

Yoga

Beginning Thursday, July 13

7:30-9:00 p.m. — Community Rm.

North Chevy Chase Christian Church

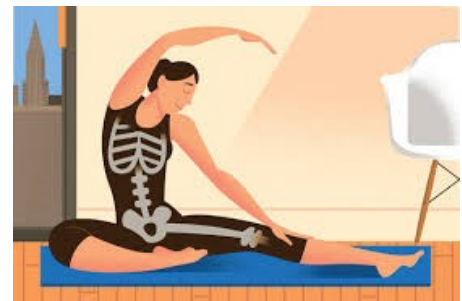
8814 Kensington Parkway

This one hour and 15 minute class will be geared to the needs of the students present. It will start with yoga, exploring the connection of fascia - our connective tissue matrix - movement, and our spiritual connections with ourselves and each other.

Movement will be guided with the intention of deeper

understanding of ourselves and our relationship with our physical

bodies. Methods such as Feldenkrais, Alexander Technique, Myofascial Release unwinding, Floor barre, improvisational dance elements may be recognized in our explorations. **Cost is \$15 per session.**



May Kesler, MTh, PT, is a licensed physical therapist and massage therapist for the past 35 years, and a dancer and choreographer for over 55 years. She studied yoga at the 3HO Ashram in Tucson Arizona. She is the owner and director of Kesler Physical & Massage Therapy in Chevy Chase, MD, and Keslerdances. See her website www.maykesler.com for more info.