) ANXIETY!

Sunday, November 6, 12:00 - 2:00 p.m.

Cost: \$60.00

Learn to manage anxieties with the use of yoga tools such as postures, breathwork, mantra and visualizations.

### YOGA FOR KIDS WITH ANXIETY

Sunday, December 4, 2:00 - 4:00 p.m.

Cost: \$60.00 for one person, \$100.00 if parent/caregiver with child

(Parent and child can attend or just child or just parent). Learn to help your kids lessen their anxiety by both of you learning tools, skills, and breathing exercises together.

### QUESTIONS

Call Sharon at 301-320-2022 or email at sharonhyman@in-joy.org



www.in-joy.org

Note that there are no refunds at all. Workshops close at 10 participants.

**Register**—Fall classes fill quickly, please register early.

To register, fill out the information below and mail with your check to: 5808 Midhill Street, Bethesda, MD 20817. (Please make check out to Sharon Hyman)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_ Daytime Phone (\_\_\_\_) \_\_\_\_\_

Class/	Day	Time	Fee
Please specify which workshop/class you will be attending.			