



**The Italian  
Cultural Society**  
of Washington D.C.

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PROMOTING ITALIAN LANGUAGE AND CULTURE

**SPECIAL CLASSES:**

# YOGA IN ITALIAN

**With Annelise Brody**



## Hatha Yoga and Eldoa

In this 10 week yoga series, we will cover several types of yoga to whip you into shape while lengthening your muscles, improving your balance and your strength. You will gain insightful suggestions on how to use the power of yoga to sharpen your skills in body and mindfulness.

Classes will cover vinyasa yoga flow, yoga fusion, yoga sculpt, kundalini yoga, ashtanga yoga, ying yoga and restorative yoga. You will use some light weights (2-3 lbs., bring your own or borrow ours, resistance bands, blocks and straps). Each class is taught in Italian.

(Instructor is a 200 YTT certified and Eldoa 1&2 certified)

**Day:** Friday, Sep. 24th-Dec. 3rd

**Time:** 9:00-10:00 AM

**Level :** All levels

**Location:** Bethesda/hybrid

The ICS Headquarters

4833 Rugby Ave., Suite 201,

Bethesda, MD 20814

**REGISTER TODAY! Visit: <https://italianculturalsociety.org/yoga/>**