



**BC
Gymnastics**
Presents

108 YOGA SPACE

S O M E T H I N G • N O T H I N G • E V E R Y T H I N G

\$10 Per Class \$8 Per Burst

108 Yoga

Infused with various yogic traditions our signature 108 Yoga will move you through Sun Salutations to the bliss of Savasana and everything in between. Open level instruction encourages students to move as a community creating a unified space for physical and emotional growth.

Yoga Burst

Condensed version of our signature 108 class taught at an open level. This 30-minute energetic flow will move through several elements of Ashtanga and Hatha yoga with primary focus on standing postures to build balance, strength, and endurance.

Sangha Yoga

/sāNG(g)ə/ 'community' [75 min] Large group Vinyasa yoga presented at an open level. Postures will be explained in more detail and held longer. One of our favorite offerings, this class is the total package. Don't miss the chance to connect with other yogis during this uplifting practice.

Yin

Based on the Taoism concept of Yin and Yang, Yin yoga is the perfect complimentary practice to any muscle strengthening activity (Yang). Yin postures are held 3-5 minutes each and utilize the body's natural interaction with gravity. Yin techniques restore balance in the circulation of connective tissue, purge the body of toxins, and improve the immune system.



Scheduling details at
www.108yogospace.com

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