**Class, Workshop or Event Title**
Yoga

**Name**
Eileen Roehr, MSN, RNCS, RYT

**Email**
info@uureston.org

**Phone Number**
703-956-9155

**Event Date(s)**
Sundays

**Event Time(s)**
4:30-5:45

**Event Description**
The word Yoga in its literal and deepest translation is to yoke, or unite, with God. The asanas/postures are the helpmate or a stepping-stone to that bigger picture of being connected to a higher source. More often than not we will practice Yoga just for its physical benefits of having toned muscles, flexibility and mental clarity. If we add a little meditation to our daily life and practice though, it will bring about a deeper sense of who we are. Yoga is a delightful avenue to relax and to enhance your spiritual journey. If you are experienced or just wanting to try Yoga, join fellow UUs, and friends. You do not have to commit to a series — just come when you can.

UUCR Yoga is open to all ages. Those younger than teenage are invited to attend with a parent. Suggested donation $10 per class - Scholarships available.

**Leader Name and Brief Biography**
Instructor Eileen Roehr has been a member of UUCR over 10 years and has taught yoga since 2006, to children, teens and adults. Her teaching has been influenced by the Anasara Style, Dr. Baxter Bells’s “yoga for healthy aging” and many other teachings. She particularly enjoys individualized instruction. Eileen is a psychiatric clinical nurse specialist and registered yoga teacher.

**List Source Page Where this Event Should Appear (multiples welcome; additional Source pages may be listed under Notes below)**
Personal Experience

**Event Location**
UU Church in Reston

**Location Directions Found Here**
uureston.org

**Registration Information (contact, address, instructions)**
No registration necessary; yoga is offered on a drop-in basis.

**Fee**
$10 suggested donation

**Fee Instructions**
n/a

**Additional Notes and Information**
Yoga is held most Sundays at UUCR. Every once in awhile we have to cancel due to travel or other obligation. Please check UUCR website for any cancellation notices.