

## **BACK CARE YOGA**

This program is designed to help the student work with basic back care issues through the use of traditional and therapeutic yoga postures. We will address breath, relaxation, strength and flexibility in each class. We will use the yoga wall in this class to explore movement and assist in deepening your yoga practice in a safe and caring manner. Permission from your doctor is suggested if you are being treated for a serious condition. Please notify the instructor of your condition's. Instructor: Lauri Bruce, RYT-500

**CODE: 220219A**

Age: 18 & up  
Dates: Mondays, 1/9 - 3/12 (10 weeks)  
Time: 9:00 – 10:00 am  
Location: Evolve Yoga - Wildewood Shopping Center  
Fee: \$95

## **CHAIR YOGA**

Everything in yoga can be done in a chair! If you are unable to be on the ground, suffer from illness, injury, are recovering from surgery or have anything that prevents you from taking a traditional class, join us for this innovative and adaptive practice. This 1 hour class guides you through breath-work, meditation and adapted versions of traditional asana. This is the place to begin your journey. Instructor: Lauri Bruce, RYT-500

**CODE: 220219B**

Age: 18 & up  
Dates: Mondays, 1/9 - 3/12 (10 weeks)  
Time: 10:15 – 11:15 am  
Location: Evolve Yoga - Wildewood Shopping Center  
Fee: \$95

## **YOGA ALIGNMENT AND THERAPEUTICS**

This is a slower paced class focusing on yoga postures that help heal the body and gives you back our mobility. It is designed to bring us a greater understanding of body alignment and how that works to alleviate pain and discomfort. Appropriate for students with back issues, arthritis, joint problems, fibromyalgia and muscular/skeletal issues. There will be floor work involved. Instructor: Lauri Bruce, RYT-500

**CODE: 220219C**

Age: 16 & up  
Dates: Thursdays, 1/5 - 3/8 (10 weeks)  
Time: 6:00 - 7:30 pm  
Location: Evolve Yoga - Wildewood Shopping Center  
Fee: \$120

## **YOGA FOR SCOLIOSIS**

The therapeutic approach to yoga allows us to adapt traditional poses to deal with the structural challenges of scoliosis. In this class you will work on postures to lengthen, strengthen and de-rotate the muscles of the spine. This allows for ease of movement and the ability to reduce the difficulties caused by a curved spine. Taught by Lauri Bruce, certified Yoga for Scoliosis trainer.

**CODE: 220219D**

Age: 16 & up  
Dates: Wednesdays, 1/4 - 3/7 (10 weeks)  
Time: 5:45 - 7:15 pm  
Location: Evolve Yoga - Wildewood Shopping Center  
Fee: \$120

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## **PARENTING WITH LOVE AND LOGIC**

Parenting is not supposed to be hard but all too often it is. This program is for parents and teachers. It is a "user friendly" and often highly successful program that is heavily wrapped in empathy but does not shield children from consequences of their actions. It empowers children to solve their problems and helps parents change their behaviors to relieve stress and pressure. Nothing works all the time, but this anecdotal program and the expertise of your presenter will, invite you to change in a safe and non-threatening environment. For more information contact Richard Mathis 301-994-1085.

## **FOR EDUCATORS/CHILDCARE WORKERS**

Graduate Credit available for teachers. MSDE CEU available for child care providers, para-educators and subs. Contact instructor for more information prior to the start of class.

**CODE:** 220107B  
Ages: 18 & UP  
Date: Thursdays, 1/26 - 3/8 (7 weeks)  
Time: 4:30 - 6:30pm  
Fee: \$45.00 (\$14 for workbook due to instructor first day of class)  
Location: Green Holly Elementary School – Infant and Toddler room



## **SIGN LANGUAGE FOR KIDS**

Have fun learning sign language! Instruction will include working with sign language books, games and videos. Handouts will be provided for students to keep. Parents and siblings too young for class are welcome to sit in. Class is geared for children ages 6 to 11. Contact instructor for allowable exceptions. (410-326-3828) Sharon Kaltwasser.

**CODE:** 240101A  
Age: 1st - 5th grade  
Dates: Tuesdays, 1/17 - 2/21 (6 weeks)  
Times: 4:15 – 5:15 pm  
Fee: \$35.00  
Location: Hollywood Elementary School



## **ADULT SIGN LANGUAGE**

Students will learn basic signing skills through instruction and interaction with each other. The text is: "The Joy of Signing" by Lottie Riekehof, approximate cost \$22.00. Students are responsible for getting the text. Text can often be borrowed from local libraries. Any edition of this text is fine for use in this class. Instructor: Sharon Kaltwasser, BSEd of the Deaf/Hard of Hearing. BSEd Elementary Education.

**CODE:** 240202A  
Age: 13 & up (12 years with a registered parent)  
Dates: Tuesdays, 1/10 - 2/14 (6 weeks)  
Times: 7:00 - 8:30 pm  
Fee: \$45.00  
Location: Chancellors Run Regional Park/Senior Lounge

## **AUTISM SPECTRUM SUPPORT GROUP OF SOUTHERN MARYLAND**

A support group for parents/caregivers of people with Autism Spectrum Disorders. Group members share information and contacts. Guest speakers may present information on specific topics of interest. Meets the 3rd Wednesday of the month, 6:30 - 8:00 p.m. at the Coffee Quarter, California, MD. For information, please contact Terri: 301-862-7535 / [terri@autismsupport-somd.org](mailto:terri@autismsupport-somd.org) or Tracie: 301-994-9945 / [tracie@autismsupport-somd.org](mailto:tracie@autismsupport-somd.org) or visit our website at [www.autismsupport-somd.org](http://www.autismsupport-somd.org).