

## YOGA SAMPLER



Intrigued by yoga but not sure what method is right for you? Let a private instructor explain the basic principles and match your goals with a yoga workout that is right for you. Stretch your mind and your body as you explore a variety of invigorating and energizing poses that strengthen muscles, improve concentration, and reduce stress.

- Learn effective breathing techniques and poses from an advanced yogi
- Experiment with different yoga disciplines such as Hatha, Ashtanga, and Iyengar
- Feel calm and refreshed at the end of the session
- Includes use of all facilities for the day (locker rooms, sauna, whirlpool)

### Your Gift Locations\*

Convenient locations throughout the DC area

### Availability

Year round, 7 days a week

### Duration

1 hour

### Essential Information

Minimum age is 16 years old; participants must be in good health

### Numbers

Experience for 1 in a group of up to 12



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-01-045-A