

In collaboration with the Lucas Nagel Memorial Fund, I'll be offering a FREE Yoga Class for Emergency Responders/ Military Personnel. NO EXPERIENCE NECESSARY!!!

**Event Info:**  
**Wednesday June 21, 2023**  
**Chesapeake College**  
**Start Time: 6PM**

This class will feature moving through some basic postures with concentration on breathing and mindfulness. You don't need any experience or knowledge of yoga...you just need to show up. What participants can expect from attending are some of the following:

- **Yoga can make you stronger:** It's not just "stretching". Yoga helps make space and feel a little more open in the joints. By increasing the flexibility and range of motion, it will actually translate into lifting heavier in your weight training activities.
- **Yoga is good for the mind:** Regular yoga practice has been shown to reduce stress, enhance mental focus, and improve your mood. By becoming a bit more mindful, we start to pay attention to subtle changes in our body/ mind/ and the world around us.
- **Yoga can help you sleep:** Studies have shown that those who do Yoga report significantly fewer sleep disturbances and were less likely to use sleep meds
- **Yoga can help those nagging injuries:** Do you frequently have issues with your lower back/ hips/ or shoulders being stiff? You will feel immediate benefits in your first class

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