



Retreat Center of Maryland

Yoga in the Park

Sunday, July 8, 2018

8 - 10 a.m.

Pavilion A, Centennial Park

10000 Clarksville Pike/Rte. 108

Ellicott City, Md.

Cost: \$20

For more info: 410.720.4340



Join Kathy Donnelly and Heather Thamer for an outdoor yoga and meditation practice appropriate for all levels. Refreshments provided. Bring your own mat or use one of ours. Space is limited so register early. Rain location: Yoga Center of Columbia, 8950 State Route 108, Suite 109, Columbia, MD 21045.



Kathy Donnelly, E-RYT 500, is the director and owner of the Yoga Center of Columbia and has been teaching since 1999. Kathy's teaching style is welcoming and nurturing, encouraging transformation from the inside out. She is president of the Board of Directors of Retreat Center of Maryland.



Heather Thamer, E-RYT500, M.Ed. and CES (Cancer Exercise Specialist), has been teaching yoga since 2004 and has trained with teachers from various backgrounds. Her classes blend *asana*, sequenced movement, breathing techniques and meditation. Heather uses a mindful, caring approach to teaching yoga and takes a keen interest in each student. She continues to further her learning of chronic conditions and yoga therapy by taking workshops and classes. With a profound appreciation for the effects of yoga, Heather aspires to bring an empowering experience to her classes.

Directions to Centennial Park - Pavilion A: From Rt. 108, enter the South Area entrance to the park. Bear left through the parking lot, all the way to the end of the lot where the playground and restrooms are located. Pavilion A is to the left of the playground near the volleyball court. Go to howardcountymd.gov/centennialpark and click on Park Map - South Area to see the location.



TWO REGISTRATION OPTIONS: 1) Register and pay online at retreatcenterofmaryland.org. 2) Complete this form and return with payment to Retreat Center of Maryland, c/o The Yoga Center of Columbia, 8950 State Route 108, Suite 109, Columbia, MD 21045-2146.

Name _____ E-mail _____

Address _____ City _____ State _____ ZIP _____

Day Phone _____ Night Phone _____

This is a new address.

I will pay by Visa MasterCard American Express Discover

Please enroll me for **Yoga in the Park**, July 8, 2018

Acct. No. _____ Exp. Date _____

I have included cash or a \$20 check payable to Retreat Center of Maryland.

Signature _____