



### **Waterfront Yoga Miniretreats with Barry Brooks**

***Set in a beautiful private waterfront home yoga studio, all classes feature a small class size and personalized instruction with active gentle hands on pose assists on request.***

**Weekly Yoga Miniretreat - Monday mornings at 9:30AM and specially scheduled Tuesday nights at 6:30PM**

This open level yoga class / mini-retreat features a small class size and personalized instruction set in a beautiful private waterfront home yoga studio. Active gentle hands on pose assists, on request. Start your morning with this 75 minute yoga class to help clear the mind, tone and strengthen the body, increase your flexibility and improve balance. Each class ends with guided relaxation and blissful Savasana.



**Class begins at 9:30AM, but doors open at 9:15 in case you would like to arrive early, warm up or just enjoy the view. After class, enjoy complimentary tea, catch up with friends and get to know your fellow yogis.**

***Class Rates - \$15 per class, \$30 for 3-class card***

**Class info, FAQ and schedule at: [www.AnnapolisYoga.me/yoga-classes](http://www.AnnapolisYoga.me/yoga-classes)**

**For more information or to request an invitation, e-mail: [barry@annapolisyoga.me](mailto:barry@annapolisyoga.me)**

## Class Information, Questions and Answers and Directions

### 1. Do I need to bring anything special to class?

All yoga props (blankets, blocks, etc.) are provided as are a number of Yoga mats for those who may not have a mat.

### 2. I've only done yoga at home or shorter classes at the gym.

A lot of people can be intimidated when they see a class goes longer than an hour. Most people are surprised to learn that 75 minute (and even 90 minute) classes usually aren't harder than condensed one hour classes since they build in time to warm up the body and properly cool down and relax the body (and mind) at the end of class.

### 3. I'm not too flexible

Don't worry, most people aren't at first. That's what the blocks, blankets and modifications are for. One of the benefits of yoga is becoming more flexible over time while enjoying yoga's health benefits. Benefits which include toning and strengthening the body, reducing stress, increasing energy and improving balance and concentration.

**Class info, FAQ and schedule at: [www.AnnapolisYoga.me/yoga-classes](http://www.AnnapolisYoga.me/yoga-classes)  
For more information or to request an invitation, e-mail: [barry@annapolisyoga.me](mailto:barry@annapolisyoga.me)**

### About Barry Brooks



Barry came to yoga in 2008 after a life altering medical event left him with extensive nerve damage, chronic pain and a severe case of M.E. (Myalgic Encephalomyelitis) which left him bed-ridden for long periods of time. After noticing that his first yoga class greatly relieved many of his systems, Barry started a vigorous daily yoga and meditation practice and has taken over 750 yoga classes to date. Barry is also the creator of AnnapolisYogaCalendar.com and founder of the Annapolis Yoga Facebook Page - which serves as an on-line yoga community for over 2000 Annapolis area yogis and yoginis.

Barry completed his Level 1 Yoga certification from Tranquil Space Yoga Studio in Washington DC and completed his 200-hr Hatha training program at the Yoga Center of Columbia with Lucy Lomax, Kathy Donnelly and Cheryl Catranbone in 2012.

When not teaching or practicing yoga, Barry enjoys sailing the Chesapeake with his wife and two sons, hiking year-round, building and inventing things "of dubious value" in his workshop, and spending time with close friends and family.