

# First Fridays Yoga with Laurel Hodory

An inspirational and challenging yoga class for experienced students and yoga teachers.

**3.0 Yoga Alliance Credits per class**

**Meets 4 Fridays in 2011 • 9am - 12noon**

Jan 7, April 8, August 5 & October 7

## Cost & Location

\$55 for one class; \$180 for all 4. Pre-registration required.  
Classes meet at 2994 McKinley Avenue in Grandview.

## January 7 - Moxy Detox

Detoxifying hand balancings, inversions, and some of the most unusual twists you've ever experienced that rev up your moxy as you detoxify! **CAUTION:** Be prepared to walk out feeling 10 pounds lighter without any dieting!

## April 8 - Yoga Power

Do you prefer to be rational and in control? Or do you allow yourself to be swept into the currents of your devotion? Hanuman and his many incarnations guide us in every moment towards our highest purpose, if we allow them.

**CAUTION:** This magic carpet ride travels through uncharted territory.

## August 5 - Hot Dog!

In the dog days of summer, it's easy to forego the mat for outdoor play. Learn how to mellow your mind in hot situations including some of the most advanced core strengtheners and forms downward facing dog.

**CAUTION:** Avoid this class if you don't like sweating or you don't like dogs!

## October 7 - Fearless Friday

Backbends and flying into and out of postures require us to take risks and face our fear. But they also release great energy and joy. **CAUTION:** Your cheeks may be your sorest muscle come Saturday from smiling so much!

Register Now @ <http://laurelhodory.com/shop>  
**Pre-registration Required**



- test your limits
- explore your depths
- free your spirit

Register now at:  
[www.laurelhodory.com/shop](http://www.laurelhodory.com/shop)  
or call 614-256-3647  
**Pre-registration Required!**

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**Laurel Hodory, MS, E-RYT500**, is one of Columbus' senior yoga teachers and has been studying and teaching yoga for 15 years. Over the last nine years, she has trained and certified more than 100 teachers, taught international retreats, taught the OSU NCAA Women's Rowing team, and been a selected guest speaker at the OSU Addictions Conference. Her areas of specialization include yoga therapeutics, inner energy work and empowering her students to transcend their limitations so they can experience greater fulfillment on and off the mat. When she's not on the mat, Laurel enjoys music, being outdoors, good food, and spending time family and friends.